

Parish

Year

PILGRIMAGE

**The 2024
Eucharistic
Congress**

How Can I Get Involved at the Eucharistic Congress?

Be Formed

Encounter Christ

Stick with it!



revival

Be Formed

Read a Vatican document on the Eucharist, such as *Ecclesia de Eucharistia* or *Sacramentum Caritatis*, or read *The Mystery of the Eucharist in the Life of the Church* by the U. S. Bishops (all available free online).

Read and reflect on Eucharistic Scripture: John Chapter 6, Matthew 26:17-30, Acts 2:42, 1 Corinthians 10:16-22, 1 Corinthians 11:20-34

Watch Bishop Cozzens' course on the Eucharist (it is about 2 hours) at eucharisticrevival.org/learn-resources.

Encounter Christ

Receive forgiveness in the Sacrament of Reconciliation once in Lent and once in Advent.

Spend time with Christ for 60 minutes of Eucharistic adoration. If you already go often, try to spend an extra hour in adoration this Parish Year.

Attend 5 daily Masses this year and participate in a Eucharistic procession

Stick With It!

Write down the date of completion each time you complete a new opportunity for formation or encounter.

Once you complete 6 bring this card back to the Parish office for some kudos!

Keep it up. We look forward to seeing you at Mass on Sunday!