EMBER DAYS FOR THE Eucharistic Revival

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 Eucharistic Revival, a three-year initiative being undertaken by the USCCB.

2022 Advent Ember Days for Eucharistic Devotion

December 14th
Pray a holy hour before the Blessed Sacrament
Fast from online activity / social media

December 16th
Pray that all the faithful may believe and participate in the Eucharist
Fast by eating only one full meal
(and two smaller meals that together do not equal a full meal)

December 17th
Pray the Litany of the Blessed Sacrament
Fast from buying something that is not needed

2023 Lenten Ember Days for Eucharistic Reparation

March 1st
Pray the Divine Mercy Chaplet
Fast from unnecessary verbal communication

March 3rd
Pray for an increase in love and respect for the Blessed Sacrament
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 4th
Pray the Litany of Reparation to the Sacred Heart
Fast from beverages other than water
2023 SUMMER EMBER DAYS FOR EUCHARISTIC COMMUNION

MAY 31ST
PRAY with the Scripture passage of the Last Supper (John 14-17)
FAST from meat and other animal products

JUNE 2ND
PRAY for greater unity among the faithful in the Lord
FAST by eating only one full meal
(and two smaller meals that together do not equal a full meal)

JUNE 3RD
PRAY the Rosary with a friend or loved one
FAST from unnecessary work

2023 FALL EMBER DAYS FOR EUCHARISTIC ACCOMPANIMENT

SEPTEMBER 20TH
PRAY the Anima Christi
FAST from watching television and listening to the radio

SEPTEMBER 22ND
PRAY for the grace to invite a member of the faithful to return to the celebration of the Eucharist
FAST by eating only one full meal
(and two smaller meals that together do not equal a full meal)

SEPTEMBER 23RD
PRAY with the Scripture passage of the Road to Emmaus (Luke 24:13-25)
FAST from unnecessary commitments
Prayers for the Ember Days for the Eucharistic Revival

THE LITANY OF THE BLESSED SACRAMENT

℣. Lord, have mercy on us
℟. Lord, have mercy on us.

℣. Christ, have mercy on us.
℣. Christ, have mercy on us.
℣. Lord, have mercy on us
℣. Lord, have mercy on us.
℣. Christ, hear us,
℟. Christ, hear us.
℣. Christ, graciously hear us,
℟. Christ, graciously hear us.

God the Father of heaven,
God the Son, Redeemer of the World,
God the Holy Spirit,
Holy Trinity, one God,

O Living Bread, Who from Heaven descended,
Hidden God and Savior,
Grain of the elect,
Vine sprouting forth virgins,
Wholesome Bread and delicacy of kings,
Perpetual sacrifice,
Clean oblation,
Lamb without spot,
Most pure feast,
Food of Angels,
Hidden manna,
Memorial of God's wonders,
Super substantial Bread,
Word made flesh, dwelling in us,
Holy Victim,

O Cup of blessing,
O Mystery of faith,
O Most high and venerable Sacrament,
O Most holy of all sacrifices,
O True propitiatory Sacrifice for the living and the dead,
O Heavenly antidote, by which we are preserved from sin,
O stupendous miracle above all others,
O most holy Commemoration of the Passion of Christ,
O Gift transcending all abundance,
O extraordinary memorial of Divine love,
O affluence of Divine largess,
O most holy and august mystery,

Medicine of immortality,
Awesome and life-giving Sacrament,
Unbloody Sacrifice,
Food and guest,
Sweetest banquet at which the Angels serve,
Bond of love,
Offering and oblation,
Spiritual sweetness tasted in its own fountain,
Refreshment of holy souls,
Viaticum of those dying in the Lord,
Pledge of future glory,
℣. Be merciful,  ℛ. Spare us, O Lord.
℣. Be merciful,  ℛ. Graciously hear us, O Lord.

From the unworthy reception of Your Body and Blood,  ℛ. Lord, deliver us, we pray.
From passions of the flesh,
From the concupiscence of the eyes,
From pride,
From every occasion of sin,
Through that desire, with which You desired to eat the Passover with Your disciples,
Through that profound humility with which You washed Your disciples’ feet,
Through that most ardent love, with which You instituted this Divine Sacrament,
Through the most precious Blood, which You have left for us upon the altar,
Through those Five Wounds of Your most holy Body, which was given up for us,

Sinners we are,  ℛ. Lord, we ask You, hear our prayer.
That You would graciously preserve and augment the faith, reverence, & devotion in us towards this admirable Sacrament,
That You would graciously lead us through the true confession of our sins to a frequent reception of the Eucharist,
That You would graciously free us from every heresy, falsehood, and blindness of the heart,
That You would graciously impart to us the Heavenly and precious fruits of this most Holy Sacrament,
That You would graciously protect and strengthen us in our hour of death with this Heavenly Viaticum,
O Son of God,

℣. Lamb of God, who takes away the sins of the world,  ℛ. Spare us, O Jesus!
℣. Lamb of God, who takes away the sins of the world,  ℛ. Graciously hear us, O Jesus!
℣. Lamb of God, who takes away the sins of the world,  ℛ. Have mercy on us, O Jesus!

Let us pray:
Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, forever and ever. Amen.
The Litany of Reparation to the Sacred Heart

℣. Lord, have mercy on us
*R. Lord, have mercy on us.
℣. Christ, have mercy on us.
*R. Christ, have mercy on us.
℣. Lord, have mercy on us.
*R. Lord, have mercy on us.
℣. Christ, hear us.
*R. Christ, hear us.
℣. Christ, graciously hear us.
*R. Christ, graciously hear us.

Let us pray: Lord Jesus, Who has chosen to expose Yourself to all the outrages of the impious, rather than withdraw Your Sacred Body from our Churches, grant us the grace to bewail, with true bitterness of heart, the injuries and sacrileges committed against You, and to repair as far as lies in our power, and with sincere love, the many ignominies and contempts You have received, and still continue to receive, in this ineffable mystery, Who lives and reigns with God, in the unity of the Holy Spirit, for ever and ever. Amen.
Prayers for the Ember Days for the Eucharistic Revival

THE ANIMA CHRISTI

ENGLISH

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds conceal me.
Do not permit me to be parted from Thee.
From the evil foe protect me.
At the hour of my death call me.
And bid me come to Thee,
to praise Thee with all Thy saints
for ever and ever.
Amen.

LATIN

Anima Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inebria me.
Aqua lateris Christi, lava me.
Passio Christi, conforta me.
O bone Iesu, exaudi me.
Intra tua vulnera absconde me.
Ne permittas me separari a te.
Ab hoste maligno defende me.
In hora mortis meæ voca me.
Et iube me venire ad te,
Ut cum Sanctis tuis laudem te
in sæcula sæculorum.
Amen.