

## Reflection - Feast of the Sacred Heart of Jesus - 24<sup>th</sup> June 2022

### Preparation

On the eve of the Feast of the Sacred Heart, each person is invited to spend time reading and reflecting on the reflection provided

Creation of the sacred space with Fire- A candle, lamp or as desired.  
An image of Jesus and Nano



**Theme:** Jesus empowers us with His Gaze, His Word, His Touch....!  
His Presence, Centred on God offers Wholeness and Fullness.

**Chant:** *Sacred Fire*. (Kathy Sherman- Song of the Universe) or a chant of your own choice

**The Facilitator welcomes all and invites each one to share on:**

How are you in the present moment?

### Introduction

God's love which permeates the whole Universe all through time, took a human form to let us experience incarnated love in Jesus.

The Catholic Church takes the physical Heart of Jesus as a symbol of God's Divine Love for all Life and is celebrated 19 days after the feast of Pentecost on a Friday. The actual feast began in 1765 locally celebrated in Poland and in 1856 Pope Pius IX made it a feast for the universal church. The feast of the Sacred Heart of Jesus is very special to the Presentation Family. Nano, in her life time would have known of this celebration and remarkably she first named her sisterhood, ***"Institute of the Charitable Instruction of the Sacred Heart of Jesus"***

Nano spent hours welcoming God's gaze on her. She let herself be disturbed and consoled; she silently pondered and waited till clarity was given. That was a source of her power to be compassionate towards those stripped off their dignity and the marginalised. Her God experience found a way for action to restore what was stripped.

### Stillness time- 5 minutes

As we breathe with awareness let us welcome God's gaze on us and stay aware and open to God's work within us.

**For Reflection:** *Read and Listen from a Contemplative Heart*

- ✚ We, Presentation People embody the compassion of Jesus and Nano. We practise non-violence of mind and heart as we listen into the chaos and feel the pain of our time.  
- IPA Assembly 2017
- ✚ "The most telling and profound way of describing the evolution of the universe would undoubtedly be to trace the evolution of love."  
— Teilhard de Chardin

**Silent Contemplation** – 5 minutes

**Focus questions:**

1. **How do I let my heart feel disturbed and inspired to live from the invitations I receive from God's Gaze on me?**
2. **How do I strive to practise compassionate non-violence of mind and heart in the current world situation?**

**Silent Contemplation: 5 minutes**

Let us consciously practice **attentive listening** to one another, as we start sharing and getting in touch with our own feelings and thoughts when others are speaking

**Sharing: Facilitator invites sharing on the Focus questions.**

**Round 1:**

In response to the Focus Questions, each sister shares, holding the wisdom symbol. Only when all have shared a person may speak a second time. Participants listen attentively for connections with other participants' reflections, to the new insights that come from listening to shared wisdom.



**Silent Contemplation: 5 minutes**

**Round 2:**

Each person shares ... connections...insights... received during listening to group members and in this way, we are moving from 'I' to 'WE'

**Prayers**

God of compassion we thank you for your Silent Gaze on us which disturbs and directs us. Like Nano we will strive to know the rights of Women and Children, Earth and Indigenous and Tribal communities and work with them to claim their dignity, which is your precious gift to all life.

**R/- Thank you, Creator God.**

God of healing and fullness of life, we seek your pardon for the times when we lived with unawareness of how our selfishness and indifference disturbs common good; when our unwillingness to consider a compromise on our comforts for sustainable living destroys Planetary well being and when our ignorance of the rights of others disturbs harmony. May our hearts never get accustomed to war and its consequences.

**R/ Lord pardon our callousness and teach us to CARE.**

God, you continue to inspire us, who listen. We pray that our desire to dialogue with your grace and ease especially in the uncomfortable issues that confront us gets blessed.

**R/ Teach us Jesus to communicate like you.**

**Gathering Wisdom:**

**The Facilitator asks the question:**

What are you taking with you from the shared wisdom of this Contemplative Dialogue?  
A brief response to the question with a sentence beginning with, "I am grateful for..."

**In conclusion:**

We gather in silence in a circle and accept the gaze of God on myself, and each other and look softly at each other as that's our power in mission.

**Hymn:** Nano's Song (Chris Skinner) or a suitable hymn/chant of your choice

***“Open yourselves to this love and take it ‘to the ends of the earth,’ witnessing to the goodness and mercy that flow from the Heart of Jesus.”*** - Pope Francis, June 1<sup>st</sup> 2022.

