

SODALITY OF THE MOST SACRED HEART MONTHLY NEWSLETTER

That all would come to know they are greatly Loved by God

All are welcome to join us
in Celebration of the
Love of God through the
Most Sacred Heart of
Jesus

First Fridays

Saint Mary Magdalen
Catholic Church
2618 S. Brentwood Blvd.
St. Louis, MO 63144

January 2nd

4:30 PM - Adoration,
Reconciliation & Benediction
5:30 PM - Celebration of the
Holy Sacrifice of the Mass.
Celebrant
Monsignor Timothy Cronin

February 6th

4:30 PM - Adoration,
Reconciliation & Benediction
5:30 PM - Celebration of the
Holy Sacrifice of the Mass,
Followed by **Dinner and
Reflection**. Games and
activities for children during
reflection.
Celebrant
Father Afonso Seixas Nunes,
SJ



The Riches and Blessings of living Liturgically in the New Year

As apostles of the Sacred Heart of Jesus, “we seek to immerse ourselves in and to reflect on Our Lord’s Most Sacred Heart...allowing Him to live and love through us, we strive to more perfectly love those around us.” As we begin this new calendar year and ponder “resolutions” that would bring joy and life to ourselves and those around us, let us not overlook a simple yet rich and ancient tradition that our Catholic Church gives us every year. Living liturgically—that is, observing the Church’s calendar and traditions in daily life—offers us incredible new richness, holiness and joy into the rhythm of our life. There is added excitement and pleasure in anticipating upcoming feast days and other liturgical occasions and observing them in celebratory, light-hearted or prayerful ways. It can be as simple as celebrating the Feast of the Archangels (September 29) by preparing angel hair pasta to share with friends or family, or baking a birthday cake on Pentecost to celebrate the birthday of the Church. Marian feasts are always an occasion to dress in blue and wear a Miraculous Medal. The pleasure of brightening an otherwise monotonous week with such celebrations is accompanied, moreover, with the joy that comes from developing a deeper appreciation for the richness of Catholic tradition and entering more fully into the universality of the Church. Becoming more attuned to the feasts and seasons of the liturgical year helps us to feel more united with Catholics across the globe and throughout the centuries.

Seeking to live liturgically helps us to grow in our prayer life! It encourages us to attend daily Mass, where we are united in Christ and the whole

Saturday,
February 14th
Sodality of the Most
Sacred Heart
Pre-Lent Day of
Reflection
Retreat Director:
Father John Peck, SJ

All are invited to join us for a day of silent reflection and adoration of the Blessed Sacrament. The day will begin with 8 AM Mass followed by a light breakfast. Three Reflections will be given by our speakers throughout the day. Confession, Prayer ministry teams, and Private conferences with priests will be available throughout the day.

Registration coming soon.

Friday,
June 12th
Solemnity of the Most
Sacred Heart of Jesus

4:00 PM - Exposition of the Blessed Sacrament & Rosary for the Sanctification of Priests, Adoration & Reconciliation
 5:00 PM - Eucharistic Procession with Benediction
 5:30 PM - Celebration of the Mass followed by dinner in church lower level
 7:00 PM - Reflection
 *Activities for children during reflection to include pony rides, petting zoo, snow cones, face painting.
 Activities will remain until 8:30 PM for all to enjoy!

communion of saints by receiving the Eucharist. As we ground our daily lives within the life of the Church, our days become opportunities for us to both grow and share the bountiful beauty and truths of our incredible faith.

Living liturgically enhances our ability to share the riches of the Catholic faith and tradition with our families, peers, and colleagues. So many are fairly apathetic to faith, and some tend to see Catholicism as something archaic, with little relevance to their lives and these times. Sharing the truth and beauty of the liturgical seasons, provides us with opportunities to share how deeply relevant and rich our faith is today. Advent, for example, when shared in the fullness of its meaning, is not simply about commemorating something that happened two thousand years ago, but about anticipating the Second Coming and celebrating Christ's continued presence here and now through the Church and the sacraments, especially the Eucharist. Additionally, the wealth of feast days in the Church's calendar provide us with bountiful opportunities to share with all peoples how God enters into this world - even in our modern times - and how this encounter can transform their own lives!!

Here are some suggestions for living liturgically in the New Year:

- Find a good Catholic calendar that has the liturgical seasons, saints of the day and major feasts marked. ie. <https://tanbooks.com/products/books/2026-saints-calendar-and-planner/>
- Identify occasions to observe and set up reminders in your daily calendar. Who are your favorite saints and what are your favorite feast days? Consider praying their novenas leading up to their feast and attending Mass that day, as well as planning a meal or activity inspired by the saint in some way. Choose simple ways to celebrate, like those described above. ie. <https://catholicallyear.com/>
- Pray the Liturgy of the Hours. ie. <https://divineoffice.org> Follow Catholic social media pages that often post content about feast days.
- Share the good wishes! On special liturgical occasions, exchange a commonplace "Happy Monday!" for a "Happy Feast of St. Elizabeth Ann Seton!" Rather than wishing your friends "Merry Christmas!" before December 25th, wish them "A blessed Advent season" instead. Offering such a greeting to a Catholic less familiar with the rhythms of the liturgical year could provide an opportunity to gently catechize them and draw them further into the beauty of the Church.
- Similarly, when sending handwritten correspondence, you might include the liturgical significance of any particular date below the regular date line. (For example: "Sunday, January 10 / The Baptism of the Lord")