

**The Catholic Parish
of
Our Lady of the Annunciation
King's Lynn
Norfolk**

Daily Mass Readings for

Friday, 19th June 2020

**The Most Sacred Heart of Jesus
Solemnity**

Liturgical Colour: White

Parish of Our Lady of the Annunciation - King's Lynn

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Daily Mass Readings for The Most Sacred Heart of Jesus Solemnity

First reading - Deuteronomy 7:6-11

The Lord set his heart on you and chose you

Moses said to the people: 'You are a people consecrated to the Lord your God; it is you that the Lord our God has chosen to be his very own people out of all the peoples on the earth.

'If the Lord set his heart on you and chose you, it was not because you outnumbered other peoples: you were the least of all peoples. It was for love of you and to keep the oath he swore to your fathers that the Lord brought you out with his mighty hand and redeemed you from the house of slavery, from the power of Pharaoh king of Egypt. Know then that the Lord your God is God indeed, the faithful God who is true to his covenant and his graciousness for a thousand generations towards those who love him and keep his commandments, but who punishes in their own persons those that hate him. He is not slow to destroy the man who hates him; he makes him work out his punishment in person. You are therefore to keep and observe the commandments and statutes and ordinances that I lay down for you today.'

The Word of the Lord.

Responsorial Psalm - Psalm 102(103):1-4, 6-8, 10

The love of the Lord is everlasting upon those who hold him in fear.

My soul, give thanks to the Lord
all my being, bless his holy name.

My soul, give thanks to the Lord
and never forget all his blessings.

The love of the Lord is everlasting upon those who hold him in fear.

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion,

The love of the Lord is everlasting upon those who hold him in fear.

The Lord does deeds of justice,
gives judgement for all who are oppressed.

He made known his ways to Moses
and his deeds to Israel's sons.

The love of the Lord is everlasting upon those who hold him in fear.

The Lord is compassion and love,
slow to anger and rich in mercy.

He does not treat us according to our sins
nor repay us according to our faults.

The love of the Lord is everlasting upon those who hold him in fear.

Second reading - 1 John 4:7-16

Let us love one another, since love comes from God

My dear people, let us love one another since love comes from God and everyone who loves is begotten by God and knows God.

Anyone who fails to love can never have known God, because God is love.

God's love for us was revealed when God sent into the world his only Son so that we could have life through him; this is the love I mean: not our love for God, but God's love for us when he sent his Son to be the sacrifice that takes our sins away.

My dear people, since God has loved us so much, we too should love one another.

No one has ever seen God; but as long as we love one another God will live in us and his love will be complete in us.

We can know that we are living in him and he is living in us because he lets us share his Spirit.

We ourselves saw and we testify that the Father sent his Son as saviour of the world.

If anyone acknowledges that Jesus is the Son of God, God lives in him, and he in God.

We ourselves have known and put our faith in God's love towards ourselves.

God is love and anyone who lives in love lives in God, and God lives in him.

The Word of the Lord.

Gospel Acclamation

Alleluia, alleluia!

Shoulder my yoke and learn from me,

for I am gentle and humble in heart.

Alleluia!

Gospel - Matthew 11:25-30

You have hidden these things from the wise and revealed them to little children

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord.

The Most Sacred Heart of Jesus

The Sacred Heart of Jesus is one of the most popular feast days in the Roman Catholic Church. A movable feast, it is celebrated each year on a Friday in the spring on the nineteenth day after Pentecost.

The proper name of the feast is the Solemnity of the Most Sacred Heart of Jesus, which in Latin is *Sollemnitatis Sacratissimi Cordis Iesu*. Solemnity feasts are of highest importance in the liturgical calendar of the Roman Catholic Church.

The Sacred Heart of Jesus liturgical celebration has its roots in the devotion to the Sacred Heart, a widely appealing and long - practiced Roman Catholic devotion to the physical heart of Jesus Christ as the visual representation of God's divine love and compassion for the world.

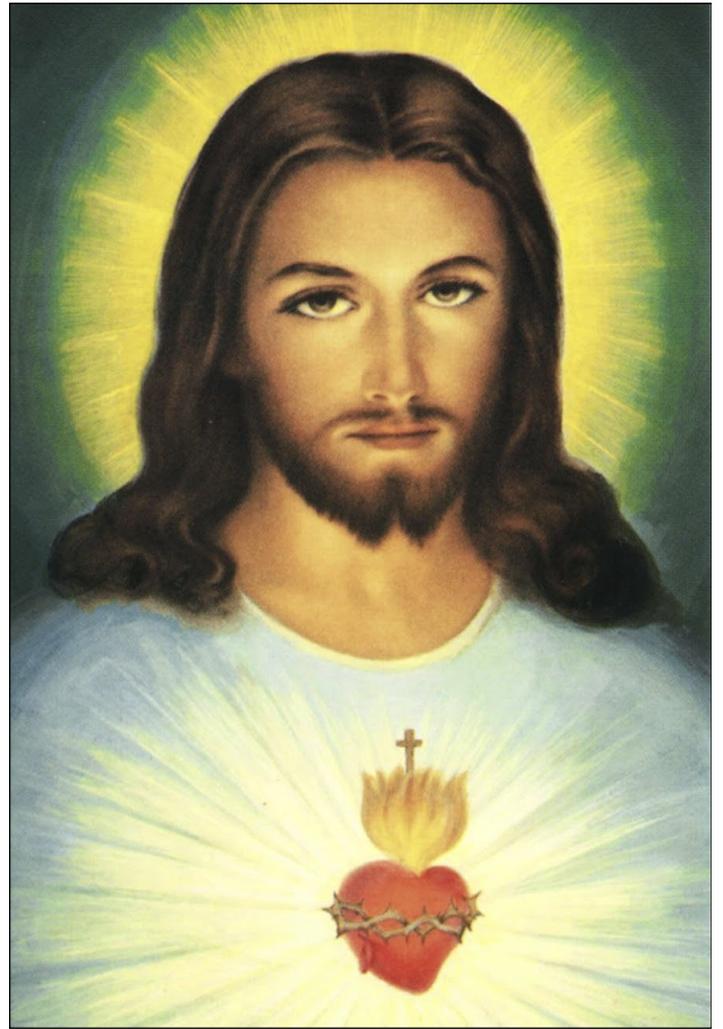
The devotion is based primarily on two passages in the Gospel of John. John 19:34 speaks of blood and water that flowed from the spear wound Jesus sustained

on the cross: "One of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water." And in John 7:38 Jesus declares, "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." The physical heart of Jesus as the centre and source of Jesus' infinite and passionate love for humankind became a specific object of adoration within Catholicism.

In its initial stages, as far back as the eleventh century, this devotion developed from private, mystical contemplations of monks and nuns on the wounds in Jesus' side. Some of the earliest known meditations are attributed to Bernard of Clairvaux (1090–1153), abbot of a Cistercian monastery in France; and Gertrude the Great (1256–1302), a German Benedictine nun.

The devotion to the Sacred Heart spread informally until it was popularized by Margaret Mary Alacoque (1647–1690), a nun in the Salesian visitation convent at Paray-le-Monial in Burgundy, France. Under the influence of her convent adviser, Jesuit priest Claude de la Colombière, Margaret Mary practiced fervent devotions to the Sacred Heart. In them, she experienced visions and revelations that were reported to result in ecstasy.

In June 1675, while praying about the devotion, Margaret Mary had a vision known as the "great apparition" in which she claimed to have seen Christ "showing to her his heart on a flaming throne, surrounded by thorns and surmounted by a cross; and he told her it was his will that a special devotion should be offered to his Sacred Heart in reparation for irreverence's committed against him in the most holy sacrament, and that the Friday after the octave of Corpus Christi should be set apart for this devotion."



In her visions, Margaret Mary supposedly received twelve promises from Jesus for those who honor His Sacred Heart. Some of these promises are that Jesus will give devotees comfort, peace, holiness, and “all the graces necessary for their state in life.” In addition, Jesus allegedly promised that He would “bless every place where an image of My Heart shall be exposed and honoured” and that “all those who receive Holy Communion on the First Friday of nine consecutive months” would receive grace and the pleasure of the Lord at the time of death.

After Margaret Mary’s death, the devotion of the Sacred Heart of Jesus continued to grow in popularity, and many faithful claimed to experience miracles while practicing the devotion. The Roman Church, however, still had doubts regarding the validity of Margaret Mary’s visions. Requests to grant a proper Mass and office for the feast of the Sacred Heart of Jesus were repeatedly refused by the Congregation of Rites.

Sovereign rulers and Roman Catholic devotees continued to beseech the Pope to give the festival official status on the church calendar. Eventually, the first official feast of the Sacred Heart of Jesus was celebrated in 1765 in France. Nearly 100 years later, in 1856, Pope Pius IX extended the feast to the entire Western Church. Since that time, devotions to the Sacred Heart of Jesus have spread universally, with novenas, litanies, and Holy Communion.

On Sunday, June 5, 2005, Pope Benedict XVI spoke of the devotion to the Sacred Heart of Jesus in his Angelus: “In biblical language, ‘heart’ indicates the centre of the person where his sentiments and intentions dwell. In the Heart of the Redeemer we adore God’s love for humanity, his will for universal salvation, his infinite mercy. Practicing devotion to the Sacred Heart of Christ therefore means adoring that Heart which, after having loved us to the end, was pierced by a spear and from high on the Cross poured out blood and water, an inexhaustible source of new life.”

The Sacred Heart of Jesus is typically rendered in Catholic artwork as a bright red anatomical human heart with flames and a halo of divine light. The heart is pierced and bleeding, alluding to the manner of Jesus’ death. The heart is surrounded by a crown of thorns, symbolizing His passion. Atop the heart is a cross, representing redemption, suffering, and faith. The heart is aflame, signifying purification and spiritual power. The whole symbol shines with rays of light, showing the holiness and splendour of the Lord. In some depictions, the heart is seen radiating from within the chest of Jesus Christ as He points to it and invites worship. Representations of the Sacred Heart of Jesus are often displayed prominently in Catholic homes. However, the practice has become decreasingly popular since the 1960s.

Promotion of the Sacred Heart of Jesus as a means to receive grace is yet another example of the ritual, extra-biblical tradition, and superstitious trust in objects and images prevalent in the Catholic Church. The Bible nowhere instructs anyone to meditate on or honour the physical heart of Jesus. More importantly, grace is by definition a gift that cannot be earned. The blessings of salvation, security, and peace are ours on the basis of faith in Jesus’ finished work, whether or not we observe certain Fridays, pray certain prayers, or meditate on a certain painting. “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ” (*Ephesians 1:3*) — blessings that are already ours, without the help of rituals or images.
