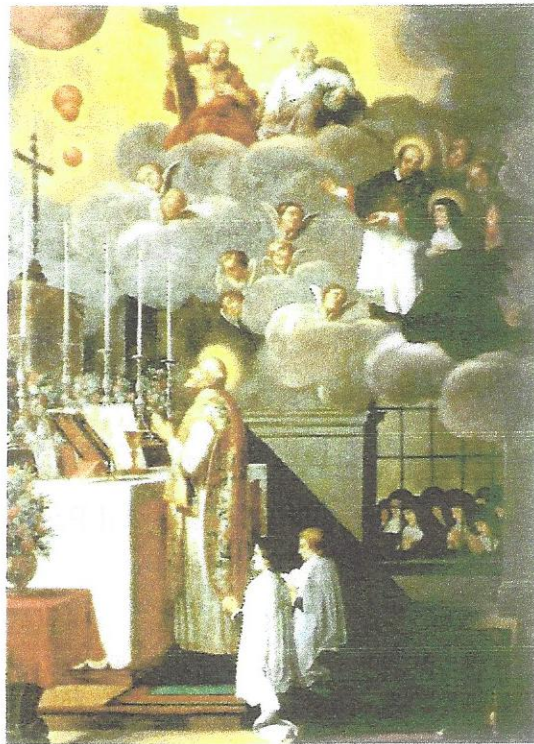


# Living Today Well ...



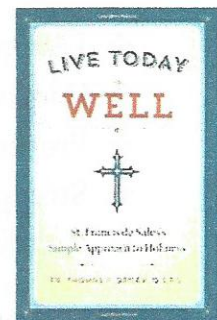
## through Holy Communion

the annual Forty Hours Devotion presented by

**REV. THOMAS F. DAILEY, O.S.F.S.**

The John Cardinal Foley Chair of Homiletics & Social Communications @ St. Charles Seminary  
Founding Director of the Salesian Center for Faith & Culture @ DeSales University

[www.sophiainstitute.com/LiveTodayWell](http://www.sophiainstitute.com/LiveTodayWell)



*with Evening Prayer & Benediction on*

**October 15 @ 5:00 p.m.**

**October 16 & 17 @ 7:00 p.m.**



[www.sacredheart-cliftonheights.net](http://www.sacredheart-cliftonheights.net)

## Communion and Adoration

Our Lord said: "I am the living bread that came down from heaven; if any one eats this bread, he will live forever;...he who eats my flesh and drinks my blood has eternal life and ...abide in me, and I in him" ( John 6: 51, 54, 56).

The Holy Eucharist is the heart and the summit of the Church's life, for in it Christ associates His Church and all her members with His sacrifice of praise and thanksgiving offered once for all on the cross to His Father; by this sacrifice He poured out the grace and salvation on His Body which is the Church.

The Annual Eucharist Devotional of the Forty Hours in our Parish presents us the opportunity to renew our faith and devotion to the real Presence of Our Lord Jesus Christ in the Sacrament of the Most Holy Eucharist.

Our Annual Forty Hours Devotion enables us to seek numerous graces and make reparation for any sins (sacrileges, indifferences and offenses) committed against the Most Precious Body and Blood of Our Lord in the Most Blessed Sacrament.

The power of the Most Holy Eucharist

- ❖ Increases our union with the Lord
- ❖ Forgives our venial sins
- ❖ Preserves us from grave sins
- ❖ Strengthens our bonds of charity between us and the Lord
- ❖ Reinforces the unity of the Church as the Mystical Body of Christ

Come and pray

Adore and repent

Give thanks and praise

Ask, seek, and knock...

Be still in His presence and find yourself in His love