

Solemnity of the Most Sacred Heart of Jesus - June 16 2023

Acknowledgment of Land, Seas, Skies and Waterways

We acknowledge the First Nations peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to the Elders past, present, and emerging, for they hold the memories, the traditions, the culture and hopes of First Nations peoples across the nation. We acknowledge the deep spiritual attachment and relationship of First Nations peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

Context- the Most Sacred Heart of Jesus

The Catholic Church keeps a very organised, and predictable calendar each year. In addition to the Liturgical seasons and feast days, the Church has also assigned special devotions to each month of the year. We have just concluded May, the month of Mary and now move into June, the month of the Sacred Heart of Jesus. This devotion for the month of June is derived from the major feast of the month: the feast of the Sacred Heart of Jesus.

The feast itself stems from a series of apparitions of Jesus to a French nun, Sister Margaret Mary Alacoque, in 1673. Jesus is said to have appeared to Sr Margaret Mary over a period of 18 months and explained about his Sacred Heart and that she should promote a feast to honour it on the Friday after the Octave of Corpus Christi.

The feast of the Sacred Heart was not instituted until 1765 after devotion to it had grown after Sr Margaret Mary's death in 1690 in her native France. In 1856 it was made a solemnity (the highest-ranking feast in the Church). The date for the feast of the Sacred Heart changes each year as the Octave of Corpus Christi is dependent on the timing of Pentecost which is dependent on the timing of Easter.

Scripture:

A reading from the holy Gospel according to Matthew.

I am meek and humble of heart.

Jesus exclaimed,

'I bless you Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children.

Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.'

'Come to me, all you who labour and are overburdened, and I will give you rest.

Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Yes, my yoke is easy and my burden light.'

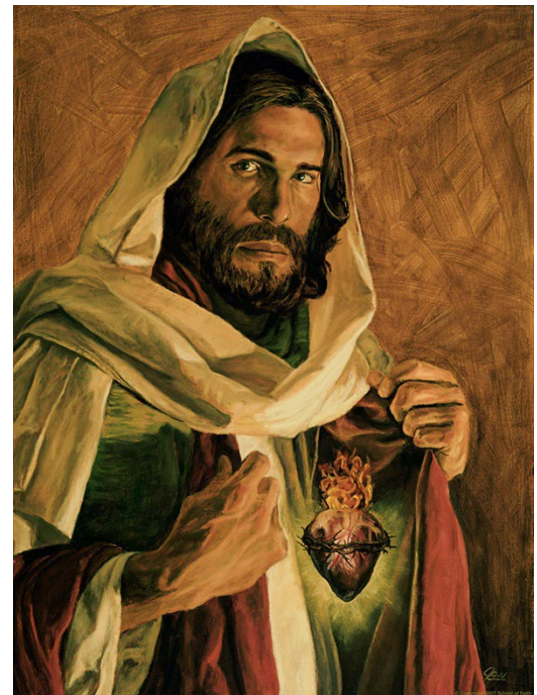
The Gospel of the Lord.

Reflection by Kirby Will, Project Officer Identity and Outreach.

This scripture passage reminds us of the humanity of Jesus, his shared experience with us all, and most importantly, the love he has for us. Firstly, Jesus is praying to God in heaven which reflects his humanity; he is divine in his own right, yet he chooses to interact with God in the manner that humanity does. He models for us, an interaction with God incorporating praise and intimacy; knowing God is essential to a robust faith life and it is in conversation that we get to know others intimately so we should not be hesitant to develop our relationship with God through prayer.

The second half of this passage reveals that Jesus knows the struggles that we experience in our life. He laboured in his ministry and bore the greatest burden of all: the sins of humanity. Jesus took up the yoke for us and this was a reflection of the depth of his love for us all. It is this love that wants to see us freed from our burdens and rejoice in Jesus' love. Jesus reminds us that his yoke, to follow him, is easy and the burden is light because we will gain immensely by responding to his invitation to take up the yoke.

As we move towards the half-way point of the year, when life, family and work pressures may be building, let us



Sacred Heart of Jesus- Jason Jenicke

remember that we can find relief from these worries, all we need to do is say yes, take up the yoke and reap the rewards of a life in Jesus.

Prayer: Prayer of Trust in The Sacred Heart

In all our temptations, we place our trust in You, O Sacred Heart of Jesus.
In all our weaknesses, we place our trust in You, O Sacred Heart of Jesus.
In all our difficulties, we place our trust in You, O Sacred Heart of Jesus.
In all our trials, we place our trust in You, O Sacred Heart of Jesus.
In all our sorrows, we place our trust in You, O Sacred Heart of Jesus.
In all our work, we place our trust in You, O Sacred Heart of Jesus.
In every failure, we place our trust in You, O Sacred Heart of Jesus.
In every discouragement, we place our trust in You, O Sacred Heart of Jesus.
In life and in death, we place our trust in You, O Sacred Heart of Jesus.
In time and in eternity, we place our trust in You, O Sacred Heart of Jesus.

Most Sacred Heart of Jesus, have mercy on us.

Call to Action:

- begin a [novena](#) to the Sacred Heart.
- bake some [Sacred Heart Oreo Truffles](#) together as a family.
- complete some [Sacred Heart Craft](#) activities.

