

# JUNE 2026

## Held Within the Heart of Christ

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*Sacred Heart of Jesus, burning with love for us, I place my trust in your tender mercy.*

*Open my heart to receive your grace each day. Heal the wounds I carry and make me whole.*

*Teach me to love with patience and compassion. Guide my thoughts, my words, and my actions.*

*Help me to be a reflection of your kindness to others. In moments of doubt, remind me I am never alone.*

*Draw me closer to your heart, now and always.*

Amen.

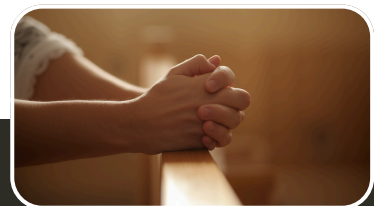
## The Sacred Heart of Jesus

As we enter the month of June, we are invited into a beautiful and deeply consoling devotion: the Sacred Heart of Jesus. This sacred time reminds us of the boundless love, mercy, and compassion that Christ holds for each one of us. The image of the Sacred Heart, burning with love, wounded yet radiant, speaks directly to our human experience, reminding us that we are loved not in spite of our brokenness, but right within it. Jesus' heart remains open, patient, and ever ready to receive us.

This month calls us to pause and reflect on where we need to receive God's love more fully and how we can mirror that love in our families, workplaces, and communities. In a world that often feels rushed and heavy, the Sacred Heart invites us into tenderness, forgiveness, and trust, reminding us that we are never alone. Let us take time this June for quiet prayer, acts of kindness and forgiveness, and to seek peace through faith and gratitude. May the Sacred Heart of Jesus renew our hope, strengthen our faith, and fill our hearts with a love that overflows to everyone we encounter. Wishing you a peaceful and grace-filled month of June.



**Spiritual Reflections & Bible Verses**



**Events & Inspirational Corner**

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# Spiritual Reflections for the Month of June

***“Instead, one of the soldiers pierced Jesus’ side with a spear, bringing a sudden flow of blood and water.” — John 19:34***

This Month's Reflection: An Open Heart, A Living Mercy

At first glance, this moment from the Passion of Christ is one of great suffering and finality. Yet within it lies a profound revelation of love. When the side of Jesus is pierced, his heart is symbolically opened to the world, not in rejection, but in complete self-giving. The blood and water flowing from him are not only signs of his sacrifice, but of life poured out for each one of us.

The Sacred Heart is revealed here as a heart that does not close, even in pain. It remains open, vulnerable, and giving until the very end. This challenges us to reflect on our own hearts, how often we protect, withdraw, or close ourselves off when wounded. Christ shows us another way: a love that continues to give, even when it costs something.

In this image, we are also invited to draw near without fear. The open heart of Jesus is not distant or unreachable; it is offered freely. It tells us that there is always a place for us, with our joys, our wounds, and our longing for healing. Nothing we carry is too heavy for him.

As we meditate on this verse, let us allow ourselves to rest in that love. To bring our burdens to Christ, trusting that his heart remains open to receive us. And from that place of being loved, may we learn to open our own hearts more fully to God and to one another.



## Saint of the Month

*“The Sacred Heart of Jesus is an inexhaustible fountain, whose sole desire is to pour itself out into humble souls who are empty, so as to fill them.” — St. Margaret Mary Alacoque*

Saint Margaret Mary Alacoque, the 17th-century Visitation nun from France, received extraordinary visions of the Sacred Heart of Jesus.

Through her, Our Lord revealed his burning desire to be loved and to pour his mercy upon all humanity.

Her life reminds us that devotion to the Sacred Heart is not merely a tradition, but a living encounter with Christ's infinite love.

This month, as we honor the Sacred Heart in a special way, let us follow her example of surrendering completely to his will.

Whether through the first Friday devotions, acts of reparation, or simply offering our daily struggles with love, we can draw ever closer to the Heart that loves us beyond measure.



## SCRIPTURE



# Featured Bible Verse

***“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”***  
— Matthew 11:29

In these words, Jesus invites us into a different way of living, one not marked by pressure or striving, but by gentleness and trust. His heart is not harsh or demanding, but humble and patient, always ready to walk with us where we are.

When life feels heavy, he does not ask us to carry more; instead, he offers to share the burden. To take his yoke is to learn his way of love, a way rooted in compassion, surrender, and quiet strength.

It is in drawing close to his Sacred Heart that we discover true rest, a peace the world cannot give. As we slow down and place our trust in him, we begin to experience that deep, restoring calm that renews both heart and soul.

## INSPIRATION



# Inspirational Corner

Surrender is not giving up, it is giving over. It is the moment we stop clinging to our own plans and allow God to work in ways we could never imagine. When we surrender to God, we release the illusion of control and admit that he is the author of our story. Every saint discovered this truth: in letting go, they received more than they ever held.

Surrender opens the door to miracles. It invites peace into chaos and hope into despair. When we empty our hands of worry, God fills them with grace. Today, surrender one thing to God, and watch what he does with it.

True surrender begins in the quiet of the heart. It is not a single dramatic moment, but a daily choice, a gentle turning toward God each morning, saying, *“Lord, I trust You with this day.”* It is choosing faith over fear, even when the path ahead is unclear.

When we surrender, we stop carrying burdens we were never meant to bear. We allow God to be God in our lives, and in that holy release, we discover a freedom that the world cannot offer, the freedom of being held by a love that will never let us go.

The saints remind us that surrender is the gateway to holiness. St. Therese called it her *“little way”*, doing small things with great love and trusting God with the rest. Let us follow her example and offer each moment, each struggle, and each joy back to the One who gave us life.

## The Power of Surrender

# Prayer Intention of the Month

This month, as we honor the Sacred Heart of Jesus, we unite our prayers for a deeper love of Christ in every heart.

We pray for all who feel unloved, forgotten, or far from God, that through the devotion to the Sacred Heart, they may experience his tender mercy and be drawn back into his embrace.

We lift up our families, that our homes may become sanctuaries of faith and charity, reflecting the warmth of his Sacred Heart.



# Upcoming June Learning Events

Join me for two special evenings of faith formation this June!

## Essential Catholic Prayers Explained

**Thursday, June 18, 2026**

7:00 PM EST

## How to Pray the Rosary and Its Mysteries

**Thursday, June 25, 2026**

7:00 PM EST

Whether you are new to the faith or looking to deepen your prayer life, these sessions are for everyone. Bring a friend and come with an open heart!

**RSVP:** [healingray@yahoo.com](mailto:healingray@yahoo.com) | Free of charge | Zoom link sent upon registration.

### An Act of Consecration to The Sacred Heart of Jesus

I, [name], give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honor, love and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all his, and to do all things for the love of him, at the same time renouncing with all my heart whatever is displeasing to him. I therefore take You, O Sacred heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of his righteous anger. O Heart of love, I put all my confidence in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty.

Remove from me all that can displease you or resist your holy will; let your pure love imprint your image so deeply upon my heart, that I shall never be able to forget you or to be separated from you. May I obtain from all your loving kindness the grace of having my name written in your Heart, for in you I desire to place all my happiness and glory, living and dying in bondage to you.

Amen.



## Important Dates



### June

June 7 - Corpus Christi  
June 12 - Sacred Heart of Jesus  
June 13 - Immaculate Heart of Mary  
June 24 - Nativity of St. John the Baptist  
June 29 - Sts. Peter and Paul

### July

July 3 - St. Thomas the Apostle  
July 22 - St. Mary Magdalene  
July 25 - St. James the Apostle

### August

Aug 6 - Transfiguration of the Lord  
Aug 8 - St. Dominic  
Aug 15 - Assumption of Mary

### September

Sept 8 - Nativity of the Blessed Virgin Mary  
Sept 14 - Exaltation of the Holy Cross  
Sept 15 - Our Lady of Sorrows

### October

Oct 1 - St. Therese of Lisieux  
Oct 2 - Holy Guardian Angels  
Oct 7 - Our Lady of the Rosary

### November

Nov 1 - All Saints Day  
Nov 2 - All Souls Day  
Nov 22 - Christ the King

### December

Dec 8 - Immaculate Conception  
Dec 25 - Christmas Day  
Dec 27 - Holy Family  
Dec 28 - Holy Innocents



# Inspirational Corner

## Following Christ in Our Daily Lives

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### Living with Purpose – Following Christ in Our Daily Lives

What does it truly mean to follow Christ in our everyday lives? It is not reserved for grand gestures or extraordinary moments. Following Jesus is found in the quiet, ordinary choices we make each day, in how we speak to our families, how we treat strangers, and how we respond when life challenges us.

### An Open Heart Each Morning

To follow Christ daily means to begin each morning with an open heart, inviting him into our plans, our work, and our relationships. It means pausing before reacting in anger, choosing patience when we feel rushed, and offering kindness even when it is not returned. It is in these small, hidden acts of love that we become his hands and feet in the world.

### Taking Up Our Cross

Jesus never promised that following him would be easy. Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” (Luke 9:23). The cross we carry may look like forgiveness when we have been wronged, perseverance when we feel like giving up, or trust when the future feels uncertain.

But here is the beautiful truth: we never carry it alone. Christ walks beside us in every struggle and every joy. His grace meets us in the take-out line, at the office desk, in the hospital room, and at the dinner table.

### Being a Light to Others

Following Christ also means being a light to others. When we live with integrity, compassion, and hope, people notice. Our lives become a quiet testimony, not through perfection, but through authenticity. Others see Christ in us not because we never fail, but because we always return to him when we do.

### Daily Practice Challenge

This month, challenge yourself to one daily practice of discipleship:

- Begin your morning offering Jesus your day
- Perform one act of kindness for someone who cannot repay you
- Spend five minutes in silence, simply resting in his presence
- End your day with an examination of conscience — where did you see God today?

Remember, holiness is not about being perfect. It is about being faithful, one small step at a time, one day at a time, always walking toward the Heart of Jesus. May we have the courage to follow him not just on Sundays, but in every moment of our lives.

Sylvie Brûlé