



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 14<sup>TH</sup>

**PRAY** a holy hour before the Blessed Sacrament

**FAST** from online activity / social media

### DECEMBER 16<sup>TH</sup>

**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 17<sup>TH</sup>

**PRAY** the Litany of the Blessed Sacrament

**FAST** from buying something that is not needed

---

## 2023 LENTEN EMBER DAYS FOR EUCHARISTIC REPARATION

### MARCH 1<sup>ST</sup>

**PRAY** the Divine Mercy Chaplet

**FAST** from unnecessary verbal communication

### MARCH 3<sup>RD</sup>

**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 4<sup>TH</sup>

**PRAY** the Litany of Reparation to the Sacred Heart

**FAST** from beverages other than water

## 2023 SUMMER EMBER DAYS FOR EUCHARISTIC COMMUNION

**MAY 31<sup>ST</sup>**

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

**JUNE 2<sup>ND</sup>**

**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 3<sup>RD</sup>**

**PRAY** the Rosary with a friend or loved one  
**FAST** from unnecessary work

---

## 2023 FALL EMBER DAYS FOR EUCHARISTIC ACCOMPANIMENT

**SEPTEMBER 20<sup>TH</sup>**

**PRAY** the *Anima Christi*  
**FAST** from watching television and listening to the radio

**SEPTEMBER 22<sup>ND</sup>**

**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 23<sup>RD</sup>**

**PRAY** with the Scripture passage of the Road to Emmaus (Luke 24:13-25)  
**FAST** from unnecessary commitments