



*Serving the Spiritual Needs of Grieving Parents
Whose Children of Any Age Have Died by Any Cause,
No Matter How Long Ago*

**Your Emmaus Ministry
Remote Retreat Guide
March 20, 2021
9:30am ET
(or a convenient time for you)**



*“What shall I return to the Lord
for all the Lord has given to me?”
Psalm 116:12*

Preparation:

Ahead of time, we recommend you find a quiet place in your home where you can immerse yourself in this retreat. Have your child’s Emmaus Memorial Candle (or other candle) available along with a lighter or matches.

Take several deep breaths to cleanse your thoughts and open yourself to wherever the Holy Spirit is calling you today several minutes before the retreat is scheduled to begin.

At 9:30am ET open your email and join other fellow Emmaus Parent Companions in

getting away from the rest of the world, at least for a time, to focus on God and on your precious child.

CANDLE LIGHTING PRAYER (Light your candle)

We begin... In the name of the Father, the Son, and the Holy Spirit, Amen

Lord, you are the Light of the World. *Help us feel your presence in the lighting of this candle.*

Lord, you gave us the gift of our children. *Help us feel their presence in the lighting of this candle.*

Lord, you gave us the hope of eternal life. *Help us confirm that hope in the lighting of this candle.*

Lord, you gave us love. *Help us to know that, as much as we love our children, you love them even more.*

We ask you this through Christ, Our Lord
Amen.

OPENING SONG: [Whatever You Do](#) by Willard Jabusch

I was hungry... I was thirsty... I was a stranger... I was naked... I was sick with affliction... I was in prison... Whatever you do to the least of my brothers, that is what you do to me.

PRAYER OF THOSE MAKING A RETREAT

Loving Spirit of Wisdom,
Guide my thoughts and my memories.

In the light of your love,
May I see what is important for me to remember,
What is important for me to hold to my heart,
And what I need to simply let go of in peace.

I trust you to be my guide,
Even when the path seems unclear to me.

We pray this in the name of Your Son, the Healer,
Our Lord, Jesus Christ.
Amen.

SCRIPTURE READING

Matthew 25: 31-45

When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats.

He will place the sheep on his right and the goats on his left.

Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world.

For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger

and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.'

Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink?

When did we see you a stranger and welcome you, or naked and clothe you?

When did we see you ill or in prison, and visit you?'

And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.'

Then he will say to those on his left, 'Depart from me, you accursed, into the eternal fire prepared for the devil and his angels.

For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.'

Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?'

He will answer them, 'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.'

The Gospel of the Lord
Thanks be to God.

REFLECTION #1: [Four Reasons for Almsgiving](#) by Fr. Mike Schmitz
Out of gratitude to God, not out of guilt, should we give.



Take a moment to *selah*... pause... breathe... Reflect on what you have received from Reflection #1. Clear your mind before focusing on Reflection #2.

REFLECTION #2: [It Is In Giving That We Receive](#)
by Sr. Bridget O'Connell, Salesians Ireland
God is not all in one place. God is in the bits and pieces of every day.

PRAYER

Lord Jesus, You came to tell us that the meaning of life consists in giving. You told us that those who cling too tightly to what they have – without thought for You or others – end up losing everything.

You gave us new values by which to measure the worth of a person's life.

Help us to realize it is not temporal success or riches or fame that gives life meaning. Rather it is service rendered to You, and to others, that brings fulfillment and makes

our lives worthwhile.

May all our activity help build God's kingdom:
May our obedience bring true freedom,
May our generosity increase love,
May our sacrifice bear generous fruit,
And may our death lead to eternal life.

Amen

CLOSING HYMN: [The Servant Song](#) by Maranatha! Promise Band
What if we loved others as we love ourselves? What if we were servants of each other?

CLOSING BLESSING

Let us end our time of retreat...united with Brother John Maganzini, OFM and the Franciscan Friars at Saint Anthony Shrine in Boston, MA, by blessing one another.

Bow your head, raise your right hand as, together, we pray,

Father, we offer our thanks for the many gifts you have given us.

May we become more aware that every good thing that we have comes from you.

May we be cheerful givers, offering what we have to others out of love for you.

May we surrender our attachment to our possessions.

And may you open our eyes to truly see you in the least of our brethren.

We pray this as we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

- [What If We Saw Each Other Through God's Eyes?](#) by The Church Guide
Would we be kinder? Would we be more understanding? Would we show love?
- [The Good Samaritan: Almsgiving](#) by Catholic Relief Services
Think of the role of the innkeeper...
- [Least of My Brothers](#) by Foundry Media
A short video of one man's experience with the least of his brothers.



PLEASE NOTE:

We email the Saturday Morning Remote Retreat Guides by 9pm every Friday night. If you don't receive yours, please email me at diane@emfgp.org asap and I will resend it. Some people are not receiving their guides and I am researching why this is happening. I apologize for any inconvenience.

COMING UP!
APRIL 17
VIRTUAL RETREAT
Register by April 1
JOIN US!

You will receive a new Emmaus Remote Retreat email next Friday.

Please join your fellow Emmaus Parent Companions again next Saturday at 9:30am ET

Until then, may God bless you and keep you. Sending many warm, virtual hugs.

For past Remote Retreats, see [here](#).



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