



March 22

Thank you for joining in the Countdown to the Consecration to the Holy Eucharist! We are excited to be journeying with you. Beginning on March 24, we will ponder reflection questions for prayer; points to consider as you open your heart more fully to the ever present gift of God's love for you; a grace of the day to absorb as you resolve to love God with your whole heart, mind, and soul; and a daily virtue to exercise from *33 Days to Eucharistic Glory*.

Copies of this book are located in many Churches. If you haven't picked one up, we encourage you to do so, and to read the introduction today or tomorrow. Invite your family and friends to join in the Countdown to the Consecration and Highway to Heaven event in Lake Placid! As a reminder, people may register for free here: <https://www.rcdony.org/jubileeh2h> Come for part of the day or the whole day. We look forward to praying and celebrating with you!

March 23

Tomorrow begins our preparation for the diocesan Consecration to the Holy Eucharist! Remember not to let the perfect get in the way of the good. If you miss a day in *33 Days to Eucharistic Glory* book and/or the videos, stay the course and you can always go back and make it up later. We are all works in progress. God delights in you and is pleased with your efforts. If you become discouraged or feel tempted to give up, remember His promise: "Consecrate yourselves to the Lord, for tomorrow he will do wonders among you." (Joshua 3:5) In this Jubilee Year of Hope, you will see many miracles of His love!

March 24

Day 1: Where Are You Going?

https://www.youtube.com/watch?v=UZ5rFP_aFIE

Reflection questions: Who am I? Where did I come from? Where am I going?

Points to consider: I am a beloved child of God. He created me because He loves me. God wants me to be in Heaven with Him someday.

Where does God want to lead me?

Grace of the Day: Journey with Jesus in the Holy Eucharist.

Virtue: Patience

March 25

Day 2: A Radical Difference

<https://www.youtube.com/watch?v=R3q9qDQyLLO>

Reflection questions: Are you a pilgrim or are you a tourist?

Points to consider: Allow yourself to be open to what God has in store for you. Surrender to His will.

Grace of the Day: Jesus, I want to give my whole life to You.

Virtue: Joy

March 26

Day 3: Your Last Day

<https://www.youtube.com/watch?v=h7HhNIYVwSs>

Reflection questions: What if today was your last day? What would you do today?

Points to consider: Examine your priorities. Put your life in order. Do you need to live differently? Your last day is also your first day.

Grace of the Day: Make God first in your life. Begin a new life centering your days on Jesus.

Virtue: Faith

March 27

Day 4: What's Your Focus?

<https://www.youtube.com/watch?v=ayAiebHEstY>

Reflection questions: What are you focusing on?

Points to consider: You were made for a good purpose.

Grace of the Day: Focus on our Lord in the Blessed Sacrament and you will find joy.

Virtue: Determination

March 28

Day 5: Choose Joy

<https://www.youtube.com/watch?v=ia1D7xNo5Ag&list=PLuie34UwUVpjLYNHK38nSsqZbXAPXU6WX&index=6>

Reflection questions: How are you at spending time in silence? Are you afraid of missing out?

Points to consider: Spending time in the “classroom” of silence brings us happiness.

Grace of the Day: Recommit to spending time with our Lord in Eucharistic Adoration. In the Presence of our Lord, you will find peace, joy, and the grace to become a saint.

Virtue: Discipline

March 29

Day 6: Embrace Your Season

<https://www.youtube.com/watch?v=ilCZPhefFto&list=PLuie34UwUVpjLYNHK38nSsqZbXAPXU6WX&index=7>

Reflection questions: What season is it in my life?

Points to consider: Your life is a journey, a pilgrimage, and will change—but God is with you and it’s okay. When you feel far away from God, continue to pray anyway.

Grace of the Day: I will keep showing up in my relationship with God.

Virtue: Surrender

March 30

Day 7: The Secret of Surrender

<https://www.youtube.com/watch?v=1SJnuMhvXI8&list=PLuie34UwUVpjLYNHK38nSsqZbXAPXU6WX&index=8>

Reflection questions: Do I try to figure things out myself or entrust them to God?

Points to consider: “Every time you receive Jesus in the Eucharist, He is working in you.”

Grace of the Day: Trust, surrender, believe, receive.

Virtue: Perseverance

March 31

Day 8: Mother Teresa and You

<https://www.youtube.com/watch?v=40B3G26abUk&list=PLuie34UwUVpjLYNHK38nSsqZbXAPXU6WX&index=9>

Reflection questions: Are you busy? Are you tired?

Points to consider: All of the saints “wasted time” with Jesus in the Eucharist.

Grace of the Day: I will become a missionary of charity in imitation of Jesus.

Virtue: Consistency

April 1

Day 9: Start Your Day Like a Saint

<https://www.youtube.com/watch?v=5SVSidXwEJI>

Reflection questions: How do you start your day?

Points to consider: St. John Paul II began every day by spending an hour with Jesus in the Blessed Sacrament, then celebrating Mass. How you spend the first moments you are awake and the last moments before you go to sleep define your day.

Grace of the Day: Begin your day “unplugged,” in silence with Jesus. Go to daily Mass and/or make a visit to the Blessed Sacrament if you can.

Virtue: Attentiveness

April 2

Day 10: The Little Things

<https://www.youtube.com/watch?v=RTXgIRsLZHk>

Reflection questions: What little things are you going to do today?

Points to consider: The God of the whole universe becomes tiny for us in the Sacred Host. The fullness of salvation comes to us.

Grace of the Day: Do small things with great love. Give everything in simple, little ways, whether at home, your job, or wherever you are.

Virtue: Spiritual awareness

April 3

Day 11: Who are you?

<https://www.youtube.com/watch?v=z7QBqQoWHhQ>

Reflection questions: Are you a mother or a father? A daughter? A son? A friend?

Points to consider: Jesus offered His Body and Blood as the perfect Lamb of God. The Mass is the re-presentation of Calvary. St. Maximilian Kolbe gave his life for another. His life shows us that we are called to change the world in a profound way.

Grace of the Day: Remember you are the dwelling place of God. Be a Eucharistic ambassador to bring joy and peace, life and light to the world.

Virtue: Sacrifice

April 4

Day 12: Your Hidden Talents

<https://www.youtube.com/watch?v=JdY-FMuym-E>

Reflection questions: What unique hidden gifts do you have? Have you buried them?

Points to consider: St. Thomas Aquinas taught amazing theology on the Real Presence of Jesus in the Holy Eucharist. He also composed the most beautiful Eucharistic hymns that we use during Adoration. Everyone has a gift to glorify God, don't let that be snatched away.

What is your talent?

Grace of the Day: Use your talents and abilities to glorify God and be a saint.

Virtue: Wisdom

April 5

Day 13: Your Image of Jesus

https://www.youtube.com/watch?v=pR_dJ-GO5lA&t=21s

Reflection questions: What is your image of Jesus? If you close your eyes, which image of Jesus comes to mind?

Points to consider: St. Faustina consecrated her life completely and totally to Jesus. Jesus appeared to her and asked her to have an image of Divine Mercy painted. This image reminds us of Baptism and the Holy Eucharist.

Grace of the Day: Jesus is as close to you as the nearest tabernacle. He is there for you and He longs for you. Give yourself solely to Him.

Virtue: Mercy

April 6

Day 14: Who is with you?

<https://www.youtube.com/watch?v=rOPvTEu9pl4>

Reflection questions: Who is with you? Who are you carrying with you?

Points to consider: Mary is the Ark of the Covenant who leads us to her Son. When the angel Gabriel came to the Blessed Virgin Mary, Jesus entered into her womb. When Mary gave birth to Jesus, the angels sang in the heavens and reminded us who she is, the Mother of the Eucharist—the first to adore Him.

Grace of the Day: Remember that when you receive Jesus in Holy Communion you are not alone. You become like Mary and carry Him with you. Pray for the grace to always have Mary at your side.

Virtue: Humility

April 7

Day 15: Time to Rest

<https://www.youtube.com/watch?v=bfmZQK1vn98>

Reflection questions: How are you doing at taking a rest?

Points to consider: “Come away by yourself to a deserted place and rest awhile.” (Mark 6:31) God rested on the seventh day to teach us to rest but we’re disobedient and become restless. Our best rest is being with Jesus.

Grace of the Day: Spend time in silence. Recommit to accountability to another and rest.

Virtue: Rest

April 8

Day 16: A Walking Miracle

https://www.youtube.com/watch?v=ldPD_baEJ78

Reflection questions: Do you know anybody that has been healed?

Points to consider: God has worked mighty deeds in my life. I was enslaved to different pleasures and things of this world; I doubted who I was as a child of God and I have been healed.

Grace of the Day: The Lord offers us true healing in Holy Communion. Pray to receive this grace.

Virtue: Trust

April 9

Day 17: What Do You Offer?

https://www.youtube.com/watch?v=-2RdfuVv_mA

Reflection questions: What are you going to put in the offertory the next time you go to Mass? What Crosses are you carrying that you can give to Jesus?

Points to consider: Recall what Jesus gives us in the Holy Eucharist and how you can give back. Jesus gives you the honor of being present at Calvary at the Holy Sacrifice of the Mass.

Grace of the Day: Place your life on the paten and into the chalice so it is offered in union with Christ's perfect sacrifice. United to Christ on the Cross our lives have meaning and are transformed by the glory of His resurrection.

Virtue: Kindness

April 10

Day 18: The One Thing:

<https://www.youtube.com/watch?v=2Nn-IVJX--8>

Reflection questions: What did you receive the last time you went to Mass? Are you open to what Jesus wants to give you?

Points to consider: In the readings, the homily, or the prayers, write the one thing that you received during Mass. Pray to become the saint God is calling you to be.

Grace of the Day: Be receptive. Come to Mass hungry. Long to receive like Mary.

Virtue: Receptivity

April 11

Day 19: Your Last Mass

<https://www.youtube.com/watch?v=pZGVlgOw3nY>

Reflection questions: What if it was your last Mass? How would you prepare? How would you receive Jesus in the Blessed Sacrament?

Points to consider: Pray this Mass as if it was your first Mass, your last Mass, your only Mass. Mass is something we *get* to do, not something we *have* to do.

Grace of the Day: Be grateful for the Holy Eucharist and never take our Lord in the Blessed Sacrament for granted.

Virtue: Preparedness

April 12

Day 20: What matters most?

<https://www.youtube.com/watch?v=JSfZ9m06gSo>

Reflection questions: What are the most important things in your life? What guides and directs everything?

Points to consider: Our priorities are what we make time for. They are our non-negotiables. We often make excuses to do what we want rather than what God wants. However, by prioritizing our relationship with God, all other aspects of our life will be blessed.

Grace of the Day: Redirect your priorities. Are you making more time for God in Mass and Eucharistic Adoration? In the time we give to God, He blesses and enriches us.

Virtue: Love

April 13

Day 21: A Beautiful Opportunity

<https://www.youtube.com/watch?v=mAKvBLYJ5Z4>

Reflection questions: What is your relationship with daily Mass? What would my life look like if I started going to daily Mass once a week?

Points to consider: You are invited to come to Mass every day to receive the true Bread from Heaven, our Lord Jesus Christ.

Grace of the Day: Daily Mass is a beautiful grace and opportunity that can change lives. It helps us learn to live in simplicity and beauty.

Virtue: Devotion

April 14

Day 22: What Are You Hungry For?

<https://www.youtube.com/watch?v=x53kfEPlo5M>

Reflection questions: What are you hungry for right now? Am I doing something to suppress my hunger for the things of God?

Points to consider: What is God saying to you through your hunger? How is He using that hunger to lead you closer to Him?

Grace of the Day: Hunger for God because He hungers for us.

Virtue: Courage

April 15

Day 23: The Most Precious Gift

<https://www.youtube.com/watch?v=fua6twaTAsY>

Reflection questions: What do you remember about your First Communion?

Points to consider: St. Tarcisius, patron saint of First Communicants, died protecting Jesus in the Blessed Sacrament. Everything we have in the Catholic Church is nothing in comparison with the Holy Eucharist. “There is nothing so great as the Eucharist, if God had something greater He would have given it to us.” (St. John Vianney) At each Mass you actually enter into the Last Supper.

Grace of the Day: The Holy Eucharist is the greatest and most treasured possession of the Church. Jesus, You’ve given Yourself to me. Now, I’m giving myself back to You.

Virtue: Gratitude

April 16

Day 24: Discover Your True Ancestors

<https://www.youtube.com/watch?v=XMWozBty9IM>

Reflection questions: Who are your ancestors in the faith?

Points to consider: Members of the Early Church are your ancestors. The earliest Christian mosaic is located at the place where Jesus multiplied the loaves and the fish. Above this is an altar. There is a loaf missing in the depiction because Jesus is the Bread of Life who becomes present on the altar.

Grace of the Day: Imitate the saints who took the Flesh and Blood of Jesus into their bodies. Your ancestors are present at every Mass united with you in the Body of Christ.

Virtue: Faithfulness

April 17

Day 25: Everyone Needs to Know

<https://www.youtube.com/watch?v=zGEbVmFxzeg&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=25>

Reflection questions: Do you know who Carlo Acutis is?

Points to consider: Jesus gives us the present of His Body and Blood at every Mass. Sometimes He gives us an extra gift in Eucharistic Miracles. Carlo Acutis, the first millennial saint, the saint in Nike shoes, conceived and designed the Eucharistic Miracles of the World exhibit before he died at age 15.

Grace of the Day: Study Eucharistic Miracles. They are a game changer. It is up to you to tell the world about the truth of His ever present love.

Virtue: Awe

April 18

Day 26: Check Your Language

<https://www.youtube.com/watch?v=vg1iyvcDkwA&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=26>

Reflection questions: Do you *have to* or do you *want to* go to Holy Mass?

Points to consider: Words matter. We believe that the Word became Flesh. At every Mass we *get* to receive Jesus in His Body, Blood, Soul, and Divinity.

Grace of the Day: Change your speech so others realize that you *get* to do the most amazing thing this side of Heaven.

Virtue: Hope

April 19

Day 27: The Power of Fatima

<https://www.youtube.com/watch?v=oZV-OkSCeQU&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=27>

Reflection questions: What do you know about Fatima?

Points to consider: Fatima shows us how important it is to honor Jesus in the Blessed Sacrament, and to offer prayers of reparation and love, because the Holy Eucharist is really Him. The Rosary is biblical meditations on the entire life of Jesus with Mary. Mary asked the children at Fatima to pray the Rosary. The angel of Fatima taught them this prayer:

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.

Grace of the Day: Our Lady wants the world to love and honor her Son who is so often offended. When we pray the Rosary, we reflect on Jesus' life, with Mary as our guide.

Virtue: Fortitude

April 20

Day 28: The Unbroken Promise

https://www.youtube.com/watch?v=f6SS_WEvR5Y&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=28

Reflection questions: Does Jesus keep His promises?

Points to consider: Jesus always keeps His promises in the Blessed Sacrament. Jesus gives us His Body, Blood, Soul, and Divinity at every Mass in every tabernacle of the world. If you're lonely, angry, or confused, you can go to Church and be with Jesus now. He waits for YOU!

Grace of the Day: Remember that Jesus is with us always. "Behold I am with you always." (Matthew 28:20)

Virtue: Sincerity

April 21

Day 29: Are You All In?

https://www.youtube.com/watch?v=zh_UJoD7hw&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=29

Reflection questions: What does a saint look like?

Points to consider: Our world is starving for heroes. God wants you to be a saint and to change the world. He wants you to be a saint in the very situation you're in right now.

Grace of the Day: Look at every moment as an opportunity to proclaim the Gospel message. Give yourself to Jesus in the Holy Eucharist and let Him use you. Do small acts of love and kindness where you are right now.

Virtue: Enthusiasm

April 22

Day 30: Your Profound Influence

https://www.youtube.com/watch?v=ia5_wSnni_M&list=PLZisXcLIZva5qWsTCsjVBV72CBG6wEmjE&index=30

Reflection questions: Who is God calling you to bring to Jesus?

Points to consider: Write down five people whom God is asking you to impact in your life. Send them text messages, invite them out for coffee, and intentionally share with them the good things that God is doing in your life.

Grace of the Day: Go and make disciples of all nations. The world will change when we invite other people to Eucharistic glory.

Virtue: Simplicity

April 23

Day 31: Believe the Impossible

<https://www.youtube.com/watch?v=cPq45P8EZlc>

Reflection questions: What do you believe in your life is impossible? Do you get discouraged or listen to negative thoughts?

Points to consider: God has a dream for you. Don't settle; let God do the impossible in you. Jesus loves you so much, He can make you a saint. Choose good and virtue.

Grace of the Day: Focus on your tomorrow.

Virtue: Generosity

April 24

Day 32: Let's Go to the Temple

<https://www.youtube.com/watch?v=onjsLOU3wiU>

Reflection questions: Are you ready to go to the Temple?

Points to consider: Every time we receive Holy Communion we become temples of God, set apart and consecrated.

Grace of the Day: Offer your consecration from your heart.

Virtue: Obedience

April 25

Day 33: Give Your All

<https://www.youtube.com/watch?v=YeHvtLwzJ5k&t=4s>

Reflection questions: Are you ready to let this consecration be a game changer?

Points to consider: Choose to live your life consecrated to Jesus in every tabernacle of the world, to live your life to the full. God delights in you. Live your consecration.

Grace of the Day: I offer myself to You in perfect surrender in the Holy Eucharist. All that I have, I give to You.