

## **PILLAR II: EUCHARISTIC IDENTITY IN PRACTICE**

- Each Sunday is like a “little Easter.” Sunday Mass should be the heart and center of your week. Try to make Sunday Mass (or its Vigil Mass on Saturday afternoon / evening) the center of your weekend, so that the rest of your weekend is planned around Mass, not Mass around your weekend.
- If a parent, take your children to Mass every Sunday, so that it becomes “the air they breathe.”
- Pray a Morning Offering every day.

***O Jesus, through the Immaculate Heart of Mary, in union with the Holy Sacrifice of the Mass throughout the world, I offer You my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, in reparation for sins, for the union of all Christians, and in particular for the intentions of the Holy Father this month. Amen.***

- Recite a short prayer before each Mass asking the Holy Spirit to help you to pray the Mass and to enter deeply into it.
- Remind yourself and your loved ones that each of us is God the Father’s beloved son or daughter through Baptism and that we are Eucharistic people.
- Ask God to heal and transform your heart through the Holy Eucharist, and receive the Sacrament of Confession frequently. In the 1930’s, Jesus told a Polish nun, Sr. Faustina Kowalska (now Saint Faustina), that “the greatest miracles take place” in this Sacrament.
- In dioceses, parishes, and Catholic schools, assist parish and school staffs, existing ministries, and apostolates to connect their work in the Lord’s vineyard more deeply to Jesus in the Eucharist through Eucharistic devotions, such as Holy Hours.