

Minister's Insights



Solemnity of the Sacred Heart of Jesus

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Jesus meek and humble of heart, make my heart like yours.

This familiar prayer comes from the Gospel of St. Matthew:

“Take my yoke upon you and learn from me for I am meek and humble of heart.”

The Lord’s yoke, which we are invited to share, is that of His passion and death, which leads us to the glory and joy of the Resurrection.

In the Gospel of St. Matthew we hear the Beatitude: *“Blessed are the meek for they shall inherit the land.”* To be meek is to have a humble and gentle attitude toward others. Meekness is decisiveness, gentled by love. It shoulders the responsibility for our own life. Guided by the principles of the Kingdom of God, it is the freedom to create the quality of our inner lives regardless of any event. One sees meekness when a person accepts a difficult circumstance, and then, turns it into creativity. A modern saying goes, “When life gives you lemons, make lemonade!”

Cultivating the virtue of meekness, we are not always insisting on our own way; not always belligerently fighting for what we want, but taking the Franciscan attitude of the servant.

From His great love, Jesus, our Savior, surrendered, unreservedly, to the fulfillment of the will of the Father. Out of love alone, we have been redeemed. “For God so loved the world that He sent His only begotten son...”

As we rejoice in Jesus, the gift of the Father’s love, let us take some time to reflect on how we best mirror the love of God to those whom we meet. Have we taken the opportunity to treat gently and as images of Jesus, poor and crucified, everyone we meet, whether or not we agree with or like them? Have we reached out to those we have offended or who have offended us?

Article 8 of our Holy Rule reads: “As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do.” Do we take some time regularly to sit quietly and reflectively before the Blessed Sacrament? The Rule continues, “Let them participate in the sacramental life of the Church, above all the Eucharist.”

I would be remiss if I didn’t invite you, as your time and circumstance allows, to celebrate the traditional First Friday devotions to the Sacred Heart. For me, it’s like an opportunity to celebrate the feast of the Solemnity of the Sacred Heart, not just in June but every month!

Be assured that you are remembered in my prayers to the Sacred Heart everyday.

I wish you all the blessings of this special feast day. May the Sacred Heart of Jesus make us mirrors always of His love and compassion.

My prayer for you, as always: may the Sacred Heart of Jesus surround you with His love and fill your lives with His abundant blessings.

