



## **Feast of the Sacred Heart (June 16, 2023)**

**Theme:** The Hidden Heart of the Cosmos

**Personal Preparation-** How has your personal experience of Sacred Heart evolved over the years? Spend time creatively expressing this (e.g., a poem, a song, a picture, or in any other artistic format).

Or if you wish, select something that reminds you of the Sacred Heart of Jesus, or the theme given above (book, prayer, pamphlet, image, icon, etc).

**If possible, bring some 'offering' to your time of prayer together.**

**Sacred Space** – Create a Sacred Space in honour of the Feast. Place your creation or the item you have selected into the Sacred Space.

### **PRAYER TIME**

**Reader:** The Feast of the Sacred Heart of Jesus had great significance in the life and mission of Nano Nagle. It has been central to our spirituality as Presentation Sisters and People. This spirituality has continued to evolve among us. Today, we realise the Cosmic Heart of Christ is the hidden Heart of the Cosmos calling us to a deeper communion with one another and all of creation.

The theme for this years' reflection is 'The Hidden Heart of the Cosmos'. Karl Rahner describes Jesus' heart as the Heart of the world and the Center of the Universe.

**Sharing** (share briefly): What do I carry in my heart as I come to this place today?

**Reader:** We gather today, just a few days before the IPA Assembly starts. Let us attune ourselves to God of our Universe, mindful of God as an Eternal Listening Presence in creation.

***The heavens declare the glory of God; the firmament proclaims the work of God's hands ... no speech, no words; no voice is heard. YET their voice goes out through all the earth and their words reach the ends of the earth. (Ps 19:1-4)***

- Knowing that our little heart space can never contain God's vast, spacious gaze, yet we attempt to gaze upon what God gazes upon.
- We attempt to gaze with our hearts' eyes and ears to let our gaze meet the Divine gaze.
- We let our hearts 'contain' the gentle harmony and the turbulent violence in our world and the Universe. The God of our Universe beckons us. We listen.
- We breathe in and out with no aversion or craving, simply accepting all that is. Be physically still. Be aware of stirrings in your mind and heart, and let go of all that arises to welcome God.

### ***Stillness time***

**Chant- You shall be like a garden.** (John Philip Newell) <https://youtu.be/fxHYw4vMNx0>

**Lyrics** You shall be like a garden, like a deep spring, where waters never fail...

**Reader:** "Morning by Morning, God awakens me, wakens my ears to listen as disciples do... All you who kindle flames and set flares alight, walk by the light of your own fire and by the flares you have burnt!," says the Lord. (Isa 50:4, 11)      ***Reflective Pause***

**Reader(s)**

1. "The centre of our hearts has to be God; the heart of the world has to be the heart of our hearts. God must send us his heart so that our hearts may be at rest. It has to be God's heart. God



must let it enter into our narrow confines so that it can be the centre of our life without destroying the narrow house of our finitude, in which alone we can live and breathe. And he has done it. And the name of God's heart is Jesus Christ! It is a finite heart, and yet it is the heart of God." (Karl Rahner)

2. "God gave me a heart to think with." (*Sirach 17:6*) makes me ponder deeply on my heart having the capacity to think! Really! It can defy logic. I can trust that my response to myself and others is heartfelt love and compassion." Suzanne Gentle, pbvm (Eastern Australia)
3. "Though at times - in quiet times, in stillness, I can hear the heart of God beating in all that is created, I can also hear the rhythm of my own heart beating...those are the moments when I experience the energies of pure love." Vinita Arackal, pbvm (South India Province)
4. "For me, Jesus was fully human. He lived a very radical life and showed us how to live; Poor, detached from worldly possessions, and trying to create a more just and loving world." Mark D'Costa CFC, Goa

### **For Reflective Sharing**

- a) Kindly share on how your devotion to Sacred Heart evolved over the years. 'Introduce' what you placed in the Sacred Space to the group.

**OR**

- b) "Morning by Morning, God awakens me, wakens my ears to listen": What is God awakening in me now? During these days?

### **Reader(s)**

We pray, for the grace to ...



- hold "the little space within the heart" which grows and welcomes the expansions of God's vast Universe.
- be still and accept the sacred loving gaze of God upon me, upon all
- let God direct my gaze to my vulnerability, that I may gaze with love on the vulnerability of another and of our common home, Earth
- have the energy to work for peace and justice
- stay alert to the new calls coming from the Synod for radical inclusivity that springs from God's love
- network in accordance with the principle of sincere cooperation.

**Closing Chant** – So Much More - *Monica Brown* <https://youtu.be/Z6W9mf6oWgY>

**Lyrics - So Much More** (Monica Brown)

Mothering and fathering, giving birth and protecting, nurturing, and empowering love itself.

**Ch: O God, how shall you be named? You are so much more than we could ever dare to dream.**

1. Gentler than the falling spray, stronger than the mountain face, whispering and thundering, life that is.
2. Pondering and proclaiming, fashioning, and creating, sheltering and deepest mysteries.
3. Brighter than the Morning Sun, deeper than the darkest night, balancing and holding firm all that is.

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