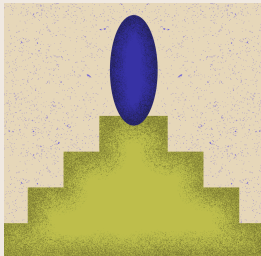


ACTIVITIES FOR ADULTS

The Feast of the Sacred Heart is celebrated 19 days after Pentecost. It is a devotion to Jesus' physical heart and the celebration of his great love for us. To celebrate this special day, choose to explore one or more of the options below. Happy Feast Day!



PRAYER

Sacred Heart of Jesus, I love you; help me to love others as you do.
Sacred Heart of Jesus, meek and humble, make my heart like yours.
Sacred Heart of Jesus, I place my trust in You.

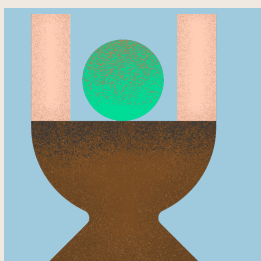
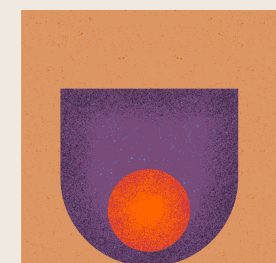


TABLE TALK

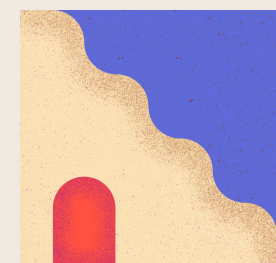
At some point throughout the day take turns sharing with someone your thoughts about the questions below.

- What is one thing you are glad about these days OR what is one thing you are not so glad about?
- Who is someone you know personally in whom you see God's goodness?
- What is one way that you think people might see God's goodness in YOUR life?



SHARE YOUR LOVE WITH OTHERS! CHOOSE TO DO ONE OF THE FOLLOWING:

- Write a short note to a friend or family member.
- Talk to someone on the phone instead of texting.
- Visit a friend you haven't seen in awhile.
- Choose a new person to pray for each morning.
- Introduce yourself to someone new at Mass.



3 MINUTE RETREAT

Take a break from your busy day and enjoy this 'mini retreat' from Loyola Press.

