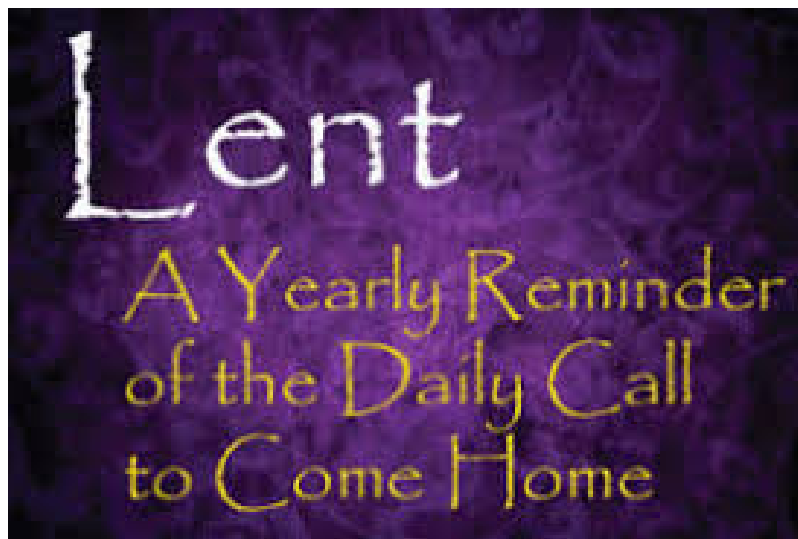




*Serving the Spiritual Needs of Grieving Parents
Whose Children of Any Age Have Died by Any Cause,
No Matter How Long Ago*

**Your Emmaus Ministry
Remote Retreat Guide
March 6 , 2021
9:30am ET
(or a convenient time for you)**



Fasting is praying with your body.

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: [Gift of Finest Wheat - You Satisfy the Hungry Heart](#) by

Robert Kreutz and ILP Music

Come give to us, O Lord, the saving bread of life to eat.

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 9: 14-17

Then the disciples of John approached him and said, "Why do we and the Pharisees fast [much], but your disciples do not fast?"

Jesus answered them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.

No one patches an old cloak with a piece of unshrunk cloth, for its fullness pulls away from the cloak and the tear gets worse.

People do not put new wine into old wineskins. Otherwise the skins burst, the wine spills out, and the skins are ruined. Rather, they pour new wine into fresh wineskins, and both are preserved."

The Gospel of the Lord
Thanks be to God.

REFLECTION #1: [The Transforming Power of Fasting](#) by Catholic Daily Reflections from My Catholic Life

By doing that which our flesh does not “desire,” we strengthen our spirit to take greater control, which enables our Lord to use us and direct our actions more effectively.



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: [The Spiritual Reason for Fasting](#)
by Fr. Mark-Mary and Fr. Emmanuel

Fasting creates an emptiness that we can allow God to fill. The saints often talk about the power fasting has to bring us closer to God.



Take a moment to *selah*... pause... breathe... Reflect on what you have received from Reflections #1 and #2. Clear your mind before focusing on Reflection #3.

REFLECTION #3: [What is the Purpose of Fasting?](#) by Archbishop Mark Coleridge, Archdiocese of Brisbane, Australia

Fasting is praying with your body.

PRAYER

Lord, help us to fast this Lent.

In addition to fasting from food or drink, may we...

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill our hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so we can listen.

It is in Jesus' name that we pray.

Amen

--Based on the prayer of Pope Francis

CLOSING HYMN: [For You My Soul Is Thirsting, Lord](#)

by St. Dominic's Parish, Mbak Etoi, Uyo

Like dry, weary land without water, my soul is thirsting for you.

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 God,

May you reveal to us the purpose of our fast.

May you reveal to us the duration of our fast.

May you reveal to us the type of our fast.

May we worship you through our fast.

And may our fast further your Kingdom and draw us closer to you.

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:

• **[Hungry: A Song](#)** by

Kathryn Scott

Hungry I come to you, for I know you satisfy

• **[Why Do We Fast?](#)** by Fr.

Adam Potter, Diocese of Pittsburgh

It is through acceptance of the Lord's invitation to pray and to fast that the Lord allows His Heart to be changed and to be moved.

• **[The Daniel Fast](#)** by Fr. Mark Goring, CC

On the Daniel Fast, you eat plant-based meals, while setting aside other foods as an act of worship and sacrifice to the Lord.



COMING UP!
EMMAUS MINISTRY
VIRTUAL PROGRAMS
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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