

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

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

Rev. Afonso Seixas Nunes, SJ

March 6th **Location change** **during Lent!!**

Immacolata Catholic Church
8900 Clayton Rd.

St. Louis, MO 63117

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

Celebrant

Rev. Afonso Seixas Nunes, SJ

**The
Sacred
Heart of
Jesus: we
are all
loved and
longed for!**



“Voila ce Coeur qui a tant aime les hommes. Il nest q’amour et misericorde!” This saying is found on French prayer cards dedicated to the Sacred Heart of Jesus. “Behold this heart which has so loved men. It is all love and mercy!” Jesus’s Heart burns with love for the souls of those to whom the Father had sent Him. He longs for each of us to understand that His Heart “Has so loved men that it has spared nothing, even to exhausting and consuming Itself, in order to testify to Its love.” (the words of Jesus to St. Margaret Mary of Alacoque). Through the centuries, many Christians have developed distant and harsh images of God and Jesus as fearsome judges. Jansenism, particularly prevalent in France in the 16th and 17th centuries, overemphasized the wrath of God, the unworthiness of human nature and fear as a fundamental response to the divine.

It should be no surprise to us that in response Our Lord would appear to St. Margaret Mary Alacoque and proclaim His Heart - burning with love for humanity. Pierced and crucified - offering salvation and mercy - Jesus’s Heart longs for our love and devotion in return. For the many believers who inordinately feared God, in these apparitions His divine love and joy were manifest. For those who believed our God to be distant and unapproachable before, the Sacred Heart calls and asks us to



Top Ten things to do for Lent - Father Mike Schmitz

- Commit to spending some time in silence with the Lord everyday, at least 5-10 minutes. Really try to listen to Him.
- Pray every day. Prayer is the first pillar of Lent. Strive to give our hearts more completely to God.
- Spend time in God's Word.
- Go to confession - at least twice - at the beginning and end of Lent.
- Attend Daily Mass
- Commit to at least fifteen minutes of daily spiritual reading.
- Fast, the second pillar of Lent, from something you might be a little too attached to.
- Serve the poor in your community - Almsgiving is the third pillar of Lent.
- Share your faith - Invite someone to Holy Mass; share what God has done in your life.
- Go Home and love your family. Never forget those closest to you. "If you want to change the world, go home and love your family." - St. Teresa of Calcutta

enter into Its divine and eternal furnace of Love.

Jesus told St. Margaret Mary that His "divine Heart is so passionately fond of the human race and of you, in particular, that it cannot keep back the pent-up flames of its burning charity any longer. They must burst out through you and reveal my Heart to the world, so as to enrich mankind with my treasures." Following this revelation, Jesus united her heart with His in a fusion of mystical love and joy. This is our invitation and Our Lord's greatest desire - to surrender our hearts completely to Jesus, allowing Him to enter fully and "make our hearts like unto Thine."

This Lent, may we take the posture of a child, of God's begotten and beloved creation, seeking to know and love our Father more and more deeply by spending time with Him in prayer, reading His inspired Words, receiving Him in the Sacraments. Jesus came to reveal the Heart of the Father. Every word, action, gesture and attitude of Jesus manifests the perfect, pure and selfless love for each human person. This Lent - and Always! - Jesus desires us to draw closer to His Heart, to take us on an interior journey of great discovery - to greater know our Father and who He created us to be — His beloved. He desires to pour into us the flames of His love that will not only abundantly fill you but also "burst out through you and reveal my Heart to the world, so as to enrich mankind with my treasures."

Saint Peter the Apostle tells us, "Be serious and sober minded so that you will be able to pray. Above all, let your love for one another be intense, because it covers a multitude of sins." (1 Peter 4: 7b-8) It is through our prayer, our relationship and conversation with God that we come to know, experience and receive His Love. As the old saying goes, "You cannot give what you don't have." If we are to be apostles of the Sacred Heart of Jesus, we must be very intentional in our knowing and receiving God's love for ourselves. Seeking to not only see and love others as He does, but foremost knowing and experiencing God's love for ourselves - taking the time in prayer to hear His voice, to feel His presence - this is the love we are to above all and intensely share with others.

"we see the perfection of such charity in the burning heart of Christ." - Bishop Donald J. Hyung, Diocese of Madison, WI