“Eucharistic Congresses often have themes—a particular aspect of the Eucharistic mystery chosen to be studied, discussed, and taught in great depth. For example, the first Eucharistic Congress had the theme, “The Eucharist Saves the World.” Other past themes include “Hungers of the Human Family” and “Eucharist, the Bond of Love.”

“Experts would study the theme in preparation for the event, sometimes leading to the publication of a base text for the event. Then, speakers would share the fruit of this study with everyone in attendance so that all might gain a deeper understanding of the Paschal Mystery. This year’s theme is “My Flesh for the Life of the World.”

## “These five powerful days tell a story of unconditional love that will fill you with hope and inspire you to make Jesus in the Eucharist known and loved.

### Day 1 Theme: **From the Four Corners**

As the Congress begins, the four branches of the [National Eucharistic Pilgrimage](http://eucharisticpilgrimage.org/) will converge at the venue in a powerful symbol of unity.

Then—gathered as one Church—we will present our wounded and imperfect hearts to the triune God who loves us. Just as he did on the road to Emmaus, Our Lord will listen to our worries and reveal himself once more in the breaking of the bread.

### Day 2 theme: **The Greatest Love Story**

During this first full day of the Congress, participants will receive a clear kerygmatic proclamation that invites them into intimate relationship with the person of Jesus Christ.

Together, we will have the opportunity to respond to this call in the celebration of the Eucharist. Then we will uncover how the story of our lives can be truly understood within the context of salvation history—the greatest love story ever told.

### Day 3 theme: **Into Gethsemane**

Today, our eyes will be opened to the effects of sin and the healing that Our Lord wants to give us. On the individual level, there will be opportunities for the healing of the whole person, including physical healing, psychological wounds, and spiritual sin. On the corporate level, the Congress will recognize the areas where we’ve failed as a Church and the repentance and healing needed to unify the Body of Christ.

As we are purified and restored, our hearts will burn with renewed zeal.

### Day 4 theme: **This Is My Body**

In the Acts of the Apostles, St. Luke recounts that the disciples “devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers” (Acts 2:42). Using the early Church as a model, this day will build up participants as disciples through Jesus Christ to live out the Gospel in their love of both God and neighbor.

### Day 5 theme: **To the Ends of the Earth**

Pope Francis said the Eucharist is “a summons to go forth, as missionaries, to bring the message of the Father’s tenderness, forgiveness and mercy to every man, woman and child.” Throughout the history of the Church, the Holy Spirit has empowered the Church to go to the ends of the earth to share the good news.

On this last day of the Congress, we will be commissioned to go out into the world as missionary disciples as we enter the third year of the National Eucharistic Revival: the Year of Mission.”

The daily event schedule is found here: <https://tinyurl.com/3r62vm82>