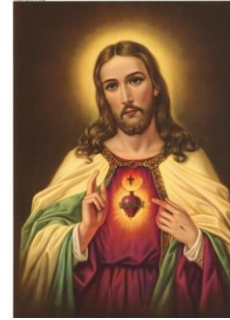


June Daily Prayer & Reflections

9th June 2020

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.



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

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.

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.

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

The Gospel Reading Today :

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

Reflection:

Jesus used two brilliant images to describe us. "You are the salt of the earth" he said and, "You are the light of the world". Usually if we say of someone that he is the salt of the earth we mean that he is a wonderfully good person. But Jesus was not referring simply to extraordinary Christians. If you are a disciple of Jesus, you are supposed to be the salt of the earth and the light of the world.

The interesting similarity between salt and light is that both of them exist for other things or other people, not for themselves. Salt is used to bring out the taste of something else – it is not eaten for its own sake. You can use it to improve the taste of chicken but you don't make a meal of salt - you only notice the salt if you put in too much or not enough. The same thing is true of light: you do not switch on a light to look at it. You put the light on to see something else and you only notice it, if it is too bright or not light enough for what you want to see. Salt is not tasted; it brings out the taste in food. Light is not seen; it enables us to see other things.

Jesus goes on to make it clear what he wants us 'the light of the world' to reveal, namely God. "Your light must shine before people so that seeing your good works they may give praise to your Father in heaven." (Matt 5.15) The same with salt: as the psalm says, "Taste and see that the Lord is good" (34.8)

Prayer:

Almighty God,

We pray that you accompany us on our journey. We pray for your presence and joy to be with us through the trials and situations in our life.

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=F8umfBRlwW8>

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

Twitter: @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>

