

WEEKLY OFFERING SHEET: From _____ to _____ 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GRATITUDES (joys, successes, etc.)							
SACRIFICES (efforts, sufferings, etc.)							
REPENTANCE (faults, weaknesses, etc.)							
PRAYERS (novenas, rosaries, masses, etc.)							

"Nothing without You, Nothing without us."



Marian Eucharist Missionaries
Misioneros Eucarísticos Marianos (MEM's)

Sunday Mass Offering and Intention Sheet

INSTRUCTIONS FOR YOUR SUNDAY MASS INTENTION (*A space for Reflection, Discernment, and Spiritual Review*)

The Personal Intention that you will place upon the Altar is not an improvised request; it is the fruit of your weekly spiritual inventory.

Before Sunday Mass, pause your routine before your *Personal Sanctuary*, open your *Spiritual Journal*, and review the offerings you have been gathering day by day, from Sunday through Saturday.

1. Discover the Recurring Pattern in Your Notes: This pattern will reveal your greatest weakness of character or the heaviest cross you carried during the week. This is the material for your *Sacro Facere*.

- a) *What has been my most frequent complaint or lament this week?*
- b) *What physical discomfort, family difficulty, or work-related challenge was the hardest for me to accept?*
- c) *When did I fall into pride, self-pity, or self-sufficiency?*

2. Listen and Discern-Answer these three questions honestly:

- a) *How do I feel?*
- b) *What is God telling me about this?*
- c) *Do I desire and offer to unite all of this with Christ in the Eucharist at this Mass?*

3. Write a single intention below, uniting that specific weakness to Eucharistic Christ and consciously offering it to His redemptive sacrifice during the Offertory.

MY PARTICULAR INTENTION FOR THIS MASS IS: _____

