

# June 22, 2025

## Solemnity of the Most Holy Body & Blood of Christ



• THE MOST HOLY BODY  
AND BLOOD OF CHRIST •

### HE SAID THE BLESSING OVER THEM.

©LPI

### St. Columban Parish

506 First St. S | Yelm, WA 98597

**Sunday Mass:** 10:30 a.m.

Saturday 5 p.m.

**Daily Mass** Tuesday-Friday 9 a.m. (except First Friday)

**Confessions** Saturday 3:30-4:30 p.m.

**Eucharistic Adoration** First Friday 6:30 p.m.

**Anointing of the Sick** By request

*The church may be opened for prayer during office hours upon request.*

### Sacred Heart Parish

812 Bowker St. SE | Lacey, WA 98503

**Sunday Mass:** 8 a.m., 10 a.m. (English & Korean), Noon, 2 p.m. (Spanish); Saturday 5 p.m.

**Daily Mass** Tuesday-Friday 9 a.m.

**Confessions** Saturday 3:30-4:30 p.m.

*For complete schedule, see [sacredheartlacey.com](http://sacredheartlacey.com) or contact their office at [staff@3hearts.org](mailto:staff@3hearts.org) or 360-491-0890*

### St. Peter Mission

149 Keithahn St S | Tenino, WA 98589

**Sunday Mass** 8:00 a.m.

**First Friday Mass** 9:00 a.m.

**Confessions** Sunday 7:30-7:45 a.m.

**Anointing of the Sick** By request

### Parish Office at St. Columban

[parishoffice@saintcolumbanyelm.org](mailto:parishoffice@saintcolumbanyelm.org)

**Monday-Thursday** 9:30 a.m. – 2 p.m.

Friday by appointment

### Sacramental Emergencies

In danger of death call: 360-704-7051

### Society of St. Vincent de Paul

Help line 360-458-1904

Christi simus, non nostri

We belong to Christ, not ourselves

# Welcome Home

## Reflect on the Sunday Liturgy

**Readings:** Gn 14:18-20/Ps 110:1, 2, 3, 4 (4b)/1 Cor 11:23-26/Lk 9:11b-17

**Entrance Antiphon:** He fed them with the finest wheat and satisfied them with honey from the rock.

**First Reading:** “Blessed be Abram by God Most High, the creator of heaven and earth; and blessed be God Most High, who delivered your foes into your hand.” (Gn 14:19-20)

*In reaction to the thanksgiving meal of bread and wine, Abram generously gave Melchizedek a tenth of his possessions. What could you give back to God this week out of gratitude?*

**Psalm:** You are a priest for ever, in the line of Melchizedek. (Ps 110)

**Second Reading:** For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. (1 Cor 11:26)

*St. Paul tells us from the very beginning the early Church celebrated the Eucharistic meal as a remembrance of Jesus’ death and as central to our faith. How does the Eucharist strengthen your faith?*

**Gospel:** Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. (Lk 9:11b)

*The miracle of the feeding of the 5,000 underscores Jesus’ desire to feed us. What do you find yourself hungry for today?*

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Additional resources for Bible Study may be found at [www.sundayscripturestudy.com](http://www.sundayscripturestudy.com)



## Mass Intentions

*Parishioners may schedule a Mass intention on our website or by calling the office. Masses are at St. Columban Church unless indicated.*

**Sunday, June 22**, Solemnity of the Most Holy Trinity  
8 a.m. (St. Peter Tenino) Pro populo  
10:30 a.m. Pro populo

**Monday, June 23**

No Mass

**Tuesday, June 24**, Nativity of St. John the Baptist  
No Mass

**Wednesday, June 25**

No Mass

**Thursday, June 26**

No Mass

**Friday, June 27**, Solemnity of the Most Sacred Heart of Jesus  
9 a.m., Lorraine Handley—RIP

**Saturday, June 28**, Immaculate Heart of Mary;  
St. Irenaeus, Bishop, Martyr, Doctor of the Church  
5 p.m. (Anticipated Sunday Mass) Pro populo

## Prayer Intentions

### For The Sick and Homebound

Robert Fisher, Joe Judge, Pam Henslee, Mary Taylor, Maria Espino, Mort Kimball, Adrian Morales, Judy Cusick, Theresa Gonzales, Clarene Rapoza, John Scotto, and Thomas Hutchinson.

**For The Deceased** All the souls in purgatory, especially, Trinidad Francisco Cervantes, Donald Bell, Pope Francis, and all those who have no one to pray for them.

*May the souls of the faithful departed, through the mercy of God, rest in peace.*

### Monthly Intentions of the Holy Father

That the world might grow in compassion: Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.

### Monthly Intentions of the Archdiocese

For the bishops, clergy, and lay ministers of Western Washington, that they may be open to the Holy Spirit.

## Connect with us

**WEBSITE** [saintcolumbanyelm.org](http://saintcolumbanyelm.org)

**PHONE** (360) 458-3031  
Ministries x1, Spanish/Español x2

**LIVESTREAM**  
[youtube.com/@stcolumbanyelm](https://youtube.com/@stcolumbanyelm)

**SOCIAL MEDIA**  
[facebook.com/saintcolumbanyelm](https://facebook.com/saintcolumbanyelm)  
[instagram.com/saintcolumbanyelm](https://instagram.com/saintcolumbanyelm)

**ONLINE GIVING**  
[pushpay.com/g/saintcolumbanyelm](https://pushpay.com/g/saintcolumbanyelm)



**St. Columban Finance & Pastoral Council** *Member names will be posted once they have been officially appointed by our Pastor.*  
**St. Peter Advisory Commission** Sherry Bachmann (Chairperson), Marilyn Ritter, Bernie Schwarz, Bob Bacon, Diane Weston

**PARISH STAFF** (360) 458-3031  
[parishoffice@saintcolumbanyelm.org](mailto:parishoffice@saintcolumbanyelm.org)

**Fr. Bryan Ochs**  
*Pastor*

**Fr. William Dodoma**  
*Parochial Vicar*

**Fr. Martin Bourke**  
*Senior Priest in residence*

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*Office Manager*  
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## On the Most Sacred Heart of Jesus

### Heart of Jesus, Holy Temple of God

Bishop Robert Barron

I've been reading, recently, a good deal of the work of Dietrich von Hildebrand—perhaps not a household name, but in fact one of the greatest Catholic philosophers of the last century. An inspiration to both John Paul II and Benedict XVI, von Hildebrand was designated by the Nazis themselves as their number one enemy in the 1930s—pretty high praise, that. Hildebrand developed a number of path-breaking ideas, including the distinction, foundational for ethics, between the merely subjectively satisfying and the objectively valuable. And he was, perhaps more than any other figure in the twentieth century, the philosopher of the heart.

He contended that, though the Western anthropological tradition has placed a great deal of stress on the intellect and the will as spiritual powers, it has, for the most part, ignored or relegated to secondary status the heart, which Hildebrand characterizes as the seat or center of the affective life. Typically, the heart is seen as inferior to the other great spiritual faculties—in fact, as belonging more to our animal nature.

In most of the philosophers in the Western tradition, emotions are typically read as threats to the mind and the will, but this strikes von Hildebrand as grossly unfair. Why are the emotions consistently read in terms of their corruption, when neither intellect nor will is read that way? After all, much of the history of philosophy is the story of the misuse of the mind, and much of political and cultural history—which Hegel famously categorized as a “slaughter-bench”—is the story of the misuse of the will.

For von Hildebrand, the heart, at its best, is a locus of value response. In its joy, its ecstasy, its rapture, its sorrow, its pity, the heart responds to a range of values and disvalues. The mind can certainly take in the Sistine Chapel Ceiling, and the will can perceive it as a good, but it is the heart that sings in its presence. The intellect and the will can accurately assess the Holocaust, but the heart weeps in response to it. It is, hence, a premiere way that the human being *engages* reality. In fact, von Hildebrand goes so far as to say that, if you're seeking the true center of a person, you will find it not in the intellect or the will but in the heart. And doesn't our ordinary experience and speech witness to this truth? We might have convinced

someone's mind through argument and persuaded his will through exhortation, but we know we have reached *him* only when we awaken the response of his heart.

Every year, just after the solemnity of Corpus Christi, the Catholic Church celebrates the feast of the Sacred Heart of Jesus. Though the Church certainly reverences the mind of Christ (“May that same mind be in you that was in Christ Jesus”), and though it clearly reverences the will of Christ (much of Christian discipleship is simply conforming our wills to Christ's), there isn't a feast of the Sacred Mind, nor of the Sacred Will. But there *is* a festival of the Sacred Heart. What seems clear is that the Church wants us to pay careful attention to the affectivity of Jesus. When I first read Immanuel Kant's religious writings many years ago, and came across his account of Jesus, I confessed that I laughed. The great Prussian philosopher, predictably, projected his austere self onto the Lord and read him as “the icon of the person perfectly pleasing to God.” For Kant, Jesus was a severe, austere, moral ideal. But this is so alien to the New Testament! For the Gospels present Jesus as a person of extraordinary emotion, passion, and heart.

Just think, for example, of two of the best known of his parables: the Good Samaritan and the prodigal son. Both of these speak poetically of God as someone whose heart is profoundly engaged. The father of the prodigal son, throwing caution and respectability to the wind, goes running down the hill to meet his boy; the Good Samaritan, upon seeing the wounded and helpless man, was “moved with compassion.” How wonderful that, at the wedding feast of Cana, Jesus provides wine for the newly married couple. He didn't cure anyone or raise anyone from the dead or forgive anyone's sins; he contributed to the celebration and joy of the party-goers. He provided something that lifts up the human heart!

When the woman at the home of Simon the Pharisee extravagantly pours perfume on the Lord's feet, infuriating the more sober-minded bystanders, Jesus responds with deep appreciation. For her heart was speaking to his. *Cor ad cor loquitur*. As he looks out over the holy city of Jerusalem, the Lord weeps because of its sins. He could have simply condemned the town or dispassionately pointed out its moral failings, but his heart spoke through those tears. To a crowd of

*“Cor Jesu, templum  
Dei sanctum,  
miserere nobis.”*

*Continued on Page 6*

# In our Parish Family

## Announcements

**No Daily Mass** Tuesday June 24-Thursday June 26.  
Please pray for our parish priests as they rest and build brotherhood at Priest Days.

**Are you registered?** Registration makes us aware of your needs and gifts but most of all helps us to welcome you to the parish! We will offer registrations beginning next Sunday, June 29 after the 10:30 a.m. Mass or stop by the parish office. You may also register online at the link found on our website. Parents cannot register their children and youth for faith formation if the family is not registered with the parish, and there will not be any registrations on the first day of classes.

**The Daughters of Mary will be fundraising by selling concessions for the Coats for Kids Car Show and are requesting donated baked items.**  
They can be brought to the Parish Hall this Friday, June 27. Thank you for your support!

**Solemnity of the Most Sacred Heart of Jesus, Friday, June 27**  
Sacred Heart Lacey will have a special Mass at 9 a.m. and a reception following in Hallen Hall.

**Celebrating St. Peter Mission in Tenino, Sunday, June 29**  
Consider celebrating the name day of our Parish Family church in Tenino with 8 a.m. Mass for the Solemnity of Saints Peter & Paul next Sunday.

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## From the Archdiocese

### Together in faith, we can be missionary disciples

As we celebrate the Solemnity of the Most Holy Body and Blood of Christ, we are also starting to wrap up the 2025 Annual Catholic Appeal in our parish family. Each one of us makes up the body of Christ, and all gifts matter! If you have already given, we are incredibly grateful. If you have not made your contribution, we ask you to prayerfully consider making a gift today. You can donate by visiting [archseattle.org/GiveACA](https://archseattle.org/GiveACA). See our parish website for our current progress.

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## Faith Formation

**Learn more about the Faith and prepare your family for the Sacraments:** Registration begins in August for our Fall 2025 Religious Education & Sacramental Prep classes for children, youth, and adults. Contact the Parish Office for details.

### Adult Scripture Study

The St. Columban Thursday group will take a summer hiatus starting in July, and the St. Peter Wednesday group is now on hiatus for the summer. Both groups will resume in September.

## From the Catechism of the Catholic Church

**1396** *The unity of the Mystical Body: the Eucharist makes the Church.* Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body—the Church. Communion renews, strengthens, and deepens this incorporation into the Church, already achieved by Baptism. In Baptism we have been called to form but one body. The Eucharist fulfills this call: "The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread:"

If you are the body and members of Christ, then it is your sacrament that is placed on the table of the Lord; it is your sacrament that you receive. To that which you are you respond "Amen" ("yes, it is true!") and by responding to it you assent to it. For you hear the words, "the Body of Christ" and respond "Amen." Be then a member of the Body of Christ that your *Amen* may be true.

**2669** The prayer of the Church venerates and honors the Heart of Jesus just as it invokes his most holy name. It adores the incarnate Word and his Heart which, out of love for men, he allowed to be pierced by our sins. Christian prayer loves to follow the way of the cross in the Savior's steps. The stations from the Praetorium to Golgotha and the tomb trace the way of Jesus, who by his holy Cross has redeemed the world



## This Week

*All events are at St. Columban Yelm, unless otherwise noted.*

### Sunday, June 22

7:30 a.m. Confessions, St. Peter  
8:00 a.m. Mass, St. Peter  
10:30 a.m. Mass, Church  
11:30 a.m. KofC Breakfast, Hall

### Monday, June 23

7:00 p.m. Rosary Prayer Group, Church

### Tuesday, June 24

9:00 a.m. Mass, Church  
6:00 p.m. Daughters of Mary, Hall  
6:30 p.m. Spanish Prayer Group, Church

### Wednesday, June 25

9:00 a.m. Mass, Church

### Thursday, June 26

9:00 a.m. Mass, Church  
9:30 a.m. Altar Society, Church  
6:30 p.m. Bible Study, RE Bldg.  
7:00 p.m. Choir rehearsal, Church

### Friday, June 27

9:00 a.m. Mass, Church

### Saturday, June 28

9:00 a.m. KofC Coats for Kids Car Show, Parking Lot  
3:30 p.m. Confessions, Church  
5:00 p.m. Mass, Church

### Sunday, June 29

7:30 a.m. Confessions, St. Peter  
8:00 a.m. Mass, St. Peter  
10:30 a.m. Mass, Church

## Parish Groups

### Altar Society

A team of talented parishioners beautifully maintain and clean the Church weekly.

### Daughters of Mary

Meets on the fourth Tuesday of every month. All women of the parish are invited **June 24** at 6 p.m. in the Hall. Please bring a snack to share!

### Liturgical Ministries

Altar Servers, Choir, Greeters/Ushers, Readers, & Extraordinary Ministers of Holy Communion. Thank you for your patience with summer schedules! Please let the office know if there are any changes to your summer plans to ensure we have coverage for our Sunday Masses.

### Knights of Columbus

The Council and Assembly will meet next on Wednesday, **July 16** at 6p.m. in the hall.

### St. Peter Circle

Meets second Tuesdays every other month at St. Peter. Next meeting: **Sep. 9, 9:30 a.m.**

### Society of St. Vincent de Paul

Meets monthly, on the third Thursday of the month in the parish hall at 7 p.m. Next scheduled meeting: **July 17.**

### Prayer Groups

Rosary prayer group: Mondays 7 p.m., Church  
Spanish prayer group: Tuesdays 6:30 p.m., Hall



## 7TH ANNUAL COATS FOR KIDS CAR SHOW

**SATURDAY, JUNE 28, 2025**

**9AM-3PM**

**ST. COLUMBAN CATHOLIC CHURCH - YELM, WA**

[kofcyelm@gmail.com](mailto:kofcyelm@gmail.com)

**Spectators free**

**Registration fee \$20 per vehicle**



Presented by the  
Knights of Columbus  
Yelm Council 17152

Proceeds **benefit the purchase of winter coats for distribution within our community** at Thanksgiving time. Cash donations welcome. Refreshments available for purchase.





*Continued from Page 3*

probably shocked and confused listeners, he said, “Do not think that I come to send peace upon the earth; I have come to bring a sword, not peace.” The anger of Jesus is an outpouring of his heart, a value-response beyond what mind or will could express. At the tomb of his friend, Lazarus, Jesus wept. “The Jews therefore said, ‘See how he loved him.’” His will would have been sufficient to express his love for Lazarus, but the people truly understood the depth of that love when they saw him weep. Finally, consider the Lord’s wonderful word and gesture to his disciples when he appeared to them after the Resurrection: “Peace,” he said to them—and then he showed them his wounds.” Or ponder his remarkable word to Thomas: “Put your hand in my side”—in other words, into my heart.

Now, why does the Church want us to contemplate today all of this affectivity? It does so because it knows that the heart of Jesus is not simply the heart of a great man from the first century, but rather the heart of God himself. The feelings of Jesus—of joy, sorrow, pity, compassion, exultation, etc.—are the feelings of God. Therefore, the heart of Jesus is a place where God dwells. In the lovely litany of the Sacred Heart, we find this invocation: “Cor Jesu, templum Dei sanctum, miserere nobis.” (Heart of Jesus, holy temple of God, have mercy on us.) When we move into the space of Jesus’ heart—loving what he loves, sorrowing over what he sorrows over, rejoicing over what he rejoices over, feeling compassion for whom he feels compassion—we are dwelling in the holy temple of God.

*Bishop Robert Barron is the Bishop of Winona-Rochester*

## A reflection by Deacon Ronnie

The Sacred Heart of Jesus and the Divine Mercy are two deeply interconnected devotions in the Catholic tradition, both centered on the love and compassion of Jesus Christ, but they emphasize different aspects of that love.

The Sacred Heart devotion emphasizes the personal, burning love of Jesus for humanity, symbolized by His heart, often depicted as pierced, surrounded by thorns, and aflame. Popularized in the 17th century through the visions of St. Margaret Mary Alacoque, who saw Jesus revealing His heart as a symbol of divine love wounded by human indifference.

The Divine Mercy devotion highlights God’s infinite mercy, especially as it is poured out through Jesus’ Passion and Resurrection. Based on the visions of St. Faustina Kowalska in the 1930s, where Jesus asked her to spread the message of His mercy, particularly through the Divine Mercy image, the Chaplet, and Divine Mercy Sunday.

Both devotions center on the Heart of Jesus—the Sacred Heart as a symbol of love, and the Divine Mercy as a fountain of mercy flowing from His heart. In the Divine Mercy image, rays of red and white light flow from Jesus’ heart, symbolizing blood and water—echoing the pierced heart in Sacred Heart imagery.

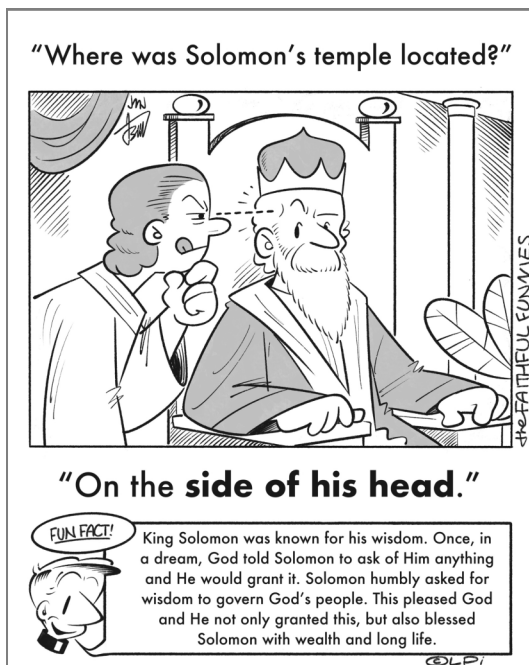
Both devotions call for trust in Jesus, conversion, and acts of love and mercy. They are not separate devotions but rather complementary expressions of the same divine reality: God’s love made visible in Christ.

The Eucharistic Preface for the Solemnity of the Sacred Heart of Jesus sums up the devotion in the words that the priest prays. The preface beautifully connects the suffering and love of Christ with the sacramental life of the Church, inviting the faithful to draw deeply from His mercy and grace.

For raised up high on the Cross, he gave himself up for us with a wonderful love and poured out blood and water from his pierced side, the wellspring of the Church’s Sacraments, so that, won over to the open heart of the Savior, all might draw water joyfully from the springs of salvation.

Most Sacred Heart of Jesus, I place my trust in you.

*Deacon Ronnie San Nicolas is a deacon in our Parish Family with Sacred Heart Lacey.*



THE BODY AND BLOOD OF CHRIST





## Dialogue for Justice: Catholic Advocacy to Reduce Poverty

The disciples must have been completely baffled when Jesus said to them, “Give them some food yourselves” (Lk 9:13). They did not have the luxury of a Costco or Safeway store close by. Nor had they anticipated the need to bring picnic lunches for those who gathered near the town of Bethsaida. The crowds grew to numbers they could not have imagined. The day was ending, and people were hungry. Out of a little bread and fish came, through Jesus’ blessing, an abundance of food to feed the hungry masses provided by a generous God. It is important to notice that once the food supply had been multiplied it was the job of “the disciples to set [the bread and fish] before the crowd” (Lk 9:16). The disciples were learning their roles, and it was to be of service to those in need. Today the need to feed the hungry and clothe the naked still exists. Jesus alerted us to the fact that “the poor you will always have with you” (Mt 26:11). As we work toward a more just society it is important to educate ourselves. The websites for Catholic Community Services of Western Washington ([www.ccsww.org/dialogueforjustice](http://www.ccsww.org/dialogueforjustice)) and the Intercommunity Peace & Justice Center ([www.ipjc.org](http://www.ipjc.org)) are two trustworthy sources of information regarding the challenge of helping those in poverty. The call to service is ours to answer. When we say “yes” to serving those in need, we provide miraculous manna to those who roam in the wilderness (Exod 16:15).

Peace and all good, Deacon Terry, ofc

*Deacon Terry Barber is a deacon in our Parish Family with Sacred Heart Lacey.*

### Pope Leo XIV’s Prayer to the Sacred Heart of Jesus

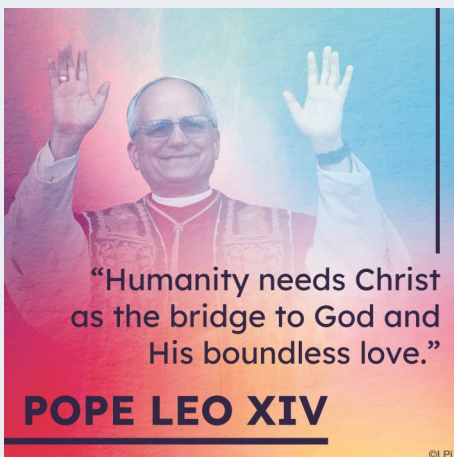
Lord, I come to your tender heart today,  
to you who have words that set my heart ablaze,  
to you who pour out compassion on the little ones  
and the poor, on those who suffer, and on all  
human miseries.

I desire to know you more, to contemplate you in  
the Gospel, to be with you and learn from you  
and from the charity with which you allowed  
yourself to be touched by all forms of poverty.

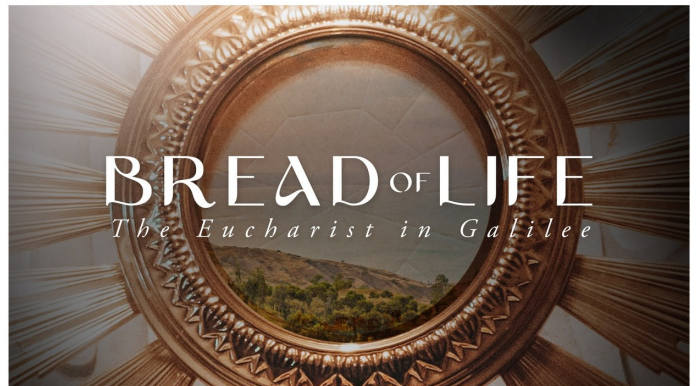
You showed us the Father’s love by loving us  
without measure with your divine and human  
heart.

Grant all your children the grace of encountering  
you. Change, shape, and transform our plans,  
so that we seek only you in every circumstance:  
in prayer, in work, in encounters, and in our daily  
routine.

From this encounter, send us out on mission,  
a mission of compassion for the world  
in which you are the source from which all  
consolation flows. Amen.



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### Bread of Life: The Eucharist in Galilee | Trailer

Christ’s teaching about the Eucharist is the crescendo of Jesus’ entire ministry; all his work in Galilee prepared for and pointed to the Eucharist. Join Dr. Tim Gray for an exciting five-part series about Jesus’ teaching on the Eucharist.

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Visit [formed.org/signup](http://formed.org/signup) and select our parish.  
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## NEW TO HALLOW?



Scan the QR code or visit [hallow.com/parish](https://hallow.com/parish) to get started! All parishioners - subscribers and free users alike - are invited to join.

Be sure to search for "Family40"

To forgo the special offer and remain on the free version, simply hit "Skip" when prompted, and you'll have access to your parish page.

## ALREADY HAVE HALLOW?

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Log into Hallow

On the bottom right, tap **Community**

Under **Get Started**, select **Join Your Church**

In the search bar, type "**Family40**"

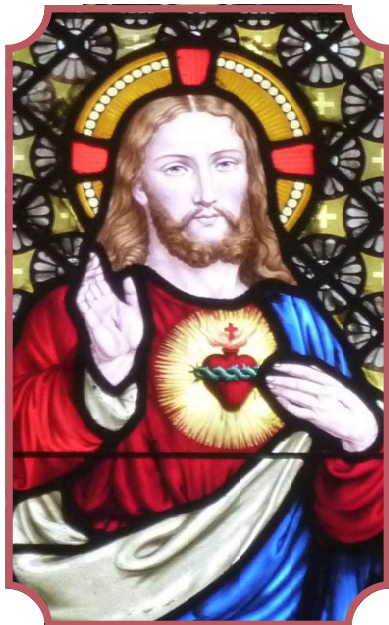
Select "**Family 40 - Sacred Heart, St. Columban, St. Peter**" and then tap **Join**



†  
J.M.J.

## NOVENA TO THE MOST SACRED HEART OF JESUS

—St. Margaret Mary Alacoque



I. O my Jesus, You have said:  
"Truly I say to you,  
ask and you will receive,  
seek and you will find, knock  
and it will be opened to you."  
Behold I knock, I seek  
and ask for the grace of.....  
(here name your request)

Our Father....Hail Mary....  
Glory be to the Father....  
Sacred Heart of Jesus,  
I place all my trust in You.

II. O my Jesus, You have said:  
"Truly I say to you, if you ask  
anything of the Father in my  
name, he will give it to you."  
Behold, in your name,  
I ask the Father  
for the grace of.....  
(here name your request)

Our Father...Hail Mary....  
Glory Be to the Father....  
Sacred Heart of Jesus,  
I place all my trust in You.

III. O my Jesus, You have said:  
"Truly I say to you, heaven and  
earth will pass away but my  
words will not pass away."  
Encouraged by your infallible  
words I now ask for the grace  
of.....(here name your request)

Our Father....Hail Mary....  
Glory be to the Father....  
Sacred Heart of Jesus,  
I place all my trust in You.

O Sacred Heart of Jesus,  
for Whom it is impossible  
not to have compassion  
on the afflicted,  
have pity on us miserable  
sinners and grant us the grace  
which we ask of You,  
through the Sorrowful  
and Immaculate Heart of Mary,  
Your tender Mother and ours.

*Pray the Hail, Holy Queen*

St. Joseph, foster father of Jesus,  
pray for us.

## ACT OF CONSECRATION TO THE MOST SACRED HEART OF JESUS

*By St. Margaret Mary Alacoque*

I give and consecrate to the  
Heart of Our Lord Jesus Christ,  
my whole life, all my actions,  
my trials, my sufferings,  
devoting every portion of my  
being to loving, honoring, and  
glorifying Him, to working for  
His love alone, renouncing with  
all my heart whatever may be  
displeasing to Him.

I take Thee, then, O Sacred  
Heart, for the one object of my  
love, the Protector of my life,  
the Pledge of my salvation,  
the Remedy of my inconstancy,  
the redeemer of all my faults,  
and my sure refuge  
in the hour of death.

O Heart of all goodness,  
be my justification  
before God the Father,  
and shield me from  
the effects of His just anger.  
O Heart, overflowing with love,  
I place all my confidence in  
Thee, for I dread my own  
weakness, while I hope  
everything from Thy bounty.

Do Thou destroy in me  
whatever may displease Thee  
or withstand Thy will,  
and may the pure love of Thee  
be so deeply imprinted in my  
heart that I may never forget  
Thee nor be separated from  
Thee, and I implore Thee  
by all Thy love that my name  
may be graven upon Thee.  
May it be all my happiness to  
live and die as Thy slave. Amen.

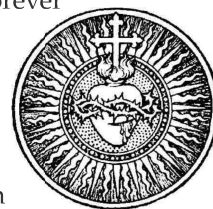
## AFTER RECEIVING HOLY COMMUNION

(AND AT OTHER TIMES)

I am sealed forever  
in the Most  
Sacred Heart  
of Jesus!

(7 times) Or

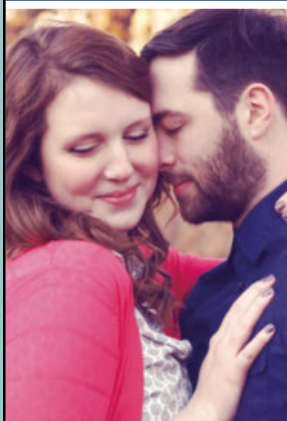
I am bound in  
His Sacred Heart. (7 times)



## PRAYER

O MOST Sacred Heart of Jesus,  
pour down Thy blessings  
abundantly upon Thy Church,  
upon the Supreme Pontiff,  
and upon all the clergy;  
give perseverance to the just,  
convert sinners,  
enlighten unbelievers,  
bless our parents, friends  
and benefactors,  
help the dying, free the Souls  
in Purgatory, and extend over  
all hearts the sweet empire  
of Thy love. Amen.

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