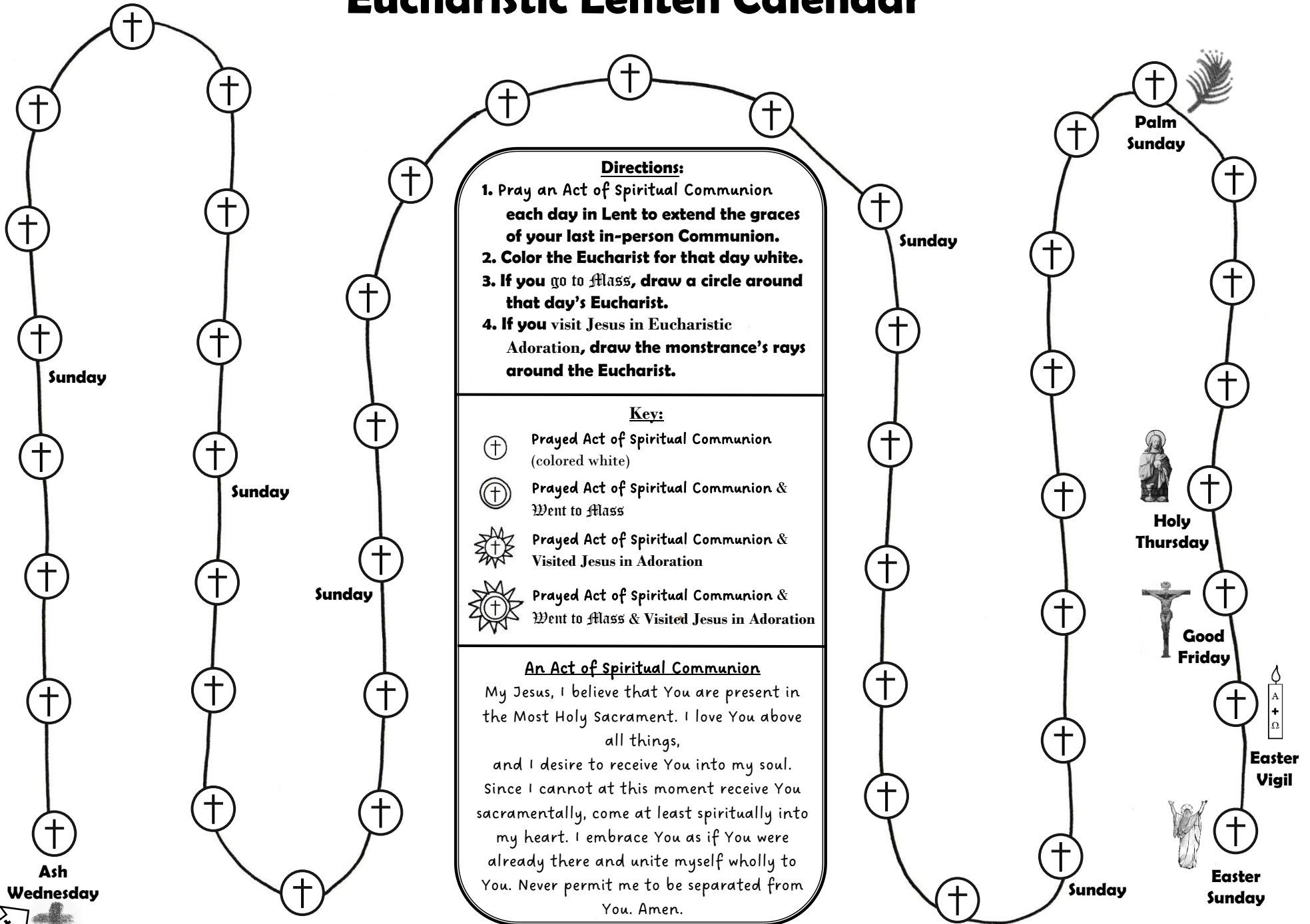






# Eucharistic Lenten Calendar



- Directions:**
1. Pray an Act of Spiritual Communion each day in Lent to extend the graces of your last in-person Communion.
  2. Color the Eucharist for that day white.
  3. If you go to Mass, draw a circle around that day's Eucharist.
  4. If you visit Jesus in Eucharistic Adoration, draw the monstrance's rays around the Eucharist.

**Key:**

	Prayed Act of Spiritual Communion (colored white)
	Prayed Act of Spiritual Communion & Went to Mass
	Prayed Act of Spiritual Communion & Visited Jesus in Adoration
	Prayed Act of Spiritual Communion & Went to Mass & Visited Jesus in Adoration

**An Act of Spiritual Communion**

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things,

and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.