



# America 250

On June 11 2026, the United States Catholic Bishops will consecrate our country to the Sacred Heart of Jesus, as part of the celebration of the 250th Anniversary of the Birth of our Nation.

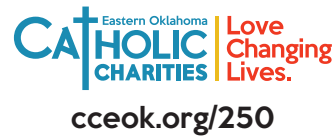
Our diocese is encouraging all the faithful to participate by contributing to 250 Hours of Adoration and 250 Works of Mercy from June 11th through July 4th. You live this out every day when you volunteer at Catholic Charities!

Use this card to track your Adoration and Works of Mercy when you are here at CCEOK by writing the date on the line and circling A for Adoration or M for Mercy.

Name: \_\_\_\_\_

Individual     Family

_____	A	M	_____	A	M	_____	A	M
_____	A	M	_____	A	M	_____	A	M
_____	A	M	_____	A	M			
_____	A	M	_____	A	M			
_____	A	M	_____	A	M			



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_____	A	M	_____	A	M			
_____	A	M	_____	A	M			
_____	A	M	_____	A	M			



**Start your day with this prayer  
as a team or privately:**

Most loving and Divine Heart of Jesus,  
source of mercy, truth, and peace,  
I offer to You my whole being—  
my thoughts, my words, my actions, and my  
prayer as I adore You in the Most Holy  
Eucharist and serve You in the least among us.  
I offer You my joys, and my sufferings,  
my hopes and my fears,  
even my weakness of faith  
and when I serve each person before me.  
Draw me ever closer to Your Heart,  
that I may learn to love as You love,  
to forgive as You forgive,  
and to serve as You serve.  
Let Your compassion flow through me  
to all whom I meet, so that my life  
may be a living sign of Your saving love.  
Sacred Heart of Jesus,  
be my refuge in weakness,  
my strength in temptation,  
and my hope in every moment.  
I give myself entirely to You,  
now and forever.  
Amen.

_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M

CCEOK will collect these cards July 6-10,  
ending this opportunity with a special Mass for you  
Friday, July 10th at 11:30am, followed by an ice cream  
social. We hope to see you there!

**Together, we are Love Changing Lives!**

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_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
_____	A	M	_____	A	M
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