



ROMAN CATHOLIC
DIOCESE OF SYRACUSE

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

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

God the Father of heaven, *R.* Have mercy on us. ◆

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,

R. Have mercy on us.

R. Have mercy on us.

℣. Be merciful, **℞. Spare us, O Lord.**
℣. Be merciful, **℞. Graciously hear us, O Lord.**

From the unworthy reception of Your Body and Blood, **℞. 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, **℞. 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,

℞. Spare us, O Jesus!

℣. Lamb of God, who takes away the sins of the world,

℞. Graciously hear us, O Jesus!

℣. Lamb of God, who takes away the sins of the world,

℞. 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.

℞. Lord, deliver us, we pray.

℞. Lord, we ask You, hear our prayer.

Prayers for the Ember Days for the Eucharistic Revival

THE LITANY OF REPARATION TO THE SACRED HEART

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

God the Father of heaven, **R.** Have mercy on us.
God the Son, Redeemer of the World,
God the Holy Spirit,
Holy Trinity, one God,
O Sacred Host! Victim of reparation for the sins of the world,
O Sacred Host! Annihilated on the altar for us and by us,
O Sacred Host! Despised and neglected,
O Sacred Host! Neglected and abandoned in Your temples,

V. Be merciful, **R.** Spare us, O Lord.
V. Be merciful, **R.** Graciously hear us, O Lord.

From the unworthy reception of Your Body and Blood, **R.** We offer You our reparations, O Lord.
From passions of the flesh,
From the concupiscence of the eyes,
For so many unworthy Communions,
For the irreverence of Christians,
For the continual blasphemies of the impious,
For the infamous discourses made in Your Holy Temples,
For the crimes of sinners,
For the sacrileges which profane Your sacrament of love,
For the coldness of the greater part of Your children,
For their contempt of Your loving invitations,
For the infidelity of those who call themselves Your friends,
For the abuse of Your grace,
For our unfaithfulness,
For our delay in loving You,
For our tepidity in Your Holy Service,
For Your bitter sadness at the loss of souls,
For Your long waiting at the door of our hearts,
For Your loving sighs,
For Your loving tears,
For Your loving imprisonment,
For Your loving death,

That You spare us, that You hear us,
That You will make known Your love for us in this most Holy Sacrament,
That You will deign to accept our reparation, made in the spirit of humility,

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

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.

R. Have mercy on us.

R. We offer You our reparations, O Lord.

R. We sinners beseech You, hear us.

R. We sinners beseech You, hear us.

R. We sinners beseech You, hear us.

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.