

Text for Social Media Posts

8 Days of Eucharistic Joy

Listed by Date

Prayer for Priests: It is a good and wonderful thing to pray for your priest, the priests of our Diocese, and our Bishop! They need spiritual support and comfort as much as we do. Try incorporating this prayer into your night prayers or pick a day of the week where you commit to praying specifically for our clergy.

Anima Christi: Did you know that there are specific prayers you can say right after receiving Holy Communion? The next time you receive, try praying this beautiful and ancient prayer.

Siena Prayer: Short, repetitive prayers make for excellent micro meditations. They are also easy to memorize and can bring calm and focus to anxious minds. Adopt Saint Catherine of Siena's beautiful prayer to the Precious Blood of Jesus this week and see if you can turn it into a new prayer habit!

In the Light: True friendship is a shared journey toward the radiant light of Christ. Like the men on the road to Emma'us, walk with your friends and loved one. Encourage each other, console each other, and keep your feet pointed toward Christ.

Hebrews: Be confident of Christ's love for you – so confident that you never fear to ask him for help or pour out your heart to him in times of sadness and in times of joy.

Zurburan Lamb: Christ's great love for us, resulting in his great sacrifice, is a reminder that we can always rise from our sins and our weaknesses and return to Our Lord. Because Christ is the Lamb of God, every moment of every day is a chance for us to grow, to overcome, to forgive and be forgiven.

Priest: We often ask a lot of our priests. But his most important gift to us, that only he can give, is Christ in the Sacrament of the Holy Eucharist. Find a moment today to let your priest know how much you appreciate him and his priesthood.

Solemnity of the Sacred Heart of Jesus: The Sacred Heart of Jesus beats for you! Take time today to reflect on this thought, and how you might better return his love.

Immaculate Heart of Mary: Do not hesitate to ask Mama Mary to pray for you and intercede for you! She loves you and wants to hear from you.