



EMBER DAYS FOR THE SYNODAL PROCESS

EMBER DAYS are days of prayer and fasting that mark the changing of times and seasons in order to bring about deeper spiritual renewal. On these days, the Church “entreats the Lord for the various needs of humanity” and gives thanks to God for various blessings received (*Universal Norms on the Liturgical Year and the Calendar*, 45). Bishop Lucia invites both the clergy and the faithful of the diocese to participate in the following Ember Days for the synodal process.

2021 ADVENT EMBER DAYS FOR ATTENTIVE LISTENING

DECEMBER 15TH

PRAY by attending Mass

FAST from online activity / social media

DECEMBER 17TH

PRAY the Divine Mercy Chaplet

FAST by eating only one full meal

(and two smaller meals that together do not equal a full meal)

DECEMBER 18TH

PRAY the Rosary

FAST from buying something that is not needed

2022 LENTEN EMBER DAYS FOR FRUITFUL ENCOUNTER

MARCH 9TH

PRAY by attending Mass

FAST from unnecessary verbal communication

MARCH 11TH

PRAY the Divine Mercy Chaplet

FAST in addition to abstaining from meat by eating only one full meal

(and two smaller meals that together do not equal a full meal)

MARCH 12TH

PRAY the Rosary

FAST from unnecessary work

2022 SUMMER EMBER DAYS FOR CLEAR DISCERNMENT

JUNE 8TH

PRAY by attending Mass
FAST from watching television and listening to the radio

JUNE 10TH

PRAY the Divine Mercy Chaplet
FAST by eating only one full meal
(and two smaller meals that together do not equal a full meal)

JUNE 11TH

PRAY the Rosary
FAST from alcohol, soda, etc. and drink only water

2022 FALL EMBER DAYS FOR COMMUNION, PARTICIPATION, AND MISSION

SEPTEMBER 21ST

PRAY by attending Mass
FAST from excess clutter; donate extra items

SEPTEMBER 23RD

PRAY the Divine Mercy Chaplet
FAST by eating only one full meal
(and two smaller meals that together do not equal a full meal)

SEPTEMBER 24TH

PRAY the Rosary
FAST from unnecessary commitments