SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

The month of June is dedicated to the Sacred Heart of Jesus as a special time for us to reflect on the love and compassion that Jesus has for all of us. We also remember that over 350 years ago, Jesus appeared to St. Margaret Mary Alacoque and revealed his Sacred Heart to her. The Sacred Heart symbolises Jesus' deep love for humanity, His willingness to forgive and His desire for us to be close to Him.

Traditionally, the Sacred Heart is often depicted as a heart surrounded by flames, representing the burning love Jesus has for each person. This devotion encourages us to think about how we can love others as Jesus loves us.

During June, many families participate in special prayers, activities and celebrations to honour the Sacred Heart. This can include praying the Sacred Heart Novena, attending Mass or even having a special feast day. It's a wonderful opportunity for children to learn about Jesus' love and to think about how they can share that love with their friends and family.

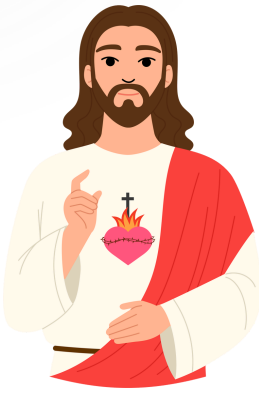
By dedicating this month to the Sacred Heart, we are reminded of the importance of love, kindness, and compassion in our lives, just as Jesus showed us.

Let us journey together in prayer during the month of June.

God Bless,

Mrs Linda Payne
Executive Headteacher

The Sacred Heart of Jesus



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the quote from St Margaret Mary Alacoque.



"Returning love for love."
St Margaret Mary Alacoque

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Reflect

4. We can reflect on the message of returning love for love, by thinking about how we can show love and kindness to others in our daily lives.
It is about treating others with the same love and compassion that we would like to receive in return. When we return love for love, we spread positivity and create a cycle of kindness that can make the world a better place. It is essential for us to recognise the importance of reciprocating love with love, as it fosters empathy, understanding and harmony in our relationships with others.

We can also reflect on the love that Jesus has for us and how we can share that love with others by being caring, forgiving and understanding. By practising these acts of love and kindness, we can embody the message of the Sacred Heart and spread love in the world around us.

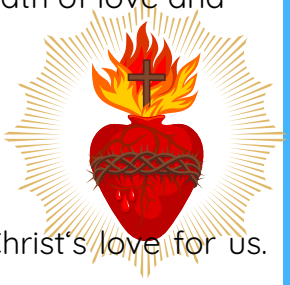
Pray

5. Spend a minute in complete stillness and quiet reflecting and then say the prayer below together.

Dear Sacred Heart of Jesus,

We come to you with open hearts, seeking your love and guidance. Help us to forgive others as you forgive us, and to let go of any anger or hurt we may be holding onto. Fill us with your compassion and understanding, so that we may show kindness to all those around us. May your Sacred Heart be a beacon of light in our lives, guiding us on the path of love and forgiveness.

Amen.



Living out the Message

6. Children can live out the message "returning love for love" by embodying Christ's love for us. Here are some examples of how children can live out this message:

- Being kind and helpful to their family members, friends and classmates.
- Sharing their toys with others.
- Listening attentively when someone is talking.
- Saying kind words and giving compliments to make others feel good about themselves.
- Helping those in need by volunteering at a local charity or participating in community service projects.
- Treating everyone with respect and fairness.
- Praying for those who are sick, lonely or going through difficult times.
- Forgiving others and letting go of grudges.
- Being inclusive and welcoming to everyone.