

**CATHOLIC**  
SOCIAL+MEDIA  
BY PRENGER SOLUTIONS GROUP



# 2024-2025 DIOCESAN SOCIAL MEDIA CALENDAR













*150+ post ideas to delight your followers*



# MAY 2024

## THE MONTH OF THE BLESSED VIRGIN MARY

 **CHALLENGE:** Wear something blue each day of the month  
 **SHARE:** Encourage parishioners to share photos in the comments








SUN	MON	TUES	WED	THUR	FRI	SAT
<b>PLANTING A MARY GARDEN</b>  <b>CHALLENGE:</b> Plan a garden this month using flowers that celebrate the Blessed Virgin Mary <i>Images should include lilies, roses, violets, periwinkle, and Lady's slipper</i>	<b>MILITARY APPRECIATION MONTH</b> Messaging should thank veterans within the parish and greater community  <b>SHOUTOUT:</b> Military bases within the diocese	<b>SUPPORT FOR STUDENTS DURING EXAMS AND GRADUATION</b> Highlight high school and college students <i>Imagery of graduation caps or test booklets and pencils</i>	<b>MEMORIAL OF ST. JOSEPH THE WORKER</b> 1  <b>ASK:</b> How have you benefitted from the labors of others? <i>Images of workers, laborers</i>	2	3	4
<b>CINCO DE MAYO</b> 5 Messaging should foster inclusivity and appreciation for Hispanic culture  <b>SHOUTOUT:</b> Hispanic parishes in your diocese <i>Images of traditional foods, dancing, family gatherings</i>	6	7	8	<b>SOLEMNITY OF THE ASCENSION OF THE LORD*</b> 9  <b>SHOUTOUT:</b> Any parishes named "Ascension" in the diocese [Move to May 12 as needed]	<b>MEMORIAL OF ST. DAMIEN DE VEUSTER</b> 10  <b>ASK:</b> Have you been on pilgrimage to Hawaii? <i>Images of Hawaii, the saint's resting place specifically</i>	11
<b>NATIONAL TEACHER APPRECIATION WEEK, MAY 6 — 10</b> ← Messaging should thank Catholic educators for shaping the minds and hearts of future generations → <i>Images of parish school campuses, faculty, and staff</i>						
<b>MOTHER'S DAY</b> 12 Honoring mothers and maternal figures within the context of the Blessed Mother  <b>RESEARCH:</b> Find an image of your bishop with his own mother	13	14	15	16	17	18
<b>NATIONAL POLICE WEEK, MAY 12 — 18</b> ← Thank those who keep your community safe and highlight patron saints of police officers →						
<b>SOLEMNITY OF PENTECOST</b> 19  <b>ASK:</b> How have you received the gifts of the Holy Spirit?	20	21	22	23	24	25
<b>EMERGENCY MEDICAL SERVICES WEEK, MAY 19 — 25</b> ← Thank those who save lives and highlight patron saints of doctors and nurses →						
<b>SOLEMNITY OF THE MOST HOLY TRINITY</b> 26 Highlight the Sign of the Cross as the regular reminder of Trinitarian life  <b>RESEARCH:</b> The indulgence attached to the Sign of the Cross	<b>MEMORIAL DAY</b> 27 Remembering and honoring fallen soldiers and veterans  <b>RESEARCH:</b> Do you have national cemeteries in the diocese?	28	29	30	31	<b>SUMMER BBQ SERIES AND RECIPES</b>  <b>SHARE:</b> Opportunity for parishioners to post their favorite summer recipes in the comments  <b>ASK:</b> Hotdogs vs. hamburgers – which is the summertime champion?

# JUNE 2024

## THE MONTH OF THE SACRED HEART OF JESUS

 **SHOUTOUT:** Any parishes named "Sacred Heart" in your diocese – one of the most common church names in the U.S.














*Use images of the Sacred Heart*

SUN	MON	TUES	WED	THUR	FRI	SAT			
<p><b>TIPS FOR MAINTAINING FAITH DURING VACATION AND TRAVEL</b></p> <p>Link to <a href="http://www.masstimes.org">www.masstimes.org</a></p> <p>Publish blessings for car and air travel</p>		<p><b>SUMMER SONG PLAYLIST</b></p> <p>Each family member chooses three songs to add to the playlist</p> <p>Link to a Spotify playlist curated by the diocese</p>		<p><b>POPULAR WEDDING MONTH</b></p> <p>Publish a blessing for couples as they prepare for this important sacrament</p> <p><i>Images of parish weddings, wedding rings, etc.</i></p>		1			
<p><b>THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST</b></p> <p> <b>ASK:</b> Have you participated in a Eucharistic procession?</p> <p><i>Imagery of monstrance and Eucharistic procession</i></p>	2	3	4	5	6	<p><b>SOLEMNITY OF THE MOST SACRED HEART OF JESUS</b></p> <p>Message focuses on how Jesus had a truly human heart, a truly divine heart</p> <p><i>Imagery of the Sacred Heart</i></p>	7	<p><b>MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY</b></p> <p>Message focuses on the heart that circulated the oxygen that nourished our Lord in the womb</p> <p><i>Images of Mary and Jesus together</i></p>	8
9	10	11	12	13	14	15			
<p><b>NATIONAL FLAG WEEK, JUNE 9 – 15</b></p> <p> <b>CHALLENGE:</b> Encourage parishioners to pose with their American flags!</p>									
<p><b>FATHER'S DAY</b></p> <p>Messaging should honor fathers and paternal figures through the lens of St. Joseph</p> <p> <b>RESEARCH:</b> An image of your bishop with his own father</p>	16	17	18	19	20	21	22		
			<p><b>JUNETEENTH</b></p> <p>Celebrate and pray for the progress our nation has made in civil rights and race relations</p> <p>Publish any local celebrations</p>	<p><b>WORLD REFUGEE DAY</b></p> <p>Post links to local resources for refugees and volunteer opportunities</p> <p> <b>CHALLENGE:</b> Encourage parishioners to get involved through the state Catholic conference</p>					
23	24	25	26	27	28	29			
	<p><b>SOLEMNITY OF THE NATIVITY OF JOHN THE BAPTIST</b></p> <p>Connect parishioners to USCCB resources  <b>CHALLENGE:</b> Encourage parishioners to join the state's Catholic conference mailing list</p>					<p><b>SOLEMNITY OF STS. PETER AND PAUL, APOSTLES</b></p> <p> <b>ASK:</b> In what city were both saints martyred?</p> <p><i>Imagery of both saints together</i></p>			
30	<p> <b>ASK:</b> Did you know John the Baptist is the only individual (besides Jesus and Mary) whose birthday we celebrate?</p> <p><i>Images of John the Baptist and Jesus together as infants</i></p>								

# JULY 2024

## THE MONTH OF THE MOST PRECIOUS BLOOD OF JESUS

? ASK: What do Catholics around the world celebrate this month?  
*[Few people know this is the "Month of the Precious Blood"]*

SUN	MON	TUES	WED	THUR	FRI	SAT
	<b>1</b> <b>MEMORIAL OF ST. JUNÍPERO SERRA</b>  <b>ASK:</b> Have you traveled the El Camino Royale?  <i>Images of southern California</i>	<b>2</b>	<b>3</b>	<b>4</b> <b>INDEPENDENCE DAY</b>  <b>SHARE:</b> Ask parishioners to post pictures of how they are celebrating  <i>Images of fireworks and American flag</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>MEMORIAL OF ST. BENEDICT</b>  <b>SHOUTOUT:</b> Highlight how Benedictines have shaped life in your diocese	<b>12</b>	<b>13</b>
<b>14</b> <b>MEMORIAL OF ST. KATERI TEKAKWITHA</b>  <b>CHALLENGE:</b> Connect parishioners to your state's Catholic conference, especially ecology resources  [Note: This day is a Sunday in Ordinary Time this year]	<b>15</b> <b>NATIONAL GIVE SOMETHING AWAY DAY</b>  <b>CHALLENGE:</b> Ask parishioners to declutter and practice the virtue of charity  Link to Catholic organizations to donate to (St. Vincent de Paul Society, etc.)	<b>16</b> <b>MEMORIAL OF OUR LADY OF MOUNT CARMEL</b>  <b>SHOUTOUT:</b> Highlight how the Carmelites have shaped life in your diocese   <b>RESEARCH:</b> Do you have recent Carmelite vocations?	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>MEMORIAL OF STS. JOACHIM AND ANNE, PARENTS OF THE BLESSED VIRGIN MARY</b>  <b>ASK:</b> How have grandparents affected your life?  <i>Images of grandparents</i>	<b>27</b>
<b>28</b>	<b>29</b> <b>MEMORIAL OF MARTHA, MARY, AND LAZARUS</b> Publish a prayer for holy families and siblings	<b>30</b> <b>INTERNATIONAL DAY OF FRIENDSHIP</b> Friends come in all shapes, sizes, and ages!   <b>CHALLENGE:</b> Ask parishioners to reach out to their friends today	<b>31</b> <b>MEMORIAL OF ST. IGNATIUS OF LOYOLA</b>  <b>SHOUTOUT:</b> Highlight how the Jesuits have shaped life in your diocese   <b>RESEARCH:</b> Do you have recent Jesuit vocations?	<b>SUMMER READING RECOMMENDATIONS</b> Top five or top three reads for adult Catholics   <b>RESEARCH:</b> Does your bishop have a good book recommendation?	<b>SUPPORTING LOCAL FARMERS AND SUSTAINABILITY</b> Publish popular spots around the diocese for parishioners to pick up fresh goods from local farmers and bakers.   <b>ASK:</b> Encourage followers to comment with their favorite local vendors	<b>MIDPOINT OF THE YEAR</b>  <b>ASK:</b> Where are you on accomplishing your personal annual goals or New Year's Resolutions?

# AUGUST 2024

## THE MONTH OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY



**SHOUTOUT:** Mention the parishes named "Assumption" in your diocese














**CHALLENGE:** Encourage parishioners to go on pilgrimage to these parishes this month

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>BACK TO SCHOOL PREPARATION</b> Create posts offering prayers and blessings for students, teachers, and parents Share practical tips for a successful academic year	<b>INTEGRATING WORK, LEISURE, AND FAITH</b> Provide reflections or testimonials from chancery employees or clergy on finding harmony between professional, personal, and spiritual responsibilities	<b>REST IN OUR FAST-PACED WORLD</b> Highlight the significance of Sunday rest and taking time for spiritual rejuvenation <b>RESEARCH:</b> What retreats and retreat centers are available in the diocese?	<b>SHARE YOUR SUMMER ADVENTURES!</b> <b>SHARE:</b> Invite parishioners to share stories and photos from their summer vacations or activities <b>RESEARCH:</b> Did your bishop or priests go on an interesting vacation that you can highlight?	1	2	3
4	<b>MOTIVATION MONDAY ENCOURAGEMENT</b> Begin each work week with inspiring quotes, scriptures, or messages to uplift and encourage followers using the well-known #MotivationMonday hashtag	<b>FEAST OF THE TRANSFIGURATION OF THE LORD</b> Publish a post about how this feast strengthens the disciples (and us) for the challenges of suffering and death by pointing the way to the Resurrection	7	8	<b>BOOK LOVERS DAY</b> Celebrate the joy of reading by highlighting favorite Catholic books or passages <b>SHARE:</b> Encourage followers to share their favorite spiritual reads and why they love them	<b>FEAST OF ST. LAWRENCE</b> <b>SHOUTOUT:</b> Thank all the deacons in your diocese <b>RESEARCH:</b> Details of the first class of permanent deacons in your diocese
11	<b>INTERNATIONAL YOUTH DAY</b> Publish opportunities for youth involvement in diocesan activities and ministries <b>SHOUTOUT:</b> Highlight your diocesan youth and young adult ministries	13	14	<b>SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY</b> <b>SHARE:</b> Invite parishioners to comment wearing blue as they head to Mass today	16	17
18	<b>WORLD HUMANITARIAN DAY</b> Honor the spirit of compassion and service by highlighting charitable initiatives <b>CHALLENGE:</b> Invite parishioners to sign up to volunteer at a diocesan-sponsored charitable event	20	21	22	23	24
<b>IT'S PICNIC MONTH, AUGUST 20 — 24</b>						
25	<b>WOMEN'S EQUALITY DAY</b> Reflect on the contributions of women in the Church and society Share stories of inspirational women saints, leaders, and activists who have had influence	26	<b>MEMORIAL OF ST. MONICA</b> Publish a post with a prayer for children who have wandered from the faith	28	29	30
						31

# SEPTEMBER 2024

## THE MONTH OF THE HOLY CROSS

 **RESEARCH:** Are there any known relics in your areas that parishioners can make a pilgrimage to?  
*Imagery can include the cross or relics of the Holy Cross*

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>1</b> <b>WORLD DAY OF PRAYER FOR THE CARE OF CREATION</b>  <b>CHALLENGE:</b> Direct parishioners to read <i>Laudato si'</i> this month  <i>Imagery can include the globe as seen from space</i>	<b>2</b> <b>LABOR DAY</b> Messaging can acknowledge the importance of labor and the dignity of work, offering prayers for workers and their families	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> <b>NATIONAL GRANDPARENTS DAY</b> Celebrate the invaluable role that grandparents play in families and communities  Messaging should recognize the wisdom, love, and guidance of grandparents	<b>9</b> <b>MEMORIAL OF ST. PETER CLAVER</b>  <b>CHALLENGE:</b> Invite parishioners to get involved in efforts to stop human trafficking   <b>SHOUTOUT:</b> Share the history and location of any parish in your diocese named after him	<b>10</b>	<b>11</b> <b>9/11 REMEMBRANCE</b>  <b>RESEARCH:</b> Does your diocese have any local connections to the 9/11 victims or first responders?  <i>Imagery could include the American flag or photos of the 9/11 Memorial in NYC</i>	<b>12</b>	<b>13</b>	<b>14</b> <b>FEAST OF THE EXALTATION OF THE HOLY CROSS</b>  <b>SHOUTOUT:</b> Share the history and location of any parish in your diocese named after this feast  <i>Imagery should include images of the cross or well-known crucifixes in your diocese</i>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>INTERNATIONAL DAY OF PEACE</b>  Offer prayers for various conflicts that are flaring up across the globe right now  <i>Imagery could include a dove or olive branches</i>
← <b>NATIONAL INDOOR PLANT WEEK, SEPTEMBER 15 — 21</b> →  <b>CHALLENGE:</b> Encourage parishioners to share their home and office plant pictures!						
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>MEMORIAL OF ST. VINCENT DE PAUL</b>  <b>CHALLENGE:</b> Invite parishioners to make a gift to the St. Vincent de Paul Society in his honor	<b>28</b>
<b>29</b>	<b>30</b> <b>HARVEST SEASON</b> Messaging should celebrate the harvest and offer prayers for safety  Link to the Catholic Rural Life Association: <a href="https://catholicrurallife.org/">https://catholicrurallife.org/</a>	<b>HISPANIC HERITAGE MONTH</b>  <b>SHOUTOUT:</b> The contributions of your diocesan Hispanic ministry office  <i>Imagery could include popular Latin American saints</i>	<b>SUICIDE PREVENTION MONTH</b>  <b>CHALLENGE:</b> Invite parishioners to join a mental health mailing list run by the diocese  <i>Imagery could show Jesus with open arms</i>	<b>NATIONAL PREPAREDNESS MONTH: TIPS FOR INCLEMENT WEATHER</b> Share tips and resources for disaster preparedness   <b>CHALLENGE:</b> Invite parishioners to donate to your local Catholic Charities this month		

# OCTOBER 2024

THE MONTH OF THE ROSARY










SHARE: Invite parishioners to tell the story of where they got their favorite Rosary and why it is special

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>BREAST CANCER AWARENESS MONTH</b> Messaging can include educational resources, promote fundraising events, and offer prayers for individuals battling breast cancer	<b>RESPECT LIFE MONTH</b> <b>CHALLENGE:</b> Invite parishioners to join your local pro-life mailing list <b>SHOUTOUT:</b> Promote parish events or pregnancy resource centers approved by the diocese	1	2	3	4	5
		<b>A WEEK OF SAINTS, OCTOBER 1 — 7</b> Highlight the incredible run of well-known saints this week: Thérèse of the Child Jesus, the Guardian Angels, Francis of Assisi, and Our Lady of the Rosary <b>CHALLENGE:</b> Invite parishioners to go to Mass on all these days!				
6	7	8	9	10	11	12
<b>NATIONAL CLERGY APPRECIATION DAY</b> Messaging can express gratitude for the priests and deacons who serve congregations with dedication and compassion	14	15	<b>WORLD FOOD DAY</b> <b>CHALLENGE:</b> Encourage followers to support local organizations working to end hunger <i>Imagery could include towers of canned foods/collection boxes of canned foods</i>	17	18	<b>MEMORIAL OF THE NORTH AMERICAN MARTYRS</b> <b>SHOUTOUT:</b> Any parishes named after one or more of these holy men
<b>WORLD MISSION SUNDAY</b> <b>RESEARCH:</b> Has your diocese (or does your diocese) benefit directly from this collection? <b>SHOUTOUT:</b> Any priests or religious from your diocese who engage in missionary work	21	<b>MEMORIAL OF ST. POPE JOHN PAUL II</b> <b>SHARE:</b> Invite parishioners to describe how this pope changed their lives <b>RESEARCH:</b> Does your diocese have any connection to John Paul II's various U.S. visits?	23	24	25	26
27	28	29	30	<b>HALLOWEEN</b> Offer up a prayer for all trick or treaters today <b>RESEARCH:</b> How is Halloween deeply Catholic (and sometimes treated unfairly?) <b>EVE OF ALL SAINTS</b> Help parishioners get a head start on their November indulgences for praying for the dead	<b>31 PUMPKIN CARVING INSPIRATION</b> <b>RESEARCH:</b> Can you offer Catholic-themed pumpkin carving templates via a social post and link?	<b>FALL RECIPE EXCHANGE</b> <b>SHARE:</b> Invite followers to participate in a fall recipe exchange by sharing their favorite autumn-inspired dishes and treats in the comments

# NOVEMBER 2024

THE MONTH OF THE POOR SOULS IN PURGATORY

Offer details about how the faithful can obtain an indulgence this month













SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>NATIONAL ADOPTION MONTH</b></p> <p> <b>SHOUTOUT:</b> Catholic adoption organizations active in your diocese</p>		<p><b>FALL PHOTOGRAPHY</b></p> <p> <b>SHARE:</b> Invite followers to share photos of the beauty of the season</p>			<p><b>SOLEMNITY OF ALL SAINTS</b> <span style="float: right;">1</span></p> <p>Messaging should share inspiring stories of saints, offer prayers for their intercession, and encourage followers to emulate their virtues</p> <p> <b>RESEARCH:</b> Do any saints have local connections to your diocese?</p>	<p><b>COMMEMORATION OF ALL THE FAITHFUL DEPARTED</b> <span style="float: right;">2</span></p> <p> <b>SHARE:</b> Invite followers to share a peaceful image of the graves they are visiting today</p>
3	4	5	6	7	<p><b>NATIONAL STEAM/STEM DAY</b> <span style="float: right;">8</span></p> <p>Celebrate science, technology, engineering, arts, and math education and encourage youth involvement in these fields, especially in your local Catholic schools</p>	9
10	<p><b>VETERAN'S DAY</b> <span style="float: right;">11</span></p> <p>Messaging should express gratitude to veterans for their service and sacrifice and offer prayers for peace and healing for veterans and their families</p> <p> <b>RESEARCH:</b> Is the diocese or are any parishes having a special Mass or commemoration today?</p>	12	<p><b>ST. FRANCES XAVIER CABRINI</b> <span style="float: right;">13</span></p> <p> <b>SHOUTOUT:</b> Any parishes or other diocesan organizations named after this U.S. saint</p>	14	<p><b>NATIONAL PHILANTHROPY DAY</b> <span style="float: right;">15</span></p> <p>Highlight philanthropic efforts within the parish, share stories of generosity, and encourage followers to support charitable causes near to the parish's mission (ex. refugee resettlement, assisting mothers in need, adopting a neighboring underprivileged school)</p>	16
<p><b>WORLD DAY OF THE POOR</b> <span style="float: right;">17</span></p> <p>Publish links to the Holy Father's message for this year</p> <p> <b>CHALLENGE:</b> Share volunteer opportunities with your local branch of Catholic Charities</p>	18	19	20	21	<p><b>MEMORIAL OF ST. CECILIA</b> <span style="float: right;">22</span></p> <p> <b>SHOUTOUT:</b> Show gratitude for all parish and diocesan musicians today</p>	23
<p><b>SOLEMNITY OF OUR LORD JESUS CHRIST, KING OF THE UNIVERSE</b> <span style="float: right;">24</span></p> <p>Link to resources explaining the rhythms of the liturgical year</p>	25	26	27	<p><b>THANKSGIVING</b> <span style="float: right;">28</span></p> <p>Messaging should share prayers of thanksgiving, offer reflections on gratitude and generosity, and encourage followers to give thanks for the gifts of faith, family, and community</p>	<p><b>BLACK FRIDAY</b> <span style="float: right;">29</span></p> <p><i>How we should really celebrate the day after Thanksgiving?</i></p> <p>Offer alternative ways that parishioners can use their time today: this could include daily Mass, offering intentions of gratitude, Adoration, spending quality time with family, engaging in acts of service or charity</p>	30



# DECEMBER 2024

THE MONTH OF ADVENT, OR THE COMING OF CHRIST

 **SHARE:** Ask followers to comment with images of their Advent wreaths

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4 <b>NATIONAL COOKIE DAY</b>  <b>SHARE:</b> Encourage followers to comment with their Christmas cookie recipes  <b>RESEARCH:</b> What is your bishop's favorite cookie?	5	6 <b>MEMORIAL OF ST. NICHOLAS</b> Offer a tongue-in-cheek reminder to parents to prepare for St. Nicholas' arrival tonight	7
8	9 <b>SOLEMNITY OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY</b> Remind parishioners that it is a "holy day of opportunity" this year, not an obligation	10	11	12 <b>FEAST OF OUR LADY OF GUADALUPE</b>  <b>SHOUTOUT:</b> Any parishes, schools, or other local Catholic organizations named after her	13 <b>MEMORIAL OF ST. LUCY</b>  <b>SHARE:</b> Encourage parishioners to highlight their favorite local bakeries	14
15	16	17	18	19	20	21
<b>O ANTIPHON SERIES</b> Create a series of posts highlighting these beautiful titles for Jesus.						
		← O WISDOM	O SACRED LORD	O FLOWER OF JESSE'S STEM	O KEY OF DAVID	O RADIANT DAWN
22	23	24	25 <b>SOLEMNITY OF THE NATIVITY OF OUR LORD JESUS CHRIST</b>  <b>SHARE:</b> Encourage parishioners to take pictures with their Nativity sets  <b>RESEARCH:</b> Does your bishop have any family traditions you can share with others?	26 <b>FEAST OF ST. STEPHEN</b>  <b>CHALLENGE:</b> Encourage parishioners to "thank a deacon" today!	27	28
→ O KING OF ALL THE NATIONS		O EMMANUEL				
29 <b>FEAST OF THE HOLY FAMILY</b>  <b>SHARE:</b> Encourage parishioners to comment with why they are grateful for their family	30	31 <b>NEW YEAR'S EVE</b>  <b>CHALLENGE:</b> Encourage parishioners to end the year by discussing with family and friends how God has blessed them	<b>SUNDAYS IN ADVENT</b> Post short videos of the lighting of each week's candle at your diocesan cathedral	<b>YEAR IN REVIEW</b> Reflect on the highlights and accomplishments of the past year in the diocese  <b>RESEARCH:</b> What was your most successful initiative in 2024?	<b>WINTER CLOTHING/ CAR KIT DONATION ENCOURAGEMENT</b>  <b>CHALLENGE:</b> Raise awareness about the needs of those experiencing homelessness or hardship during the winter months, provide information on donation drop-off locations, and inspire followers to support the initiative	<b>HOLIDAY MOVIE MARATHON: APPROPRIATE MOVIES TO CELEBRATE THE SEASON</b>  <b>SHARE:</b> Encourage parishioners to comment with their favorite holiday films

# JANUARY 2025

THE MONTH OF THE HOLY NAME OF JESUS

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>NATIONAL MENTORING MONTH</b></p> <p>Recognize the impact of mentoring on individuals and communities</p> <p><i>Images of Jesus teaching and guiding his disciples, portraying Him as the ultimate mentor</i></p>	<p><b>RESOLUTIONS FOR SPIRITUAL GROWTH</b></p> <p>Encourage spiritual reflection and growth by sharing tips, resources, and practices for deepening one's faith journey in the new year. Offer reflection questions for personal growth.</p> <p><i>Image of "2025" in an engaging script font</i></p>	<p><b>SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD - JANUARY 1</b></p> <p><b>ASK:</b> Quiz parishioners on how long this has been a holy day of obligation</p>	<p><b>NEW YEAR'S DAY 1</b></p> <p>Celebrate the beginning of the new year with messages of hope, renewal, and reflection</p> <p><i>Graphics with inspirational quotes or Bible verses about renewal and hope, set against a backdrop of fireworks or a fresh calendar</i></p>			<p><b>MEMORIAL OF ELIZABETH ANN SETON 4</b></p> <p><b>SHOUTOUT:</b> Any parishes or schools in your diocese named after this saint</p>
<p><b>SOLEMNITY OF THE EPIPHANY OF THE LORD 5</b></p> <p><b>RESEARCH:</b> How this feast is connected to the coming of the Wise Men, the wedding at Cana, and the baptism of Jesus</p>						
<p><b>ORDINARY TIME IS ABOUT TO BEGIN:</b></p> <p>Create a series of posts highlighting the upcoming lectionary cycle and its key themes</p>						
<p><b>FEAST OF THE BAPTISM OF THE LORD 12</b></p> <p>Focus on the end of the Christmas season and the start of Ordinary Time</p>						
<p><b>19 MARTIN LUTHER KING JR. DAY 20</b></p> <p><i>Imagery of the MLK Memorial in Washington DC</i></p> <p><i>Graphics featuring quotes from Dr. King about equality, justice, and non-violent activism</i></p>			<p><b>21 DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN 22</b></p> <p><b>CHALLENGE:</b> Encourage parishioners to donate to local pregnancy centers today</p>			<p><b>24 FEAST OF THE CONVERSION OF ST. PAUL THE APOSTLE 25</b></p> <p><b>SHARE:</b> Invite parishioners to tell the story of their own conversion to Catholicism</p> <p><i>Use image of Caravaggio's The Conversion of St. Paul or other images</i></p>
<p><b>WEEK OF PRAYER FOR CHRISTIAN UNITY, JANUARY 18 — 25</b></p> <p><i>Use images of hands raised together in prayer and Christian diversity</i> <b>CHALLENGE:</b> Invite parishioners to join an interdenominational prayer service</p>						
<p><b>26 HOLOCAUST REMEMBRANCE DAY 27</b></p> <p>Commemorate the victims of the Holocaust</p> <p>Share this powerful prayer from Catholic Charities: <a href="https://www.catholiccharitiesusa.org/about-us/prayers-reflections/a-prayer-for-holocaust-memorial-day/">https://www.catholiccharitiesusa.org/about-us/prayers-reflections/a-prayer-for-holocaust-memorial-day/</a></p> <p><i>Imagery of candles burning in remembrance</i></p>			<p><b>28</b></p> <p><b>SHOUTOUT:</b> All your Catholic schools!</p>	<p><b>29</b></p> <p><b>RESEARCH:</b> The number of schools, students, etc. in your diocese and how Catholic students are performing better than national average</p>		
<p><b>CATHOLIC SCHOOLS WEEK, JANUARY 26 — FEBRUARY 1</b></p>						



# MARCH 2025

THE MONTH OF ST. JOSEPH

Publish posts so parishioners can pray a St. Joseph Novena this month

Include images of fatherhood and men at work in the trades

SUN	MON	TUES	WED	THUR	FRI	SAT			
<p><b>MONTH OF FINAL PREPARATIONS FOR THOSE ENTERING THE CHURCH AT EASTER</b></p> <p>Create a catechetical series of posts describing the OCIA journey</p> <p><b>RESEARCH:</b> How many people are coming into the Church in your diocese this year?</p>	<p><b>WOMEN'S HISTORY MONTH</b></p> <p>Messaging should highlight the contributions of women in the Church and society</p> <p><i>Use images of female saints or local female leaders in the Church</i></p>	<p><b>NATIONAL NUTRITION MONTH</b></p> <p>Promote the importance of nourishing the body and soul</p> <p><i>Imagery of fresh fruits, vegetables, and meals that promote overall well-being</i></p>	<p><b>NATIONAL READING MONTH</b></p> <p>Encourage spiritual growth through reading</p> <p>Share recommendations for Catholic books, scripture passages, and reflections</p>	<p><b>MARCH MADNESS</b></p> <p>Messaging to emphasize the value of sports with themes of faith and perseverance</p> <p>Share stories of athletes who integrate their Catholic faith into their sportsmanship</p> <p><b>RESEARCH:</b> Are any of your local Catholic colleges involved in a tournament this month?</p>	<p><b>EMPLOYEE APPRECIATION DAY</b></p> <p>Show gratitude for the dedication and service of parish employees and volunteers</p> <p><i>Use images of parish staff members or volunteers in action, serving the community</i></p>	1			
2	<p><b>MEMORIAL OF KATHARINE DREXEL</b></p> <p>Highlight the importance of her utilizing her fortune for good</p> <p>Include links to your diocesan or statewide Catholic foundation</p>	3	4	<p><b>ASH WEDNESDAY AND BEGINNING OF LENT</b></p> <p><b>ASK:</b> Do you know where the ashes on Ash Wednesday come from?</p> <p><b>RESEARCH:</b> Utilize images from last year of your bishop distributing ashes</p>	5	6	<p><b>GLOBAL DAY OF UNPLUGGING</b></p> <p>Encourage followers to disconnect from technology and reconnect with God and loved ones</p> <p>Since this is a Friday in Lent, encourage attendance at Stations of the Cross</p>	7	8
9	10	11	12	13	<p><b>PI DAY</b></p> <p>Explore the beauty of mathematics and its connection to God's creation</p> <p><i>Imagery of mathematical symbols representing God as the "divine mathematician"</i></p>	14	15		
16	<p><b>COMMEMORATION OF ST PATRICK'S DAY</b></p> <p>Celebrate the life and legacy of St Patrick, patron saint of Ireland</p> <p><b>SHOUTOUT:</b> Any parishes named after this saint in your diocese</p>	17	18	<p><b>SOLEMNITY OF ST. JOSEPH</b></p> <p><b>CHALLENGE:</b> Ask parishioners to thank the fathers in their lives today</p> <p><b>SHOUTOUT:</b> Any parishes named after this saint in your diocese</p>	19	20	21	22	
23	24	<p><b>SOLEMNITY OF THE ANNUNCIATION OF THE LORD</b></p> <p>Offer a prayer for all expectant mothers</p> <p><b>SHOUTOUT:</b> Any parishes named after this feast in your diocese</p>	25	26	27	28	29		
30	31								

# APRIL 2025

## THE MONTH OF THE RESURRECTION

Include information about how the date of Easter is calculated

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>NATIONAL POETRY MONTH</b> Highlight the beauty of language and expression in the Catholic faith Share poems, hymns, and psalms that inspire faith and reflection	<b>COMMEMORATION OF JOHN BAPTIST DE LA SALLE, PATRON OF TEACHERS, APRIL 7</b> <b>SHARE:</b> Invite parishioners to tell stories of their favorite teachers, especially from Catholic schools	1	2	3	4	5
6	<b>WORLD HEALTH DAY</b> Emphasize the connection between physical health and spiritual well-being Share prayers for healing, healthy living tips, and stories of saints who exemplified health	8	9	10	11	12
<b>NATIONAL LIBRARY WEEK, APRIL 7 — 13</b> Highlight the importance of literacy and learning in the Catholic faith    Publish information about enrolling your child in a Catholic school this coming academic year						
<b>PALM SUNDAY OF THE PASSION OF THE LORD</b> <b>RESEARCH:</b> Does any parish host an exceptionally beautiful Palm Sunday procession? <i>Include imagery of Palm Sunday celebrations from the past</i>	14	15	16	<b>CHRISM MASS</b> Publish multiple posts about this tradition of unity between the bishop and his presbyterate	18	19
<b>TRIDUUM AND EASTER, APRIL 17 — 20</b> No matter what, build your Holy Thursday through Easter Sunday images as a templated set that fits together well <i>Utilize images of light and darkness to gradually lead followers through to the dawn of Easter</i>						
20	21	<b>EARTH DAY</b> Promote stewardship of God's creation and environmental awareness Share tips for eco-friendly living, prayers for the Earth	<b>ADMINISTRATIVE PROFESSIONALS DAY</b> Show appreciation for the administrative staff who support the Church's mission <b>SHARE:</b> Encourage parishioners to thank their parish staff in the comments	23	24	25
<b>OCTAVE, APRIL 20 — 27</b> Include a prayer for each day    Use this as a catechetical opportunity to talk about the "double perfection" of an octave						
<b>DIVINE MERCY SUNDAY</b> Include information about the Divine Mercy Chaplet <b>RESEARCH:</b> Are any big Divine Mercy Sunday celebrations going on in your diocese?	28	29	30			