

# Sacred Heart

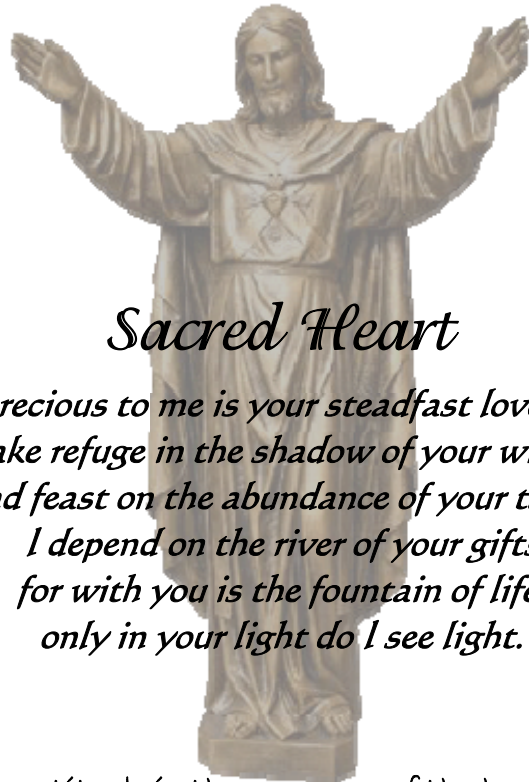
The Sacred Heart is the symbol of God's love shown to us through the person of Jesus.

Throughout his life and public ministry Jesus showed many aspects of God's love - kindness, compassion, understanding, forgiveness...

**Reflect** on Jesus' life in the gospels. What are other aspects of God's love he revealed to us?

Write down or share with others some of the ways through which we make God's love visible in the world.

What are some of the ways by which we fail to do this?



## Sacred Heart

*How precious to me is your steadfast love, O God  
take refuge in the shadow of your wings  
and feast on the abundance of your table.*

*I depend on the river of your gifts  
for with you is the fountain of life:  
only in your light do I see light.*

Gratitude is the memory of the heart.

Mary MacKillop



Mary MacKillop often referred to the Sacred Heart in her letters to the Sisters. Her words offer inspiration and a source for reflection on how we live the law of love.

*"...and now we are in the month of the Sacred Heart and may that loving Heart bring to one and all of you its own true spirit - its spirit of love, true charity and sweet humility. Ask for this special spirit during this month of many graces."* (Letter of 2nd June, 1890)

*"Let no unworthy thought or little differences of the past mar the holy harmony with which we should all unite in giving joy to the Heart that loves each one of us."* (Letter of 2nd December, 1890)

Winter 2009



# Feast of the Trinity

This feast reminds us that we are all created in the image of God - three Persons distinct but equal in all things and in perfect unity.

**DISTINCT:** *God has gifted me a particular way - I am unique and my uniqueness should mirror some particular aspect of who God is.*

REFLECT ON AND GIVE THANKS  
FOR THE SPECIAL WAYS GOD HAS GIFTED YOU.

**EQUAL:** *In God's eyes I am not better or less than any other person created by God.*

REFLECT - WHOM DO I FIND DIFFICULT  
TO TREAT AS AN EQUAL?

*Made in the image of God, we are called to live COMMUNITY - to help people to have a sense of belonging.*

*Reflect: How an we do this in our family, place of work, with people in our parish and in the wider community and especially with those who have no sense of belonging?*

PRAY TOGETHER

Glory be to the Father and to the Son and to the Holy Spirit.

As it was in the beginning,  
is now and ever shall be, world without end.

Amen.

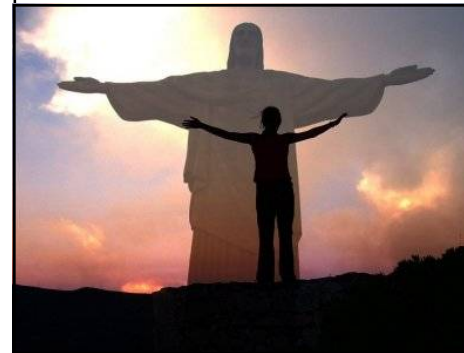
# Feast of Corpus Christi

We celebrate that Jesus gave himself to us for our nourishment in the simple forms of bread and wine.

Together we form the body of Christ and are called to give of ourselves for the life and growth of others.

**Reflection:** What are some simple, yet practical ways we can be of real service to others?

We are meant "to fill up what is wanting in the body of Christ" (St Paul). When we fail to make our contribution of service the Body is incomplete.



*Am I the missing part in Christ's Body?*

*What prevents me from sharing in the building up of the Body of Christ?*

Lord may we be your bread and wine now:  
Change us to be a sign of your love.

