



*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  
February 20, 2021  
9:30am ET  
(or a convenient time for you)**



***If today you hear His voice,  
harden not your hearts.  
Let us follow Him into the desert.***

**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:** [Ashes](#) by Tom Conry  
*We rise again from ashes to create ourselves anew. From an offering of ashes, an offering to You.*

**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 6:1-6, 16-18**

Jesus said to his disciples:

“Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others.  
Amen, I say to you, they have received their reward.

But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them.  
Amen, I say to you, they have received their reward.

But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting.  
Amen, I say to you, they have received their reward.

But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden.  
And your Father who sees what is hidden will repay you.”

The Gospel of the Lord  
Thanks be to God.

**REFLECTION #1: [Reflection for Ash Wednesday 2021](#)**

by the Catholic Health Association

*What is standing between you and the God who knows and loves you?*



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: [Lent is Spiritual Training](#)** by Fr. Michael Sparough, S.J.

*Lent is spiritual training to prepare ourselves for our Easter feast*

**PRAYER**

Loving God,  
The love of Your Son, Jesus,  
led Him to accept the suffering of the cross,  
that we, His sisters and brothers, may have new life.

During this Lenten season,

bless our journey and change our lives  
through the disciplines of fasting, praying, and giving.

Help us to become self-giving and  
to embrace the needs of all people.  
May we all share the joy of Easter!

Grant this through Christ, our Lord,  
Amen.

--Bro. John Maganzini, ofm

**CLOSING HYMN:** [Take These Ashes](#) by Sarah Hart

*Take these ashes as a sign that, from dust you have been raised, and to dust you shall return.*

**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,

Gracious God,

As we begin this period of inner reflection and examination,

May we use our time wisely

May we use our time to enter into the silent, holy space where you wait for us every day.

May we be open to your graces there.

May you help us to pray.

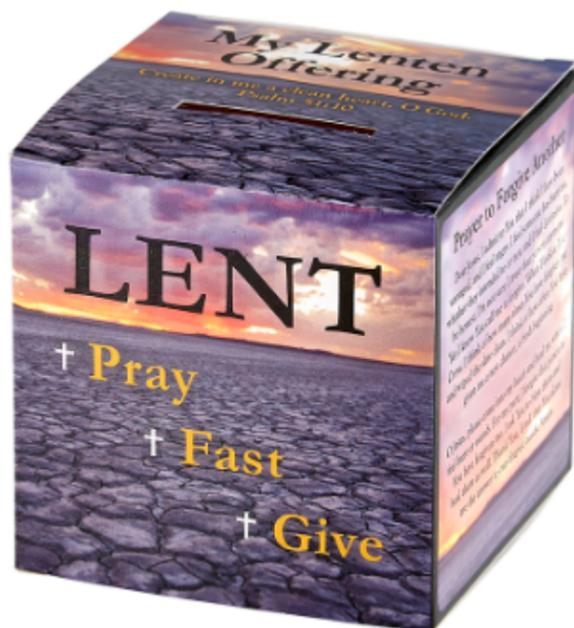
May you help us to fast.

May you help us to give,

May you remind us of your daily call to come home.

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:**

- [With These Ashes](#)  
by Gerard Chiusano  
*With these ashes we know your love, O Lord. With these ashes we turn our hearts to you.*
- [Lent: A Season of Renewal](#)  
by HyperPixelsMedia  
*We pray so He can create in us a pure heart; we give because He gave his only son; we deny ourselves so He becomes greater and we can become less.*
- [Journey Through Lent](#) by Most Rev Gerard Bergie  
*The Lord extends an invitation to us...*



**NEW! EMMAUS MINISTRY**  
**Thursday Morning**  
**PSALM 23 SHARING SESSIONS**  
**FOR GRIEVING PARENTS**  
**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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