

Our Sacred Heart Family



Gather

We gather ourselves with a minute of silence. We centre ourselves and become aware of our inner emotions and feelings. We stop, we pause, we enter a time of stillness.

This week we would have been preparing for our 'Big Mass' that takes place in the last week of term. At this whole school mass, we celebrate our Sacred Heart Feast Day and invite the Sacred Heart Sisters to join us. Perhaps this week, we can take some time to reflect on the Sacred Heart Spirituality and be reminded of the special community we are a part of.

Word

A quote from Barbara Sweeney RSCJ:

"Seeing how Jesus lived and hearing His words 'to see me is to see the Father' (John 14:9), I understood something of what it means to say that God is love. To see the Heart of Jesus in action is to see the Heart of God. In the old Testament we read 'The Lord is kind and full of compassion, slow to anger and rich in mercy' (Psalm 145:8) I see this in Jesus and I know this in God".

Response

Watch this YouTube link:

<https://www.youtube.com/watch?v=FmGanTlHXrQ>

Mission

1. After watching the YouTube video, what stood out to you the most?
2. What does the Sacred Heart Spirituality mean to you?