

**Grow in Grace
this Lent.**

2023 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. Mark it off on the calendar.
2. In addition, if you go to Mass on a particular day, mark it off on the calendar.
3. If you visit Jesus in Eucharistic Adoration, mark it off on the calendar.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Ash Wed. February 22	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 23	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 24	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 25
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 26	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 27	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration February 28	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 1	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 2	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 3	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 4
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 5	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 6	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 7	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 8	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 9	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 10	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 11
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 12	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 13	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 14	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 15	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 16	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 17	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 18
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 19	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 20	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 21	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 22	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 23	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 24	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 25
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 26	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 27	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 28	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 29	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 30	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration March 31	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration April 1
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Palm Sun. April 2	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration April 3	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration April 4	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration April 5	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Holy Thurs. April 6	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Good Fri. April 7	⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Easter Vigil April 8
⊕ Spiritual Communion ⊕ Mass ⊕ Adoration Easter April 9	<p><i>"If you practice the holy exercise of Spiritual Communion several times each day, within a month you will see your heart completely changed." - St. Leonard of Port Maurice</i></p>					