



June Daily Prayer & Reflections

19th June 2020 – Solemnity of the Most Sacred Heart of Jesus

The devotion to the Most Sacred Heart of Jesus Christ is one of the most widely practiced and well-known Catholic devotions, wherein the heart of Jesus is viewed as a symbol of "God's boundless and passionate love for mankind"

Our prayer, with the Pope in both his monthly and his new daily Intentions, is always oriented towards changing our own hearts, preparing ourselves for mission in whatever life-situation we are in. This month, we pray to the sacred heart of Jesus. Take time each day of June to pray the sacred heart prayer. Take time out of your day to attend live streamed mass and pray. Throughout these unprecedented times, we need to remember that just because the building of the church is closed, the Church community is well and truly alive and flourishing.

Take time for prayer and reflection by attending a livestreamed mass and reading through the gospel readings for the day.

During the month of June, we take time of devotion for the Sacred Heart of Jesus. The devotion to the Sacred Heart is one of the most widely practiced and well-known Catholic devotions, taking Jesus Christ's physical heart as the representation of his divine love for humanity. We are loved and truly known by God so we take this time for devotion.

Sacred Heart Prayer:

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen

On the @BC_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

We also have our sway page where we post chaplaincy resources for prayer and reflection.

Gospel Reading of the Day

You have hidden these things from the wise and revealed them to little children

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

Reflection:

To Jesus—who knows him best—the Father is merciful, caring, provident; he is totally on our side, loving us with endless love and inviting us into his company in eternal joy. We are to share in his cosmic dream for creation, and to work with him to bring it about. We are the first generation to whom the splendour of God is revealed in such magnificence, thanks to the Hubble telescope. Let us praise God for creation and meet him in every detail of it, for all of it is ‘a caress of God’ as Laudato Si says.

Prayer:

Almighty Father,

We pray for all of your creation. We praise and glorify all your works and doings. Thank you for accompanying us in our journey through the joys and trials. You are there with us.

We make this prayer through Christ, our Lord.

Amen

Diocesan Information

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRIwW8>

Kenelm Youth Trust @ Home Resources: <http://www.kenelmyouthtrust.org.uk/home-resources.html>

Twitter: @bc_chaplaincy

YouTube: BC_Chaplaincy

Pause for Prayer Blog: <https://bishopchalloner.org.uk/blog/category/catholic-life-blog>

One Life Music Weekly Worship: https://youtu.be/bs36zxL_EE8

Kenelm Youth Trust are on YouTube with Prayer Videos with the team. Take time to watch one of their videos and pause for prayer and mindfulness.