**Diocese of Bridgeport**
**Social Media Content Guide**
**2026 Bishop's Appeal: *One in Christ***

## Introduction

The following provides ready-to-use social media posts for the Diocese of Bridgeport and its parishes to support the **2026 Bishop's Appeal**. Each post is crafted to inspire parishioners to participate, deepen their understanding of the ministries they are supporting, and strengthen engagement throughout the campaign.

You may follow the recommended social media calendar or share posts according to your parish's schedule. All materials are designed to increase awareness, encourage generosity, and unify our message during this year's appeal.

**Each post includes:**
- A graphic suitable for both Facebook and Instagram
- A caption formatted for use on either platform

**Please keep in mind:**
- Instagram captions do not support clickable links; Facebook does support clickable links
- Consider adding the Bishop's Appeal giving link to your Instagram bio for easier access

Thank you for helping us share the message of faith, generosity, and community through this year's Bishop's Appeal.

**Thank you, and God bless!**

| SEPTEMBER POSTS | | | |
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| POST #17 TOPIC: | **Ministry Spotlight – Pastoral Companions Program (Lisa Sheehan)** | RECOMMENDED POST DATE: | **Wednesday, September 9** |

**Caption Copy:**

Lisa Sheehan is one of many who serves in the Pastoral Companions program, visiting parishioners in their homes, nursing facilities, and hospitals. 🏠 🏥

Through prayer, Scripture, and sharing the Eucharist, these companions bring comfort, connection, and community to those who are homebound or in need. ✝️ From celebrating birthdays to accompanying someone in their final days, each visit is a ministry of love and faith in action. 💛

The program not only strengthens the faith of those visited but also enriches the lives of the companions themselves, deepening their relationship with Christ and their parish community. 🙏

Acts of service like these are the heart of *The One* initiative, reminding us of Matthew 25:40: *"Whatever you did for the least of my brothers and sisters, you did for me."* 🌟