

Our Lady of the Sacred Heart Church Newsletter
June 28, 2020

My Dear Parishioners,

This weekend, we are nearing the end of the month of June, the month dedicated to the Sacred Heart. So this is a good time to reflect on the heart and the importance of our feelings and emotions.

While our minds are the places where information is processed, the heart is traditionally seen as the place where feelings reside. These emotions are our responses to the information taken in by the mind, both positive and negative. Thus, joy, happiness, sadness, and anger are really our internal reaction to what is going on around us. The emotions themselves are always good things, and they are a gift from God who made us with feelings. Our feelings are a gift from God who made us with a heart.

Emotions are a gift because emotions animate us, otherwise we would no more personality than a lap top. Emotions also move us to action. For instance, we feel compassion for someone in need, and we are then moved to help them because we feel for them. That's the beauty and power of emotions. Of course, there are always extremes, and when we let our emotions get the better of ourselves, we can get ourselves into trouble. Yet, the emotions themselves are a true gift for which we should be thankful. When was the last time you thanked God for your emotions??

Which brings us to the Sacred Heart of Jesus. Our devotion to His Sacred Heart is a powerful reminder that Our Blessed Savior had and still has real human feelings. The Sacred Scriptures record this: He was moved with compassion, He was astonished, He was angry, He cried, He felt pity and fed the crowds. Our devotion to the Sacred Heart is a reminder that He was and is both God and Man with real emotions.

Most importantly, He is using our emotions to bring us into a closer friendship with Himself. So let us not be afraid of our God-given emotions, but let us embrace them, give thanks for them, put them to good use.

Most Sacred Heart of Jesus, have mercy on us!
Our Lady of the Sacred Heart, pray for us!

Fr. Michael J. Pawelko

The 12 PROMISES

from **Jesus** for those who are devoted to His **Sacred Heart**



As recorded by St. Margaret Mary

1. "I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment."

The Act of Consecration to the Sacred Heart of St. Margaret Mary

I (N.), give and consecrate to the Sacred Heart of our Lord Jesus Christ, my person, my life, my actions, my pains and sufferings, so that I may be unwilling to make use of any part of my being save to honor, love, and glorify the Sacred Heart. It is my unchanging intention to be all His and to do all for love of Him. I renounce at the same time with all my heart whatever can displease Him.

I, therefore, take You, O Sacred Heart, for the only object of my love, the protector of my life, the pledge of my salvation, the remedy of my weakness and inconstancy, the atonement for the faults of my life, and the secure refuge at the hour of my death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the punishment of His just anger. O Heart of love, I put my confidence in You, because I fear everything from my own sinfulness and weakness. I hope for all things from Your mercy and generosity.

Destroy in me all that can displease or resist Your holy Will. Let Your pure love impress You so deeply upon my heart that I may never forget You or be separated from You. May my name, by your loving kindness, be written In You, because in You I desire to place all my happiness and all my glory in living and dying in very bondage to you.
Amen





Sunday Mass Readings

Some parishioners have requested that we include the Sunday Mass readings with our newsletters. So here they are:

Thirteenth Sunday in Ordinary Time

Reading 1 [2 Kgs 4:8-11, 14-16a](#)

One day Elisha came to Shunem, where there was a woman of influence, who urged him to dine with her. Afterward, whenever he passed by, he used to stop there to dine. So she said to her husband, "I know that Elisha is a holy man of God. Since he visits us often, let us arrange a little room on the roof and furnish it for him with a bed, table, chair, and lamp, so that when he comes to us he can stay there." Sometime later Elisha arrived and stayed in the room overnight. Later Elisha asked, "Can something be done for her?"

His servant Gehazi answered, "Yes! She has no son, and her husband is getting on in years." Elisha said, "Call her." When the woman had been called and stood at the door, Elisha promised, "This time next year you will be fondling a baby son."

Responsorial Psalm [Ps 89:2-3, 16-17, 18-19](#)

R. (2a) **For ever I will sing the goodness of the Lord.**

The promises of the LORD I will sing forever,
through all generations my mouth shall proclaim your faithfulness.

For you have said, "My kindness is established forever;"
in heaven you have confirmed your faithfulness.

R. **For ever I will sing the goodness of the Lord.**

Blessed the people who know the joyful shout;
in the light of your countenance, O LORD, they walk.

At your name they rejoice all the day,
and through your justice they are exalted.

R. **For ever I will sing the goodness of the Lord.**

You are the splendor of their strength,
and by your favor our horn is exalted.

For to the LORD belongs our shield,
and the Holy One of Israel, our king.

R. **For ever I will sing the goodness of the Lord.**

Reading 2 [Rom 6:3-4, 8-11](#)

Brothers and sisters: Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him. As to his death, he died to sin once and for all; as to his life, he lives for God. Consequently, you too must think of yourselves as dead to sin and living for God in Christ Jesus.

Alleluia [1 Pt 2:9](#)

R. **Alleluia, alleluia.**

You are a chosen race, a royal priesthood, a holy nation;
announce the praises of him who called you out of
darkness into his wonderful light.

R. **Alleluia, alleluia.**

Gospel [Mt 10:37-42](#)

Jesus said to his apostles: "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. "Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet's reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man's reward. And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple— amen, I say to you, he will surely not lose his reward."

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My Dear Parishioners,

While our county moved in the Green Phase on June 26th, all of us need to do our part to make sure that going to Mass is a peaceful and safe experience for all. Please take the time to read the updated instructions below which were provided by the Archdiocese. We ask everyone to follow these guidelines when attending Mass during this period:

GENERAL POINTS:

- ❖ The faithful continue to be dispensed by the Archbishop from the obligation to attend Mass on Sundays and Holy Days of Obligation until further notice. You are not required to attend Mass at this time.
- ❖ To those with pre-existing conditions or general health issues, please *consult your doctor* before returning to Mass.
- ❖ Our hope is to keep the Facebook Live Mass going for at least the near future.

MASS SCHEDULE:

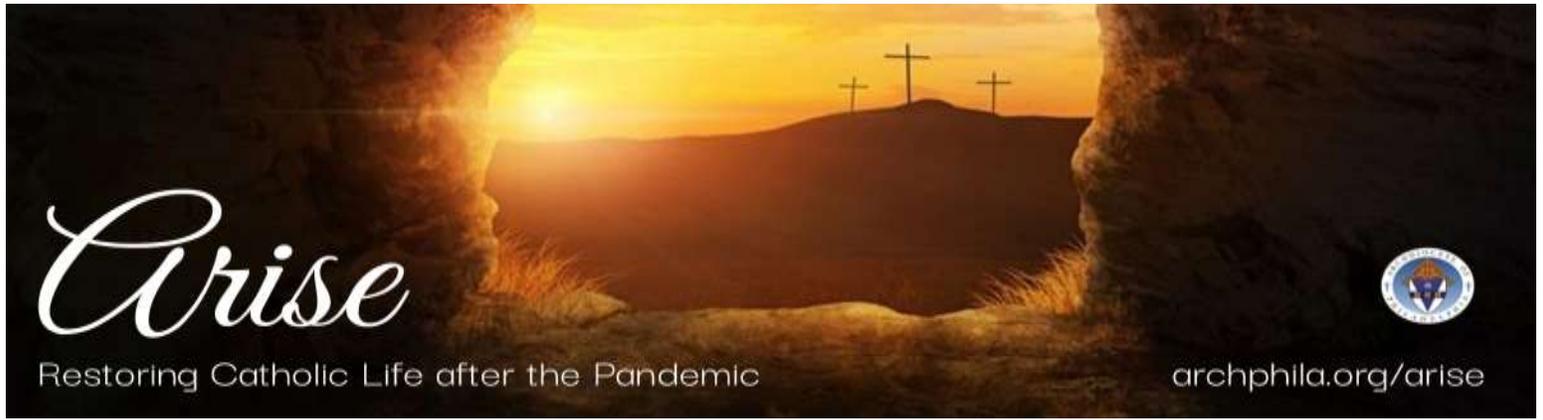
- ❖ Monday through Saturday: 7:30 AM
- ❖ Saturday Vigil: 4:00 PM
- ❖ Sunday: 8:00 AM, 9:30 AM, and 11:00 AM (Starting first weekend of July)

BEFORE COMING TO MASS:

- ❖ Before entering the Church, please put on a Face Mask or Cloth Covering. Exceptions to this are “children younger than 2 years old, anyone who has trouble breathing or is unconscious, and anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance” (CDC Guidelines).
- ❖ Please do not come to Mass if you are sick or are at higher risk for severe illness with COVID19.
- ❖ Missalettes will still not be in the pews during this time. You are welcome to bring your own missal/readings with you. Or download iBreviary app on your mobile device.

ENTERING THE CHURCH:

- ❖ Hand sanitizers will be available at the Church entrances. Please use the hand sanitizer upon entering and exiting the Church.



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SEATING:

- ❖ When taking your seat, please honor all posted signs about where you may sit. Every other pew will be open to ensure proper social distancing.
- ❖ Members of the same household may sit together as normal. Please place 6 feet between your household and members of a different household.
- ❖ **Cry Room:** Because it is a confined space, the cry room is closed until further notice.

DURING MASS:

- ❖ There will be singing at Mass.
- ❖ There will be no collection taken up during the Offertory. Instead, there will be a basket in the back of church for your contribution.
- ❖ The Sign of Peace and the distribution of the Precious Blood continue to be suspended.
- ❖ There should be no holding of hands during the Our Father.

RECEPTION OF HOLY COMMUNION:

- ❖ Please form one single line in the center isle and each of the side isles.
- ❖ Please maintain social distancing in the Communion line. Please keep several pews between yourself and the person in front of you while in line and when returning to your pew.
- ❖ During the Green phase the strong recommendation remains in force that the faithful receive the Body of Christ in the hand.
- ❖ Please remove your mask before receiving Holy Communion.

EXITING THE CHURCH:

- ❖ At the conclusion of Mass, please exit the Church and proceed directly to the parking lot. Please do not congregate in the church or in the gathering space.
- ❖ Please take a parish bulletin home with you
- ❖ Please wear your mask until you exit the Church.