

Thank God It's *First* Friday!



Lyke House:
The Catholic Center
at Atlanta University Center
809 Beckwith Street, SW
Atlanta, 30314
Friday, April 3rd
Mass at 7:00pm
Dinner Social, after Mass
www.lykehouse.org
For more information, contact Ashley Morris at amorris@archatl.com

"First Fridays" is a nonobligatory, devotional custom of receiving the Eucharist on the first Friday of nine consecutive months. The custom originated in a promise that Christ is alleged to have made to Margaret Mary Alacoque (1647-90), a nun of the Visitation order. She claimed that over a period of 18 months, beginning in December 1673, Christ revealed to her a new devotion centered on his Sacred Heart, a fire with love for humanity. Practitioners of the devotion were expected to receive Communion on the first Friday of each month, to spend a holy hour in the presence of the Blessed Sacrament each Thursday, and to celebrate, annually, the Feast of the Sacred Heart. According to Margaret Mary, those keeping the First Fridays will not die in sin or without the sacraments, and Christ will be their refuge at the moment of death.

- from the *Encyclopedia of Catholicism*

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