

CONSECRATION TO THE MOST SACRED HEART
OF JESUS AND IMMACULATE HEART OF MARY

June is the month we honor the Hearts of Jesus and Mary. It is a wonderful tradition to display the images of the Sacred Heart of Jesus & Immaculate Heart of Mary in the home.



Jesus appeared to St Margaret Mary and made these 12 “Promises” to families who will honor his Sacred Heart:

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will console them in their difficulties.
4. I will be their secure refuge during life, and, more especially, at the hour of death.
5. I will shower down abundant blessings on all their undertakings.
6. Sinners will find in my Heart a source and boundless ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall rise speedily to great perfection.
9. I will bless every place in which the picture of my Sacred Heart is exposed and honored.
10. I will give to priests the power of touching the most hardened hearts.
11. Persons who propagate this devotion shall have their names written in my Heart, and they shall never be effaced there from.
12. I will grant the grace of final repentance to all those who shall communicate on the first Friday, nine months consecutively. They shall not die in mortal sin, nor without having received the Last Sacraments, for my divine Heart will become their secure refuge at that last moment.

Prayer to Our Lady:

Immaculate Heart of Mary,
full of love for God and mankind,
and of compassion for sinners,
I consecrate myself to you.
I entrust to you the salvation of my soul.
May my heart be ever united with yours,
so that I may hate sin, love God and my neighbor,
and reach eternal life with those whom I love.
May I experience the kindness of your motherly heart
and the power of your intercession with Jesus
during my life and at the hour of my death. Amen



SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

"FOR MY FLESH IS TRUE FOOD,
AND MY BLOOD IS TRUE DRINK."



Jesus Christ invites us to return to the source and summit of our faith—his Real Presence in the Holy Eucharist.

"The happiness you are seeking, the happiness you have a right to enjoy has a name and a face: it is Jesus of Nazareth, hidden in the Eucharist. Only he gives the fullness of life to humanity!"

Pope Benedict XVI

WHO COULD RECEIVE HOLY COMMUNION IN THE EARLY CHURCH?

In A.D. 155 Justin Martyr wrote:

"And this food is called among us Eucaristia [Eucharist], of which no one is allowed to partake but the man who

- 1. believes that the things which we teach are true, and*
- 2. who has been washed with the washing that is for the remission of sins [Baptism] ... and*
- 3. who is so living as Christ has enjoined."*

WHO MAY RECEIVE HOLY COMMUNION TODAY?

We wish to extend a warm welcome to family and friends of all faiths who gather with us at Mass. We also warmly welcome those Catholics who may not come on a regular basis to Sunday Mass. However, it is important to recall our unchanging, Apostolic, Catholic teaching on the reception of Holy Communion. Holy Communion is reserved to Catholics who:

1. profess the Catholic Faith and accept all of the Church's teachings on faith and morals,
2. are baptized,
3. are regular in their practice of the Sacraments, are properly disposed, are not under any canonical penalty which prohibits them from receiving, and do not have any mortal sins on their conscience (like missing Mass on Sunday for no good reason) that have not yet been absolved by a priest. If married or living with someone as they would with a spouse, they must have a valid marriage in the eyes of the Church.



Sometimes there are situations where Catholics are not permitted to receive Holy Communion. Even so, Catholics remain obliged to attend Sunday Mass, even when they are unable to receive Holy Communion.

While our Christian brothers and sisters who are not Catholic are ordinarily not admitted to Holy Communion; we welcome their prayerful fellowship with us and we invite them to pray for the unity of all Christians.

To those who do not share our faith in Jesus Christ, although we cannot admit you to Holy Communion, we do invite you to pray with us for the peace and unity of the human family. Catholics who obstinately persevere in manifest grave sin are also not to be admitted to Holy Communion (Canon 915).

Catholics who know they are not in a state of grace and receive Holy Communion anyway, commit sacrilege. They profane the Body and Blood of our Lord and bring judgment upon themselves. Like Judas, they betray their Lord with a kiss. Consider the words of St. Paul in 1 Cor. 11: 27-30:

"Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself."

Before receiving Holy Communion, Catholics should examine their conscience first to see if they have any unconfessed serious sin. The precepts of the church require us to confess our sins at least once a year. If you haven't been to confession for many years, you may want to consider if you are living in a state of grace. If not, you do spiritual harm to your soul by receiving Holy Communion. Do not be afraid to confess your sins - this is where you will find mercy and forgiveness!