

Theme Sharing

Body and Blood of Christ

Today we celebrate the Feast of Body and Blood of Christ. Originally, there were two separate feasts: Body of Christ (Corpus Christi), and Precious Blood of Jesus. The Feast of Corpus Christi was first celebrated in 1247 in Liege, Belgium at the instance of Sister Juliana of the Augustinian nuns of Mont Cornillon. However, the Feast of Precious Blood of Jesus started as a local celebration in Spain in the 6th century, and later extended to Italy. To commemorate his return to Rome from exile, Pope Pius IX proclaimed in 1847 that the celebration of this Feast be extended to the universal Church. The liturgy of the Church has now consolidated the two feasts into one: Body and Blood of Christ.

The first reading, from *the Book of Genesis*, recounts the blessing of Abram by King Melchizedek of Jerusalem. Also priest of God Most High, Melchizedek's offering of bread and wine foreshadows Jesus and the Sacrament of the Eucharist.

In the second reading, Paul explained to the Corinthians how Jesus instituted the Eucharist at the Last Supper. In this sacrament, we commemorate the sacrifice Christ made by his suffering and death so that, through Christ, humanity can be one and in communion with God once again. Hence the Eucharist is also known as the Sacrament of Holy Communion.

The gospel is on the miracle of multiplication of loaves and fish. This miracle has been recorded in all four gospels. It happened right after the return of the apostles from their first mission. Jesus took the apostles to a deserted place for a rest, but the crowd caught up with them; and Jesus had compassion for the crowd, as they were like "sheep without a shepherd". In today's gospel, Luke highlights the fact that Jesus took care of the spiritual and temporal needs of the crowd. He spoke to them about the Kingdom of God, cured the sick and fed the hungry crowd. Luke shows how the apostles, fresh from their mission as representatives of Jesus, had faith in their Lord, thereby in a way partaking in the miracle. They knew well that they were in a deserted place and that food would be difficult to come by. However, they had faith in Jesus, and so when Jesus asked them to get the people sit down in groups, they obliged. Again at Jesus' order,

they distributed the loaves and fish to the crowd. When all had eaten and were filled, the apostles gathered the leftover pieces and these filled twelve baskets. So the apostles were truly rewarded for their trust in their Lord. The miracle no doubt strengthened their faith. According to John, another gospel writer, Jesus was preparing the apostles for a more important miracle – the institution of the Sacrament of the Eucharist (Holy Communion). The Feast of Body and Blood of Christ exhorts us to place greater reverence to the Eucharist. It encourages us to live up to what the Eucharist symbolizes: sacrifice, sharing and communion with others. Pope John Paul II once said, "There is a real need for the Church and the whole world to adore the Eucharist. Jesus at all times is eager to receive and embrace us in this Sacrament of Love. Hence we should make effort to come to Jesus, pay him homage and adoration, pledge our complete trust in him, and atone for the sins of the whole world. Together, let us offer him the following prayer: "Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of your kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen."

Year of Faith

Oct 11, 2012

Nov 24, 2013

Open the Door of Faith

The Goal for Year of Faith in our parish:

Catechetical Studies Refresher;
Spend ten minutes a day to meditate on the Bible and to study the Catechism.
Faith of itself, if it does not have works, is dead. James 2:17

Regarding the Year of Faith

The Centennial Committee is excited to announce to you the Year of Faith Diocesan Pilgrimage Journey (June to November 2013) and distribute a passport for it.

Parishioner can pick up the passport at Church entrances:

"During the whole span of the Year of Faith, proclaimed from October 11, 2012 to November 24, 2013, all individual faithful

truly repentant, duly confessed, communing sacramentally, and who pray according to the intentions of the Supreme Pontiff, will be able to acquire a Plenary Indulgence from the temporal punishment for their sins imparted by God's mercy, applicable in suffrage to the souls of the deceased faithful."

Our Diocesan Pilgrimage invites all the faithful to journey throughout Southern Alberta to the pilgrimage sites assigned by Bishop Henry. The list of the pilgrimage churches is as followed:

St. Mary's Cathedral,
Our Lady Queen of Peace (Calgary),
St. Mary's (Banff),
Assumption of the Blessed Virgin Mary (Beiseker),
St. Mary's (Brooks),
St. Mary's (Acadia Valley),
St. Mary's (Standoff).

The success of this pilgrimage relies on your support and prayer.

-Consider traveling together with your family, friends and parish community, and take part in the Year of Faith pilgrimage to churches and events in southern Alberta. Use your Pilgrim passport and make it a logbook for the journey. Parishioners are to have all their pages stamped at the designated sites.

Read the passport content thoroughly to get a better idea of what the pilgrimage entails. The passport will allow the faithful to log their journey to any of the 7 designated churches, other pilgrimage sites (e.g., church of your baptism, papal basilica, Cathedral, Holy Land etc.), Parish formation events and diocesan activities (e.g., One Rock, Palio) during the Year of Faith.

The designated days which will be able to acquire a Plenary Indulgence in the Diocese of Calgary are:

August 15 - Assumption;
July 26-28- Centennial One Rock
September 14- Palio Calgary
November 4 - Centennial Closing Eucharist. Memorable recognition.

Participants/Pilgrims may have their names listed in the Carillon; receive a blessing certificate from Bishop Henry and a Year of Faith rosary.

For more information about the pilgrimage, please contact the Centennial Committee (403) 218-5500 or e-mail

receptionist@calgarydiocese.ca

Calgary Diocese

World Refugee Day Celebration

Thursday, June 20, 2013, St Mary's Cathedral, 5:00p.m.

All are cordially invited to this Centennial event to celebrate refugee sponsorship in our Diocese. Please extend the invitation to refugees your parish has sponsored. A multicultural Mass, officiated by Bishop Frederick Henry, will be followed by presentations from Jason Kenney, Minister of Citizenship & Immigration Canada and Fariborz Birjandian, Executive Director of Calgary Catholic Immigration Society. A reception will follow.

One Rock – WYD @ Home 2013

One Rock is only 2 months away! We are looking for volunteers to help make this event the best yet!! People will be coming from the various Dioceses across Alberta and the NWT to OneRock this year, and it's time to show them the hospitality of our Diocese. We need more than 200 volunteers to make this event run smoothly. If you would like to be a part of the experience and help make this year's OneRock a truly spectacular event, please visit OneRock.ca and click on 'Volunteer!' To learn more about the event visit ONEROCK.ca for updates and details.

The Palio – Diocesan Family Country Fair. Saturday, September 14, 2013. This fun-filled family day at the Strathmore Rodeo Grounds will recognize our Diocesan Centennial. See www.palio.ca for details. If you would like to volunteer please call Don at 403-510-1208

Pathways to Peace:

A Public Talk with Ruth Patterson. Sunday, June 9th at 2.00 p.m.

Grace Presbyterian Church, 1009 – 15 Avenue SW, Calgary. Free admission (collection to be taken). Ruth Patterson, OBE is the first woman to be ordained in Ireland and is the Director of Restoration Ministries, an interdenominational, Christian organization in Northern Ireland that is committed to peace and reconciliation. For more information go to:

www.larchecalgary.org or call: 403-571-0155.

Parish Activities

Youth Seminar June 16th, 2013

Dr. Bryan Har will be giving a seminar regarding tips for good health and staying healthy on Sunday June 16 after 10am mass at the Upper Hall. All youth and parishioners are encouraged to attend this informative session!

Birthday party and light lunch will follow.

Together in Action 2013

Theme: "You will be my witnesses"
Our parish's final target is \$50,000. As of May 7, our campaign has received a total of \$12,335. We plead for your ongoing support. Donation envelopes can be picked up from both the front and the side entrances. Let's take action now!

Weekly Activities

Mon, Wed, Fri 3, 5, 7

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church, Upper Hall

Saturday 8

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

Time: 10:00 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m.-8:00p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

Time: 7:30p.m.-10:00p.m.

Contact: Wendy Tai 403-208-2268

Sunday 9

Fr. Joseph Birthday Blessing Sunday

School and Youth Group

Time: 10:00 a.m. Mass

R. C.I.A

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Youth Group

Time: 11:00a.m.-12:30p.m.

Place: OLPH Church Upper Hall

Yoga beginner class

Time: 1:30 p.m. - 2:45p.m.

Place: OLPH Church Lower Hall

Imitating Christ

Chapter 23: Thoughts On Death

Learn, then, to suffer little things now that you may not have to suffer greater ones in eternity. Prove here what you can bear hereafter. If you can suffer only a little now, how will you be able to endure eternal torment? If a little suffering makes you impatient now, what will hell fire do? In truth, you cannot have two joys: you cannot taste the pleasures of this world and afterward reign with Christ. To Be Continued

Faith Sharing Stories

Story of Eucharistic Miracles

Some years ago, a young man was unhappily led astray into the paths of Jewish infidelity. While still in the flower of youth, his heart was filled with dreams of glory to be attained as a distinguished musician. One evening he was asked to play the organ in one of the principal churches in Paris; there in that church God awaited him, and prepared for him, not a triumph of his self-love, but a humiliation a thousand times more glorious. Already the roof of the sacred edifice re-echoed the sound of the solemn chants, and the melodious tones of the organ had filled all hearts with recollection and prayer; every head was bowed and the God of the Eucharist had blessed His children prostrate in lowly adoration. The unbelieving musician, alone, dared to raise his haughty brow before that God despised by his forefathers, but in vain. A mysterious and invisible hand bowed his head and humbled him to the ground. A miracle of grace was effected; the young man was conquered; he knelt down a Jew; he rose up a Catholic. His heart wounded by the Real Presence in the Sacred Host, he left the church; soon the waters of Baptism were poured upon him, and exchanging his fashionable attire for the coarse serge of a monk, he bade an eternal farewell to the pleasures of the world. A living example of the power of the Sacred Heart of Jesus in the Blessed Sacrament, he went from city to city, and from village to village, proclaiming the love of God, repeating again and again: "The days of grief are departed. I have found peace of heart since I have tasted the delights of the tabernacle of the Lord." If you

would know the name of this privileged soul, ask it at the cloister of Mount Carmel, and they will tell you it was Father Augustine of the Most Blessed Sacrament. If one single visit to the God of the Eucharist transformed an obstinate Jew into a good Catholic, what may we not hope to obtain by devout visits to the Blessed Sacrament?

PRAYER: O my Jesus, I adore Thee in this Holy Sacrament, as my Lord and my God, as my Redeemer and Savior.

Read More Know More

June- Month of the Sacred Heart

The Month of June is dedicated to the Sacred Heart. This year's Solemnity of the Sacred Heart of Jesus is on Friday June 7. In addition to the liturgical celebration, many devotional exercises are connected with the Sacred Heart of Jesus. Of all devotions, devotion to the Sacred Heart was, and remains, one of the most widespread and popular in the Church.

The Sacred Heart is often depicted in Christian art as a flaming heart shining with divine light, pierced by the lance-wound, encircled by the crown of thorns, surmounted by a cross and bleeding. Sometimes the image is shown shining within the bosom of Christ with his wounded hands pointing at the heart. The wounds and crown of thorns allude to the manner of Jesus' death, while the fire represents the transformative power of divine love.

The feast of the Sacred Heart was approved for specified dioceses by Clement XIII in 1765, and extended to the whole Church by Pius IX in 1856. In 1889 Pope Leo XIII elevated it to the rank of first class, and through an encyclical letter in 1899 dedicated the whole Catholic world to the Sacred Heart of Jesus.

Parishioner can pick up the Sacred Heart of Jesus prayer pamphlet at church entrances [Twelve Promises of Jesus to Saint Margaret Mary](#)

In the apparitions to St. Margaret Mary Alacoque, Jesus gives these twelve promises for those who are devoted to His Sacred Heart.

1. I will give them all the graces necessary for their state of life.
2. I will establish peace in their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and especially at the hour

of their death.

5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source of an infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes where an image of My Heart shall be exposed and honored.
10. I will give to priests the power of touching the most hardened hearts.
11. Those who propagate this devotion shall have their names written in My Heart, never to be effaced.
12. The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under my displeasure, nor without receiving their Sacraments; My heart shall be their assured refuge at that last hour.

主日分享

基督聖體聖血節

本主日我們舉行基督聖體聖血節。這是由原來耶穌聖體和耶穌寶血兩個瞻禮合併而成的一個瞻禮。耶穌聖體瞻禮成立較早，於 1247 年第一次在比利時、列日舉行，是在一位奧斯定會修女儒麗安的請求下而開始慶祝的。耶穌寶血瞻禮於第六世紀起源於西班牙，後來傳入意大利。1847 年，教宗庇護九世由流亡中重返羅馬，為感謝基督，詔令普世教會，慶祝耶穌寶血節。

現今教會禮儀已把耶穌聖體和耶穌寶血兩個瞻禮，合併為基督聖體寶血一個瞻禮。

本瞻禮的彌撒讀經一取自創世紀，敘述耶路撒冷王默基瑟德的祭獻，默氏既是國王又是司祭，和他所奉獻的餅酒，是耶穌和聖體聖事的預像。

讀經二取自聖保祿宗徒致格林多人前書，是保祿宗徒講述耶穌建立聖體聖事的史實，這聖事的主要目的是為紀念基督為人流血犧牲，使人在他內與主和人共融合一（故又稱為「共融聖事」）。

彌撒福音取自聖路加福音。這次增餅的奇跡，四部福音都有記載。聖路加

福音所獨有的，是說耶穌雖然躲開群眾，但一見他們跟來，就又憐憫他們神形的可憐：一面給他們宣講天國的福音；一面治好那些病人。路加在敘述奇跡時，特別彰顯出宗徒對師傅的信賴；他們雖然知道在曠野地方，為這許多人難以供應食物，但耶穌一出命令，他們即刻服從，叫百姓分伙坐下，等待耶穌的安排。他們既然以前已做過耶穌的代表，被派遣過，這一次，耶穌使門徒也參與行這奇跡：即是叫十二宗徒給百姓分配餅和魚。眾百姓吃飽後，收集了十二筐碎塊；這為他們一定有其重要性，因為藉這奇跡，他們信賴耶穌的心受到了報酬，同時也更加鞏固了。按聖若望福音的記載，耶穌願意藉著這個奇跡準備他們領受更大的奇跡，那就是後來建立的聖體聖事（共融聖事）。

基督聖體寶血瞻禮鼓勵我們敬禮聖體聖事，並生活在其中的含義：犧牲、分享和共融。教宗若望保祿二世說得好：「教會和整個世界都極其需要聖體敬禮。耶穌在祂愛的聖事中等待我們，我們要不惜花費工夫，到祂面前去朝拜祂，去瞻仰祂，向祂表示我們全心信賴祂，並為世人的重大罪惡做補贖。」

讓我們以今日的集禱經祈求說：主，你藉奧妙的聖體寶血的聖事，留下了你苦難的紀念；求你使我們虔誠地欽崇你聖體聖血的神聖奧跡，好能時常體驗你救恩的實效。你是天主，和天主聖父及聖神，永生永王。阿們。

節錄自梵蒂岡電台

信德年

打開信德之門

本堂為教友實行再慕道的金句：

每日十分鐘默想聖經及研習教理；
信德若沒有行為，自身便是死的。
雅各伯書 2:17

卡加利教區信德年朝聖團護照

教宗本篤十六世將給予全體信友信德年的全大赦。從 2012 年 10 月 11 日開始，直至 2013 年 11 月 24 日結束，在這期間全大赦是有效的。

有鑒於此，卡加利教區所編制的教區朝聖團護照，有助於教友獲得此恩寵，

此外參與朝聖團的教友也有機會獲得亨利主教祝福紙及信德年玫瑰念珠。詳細資料，請聯絡教區百年籌備委員會。電話(403) 218-5500 或電郵 receptionist@calgarydiocese.ca 教友可在教堂入口處索取教區朝聖團護照，作為防身之用！

“在信德年，真誠的悔改，妥當辦告解，參與彌撒，按教宗的意向祈禱外，為得此全大赦和特殊大赦，還需滿足以下的條件：

“第一，每次至少參加三次彌撒中的講道，在教堂或其它合適的地方，參加學習梵二大公會議文獻或者天主教教理的講授至少有三三次。

“第二，每次聖地朝聖，或地方教會為信德年所指定的一個聖地，在這些地方參與神聖的慶典，或者呆一段時間祈禱或者默觀，包括念誦天主經，宗徒信經，向聖母誠懇祈禱，根據具體的意向，向聖徒們和主保聖人祈禱。

卡加利教區所指定的教堂

-St. Mary's Cathedral, Calgary;

-Our Lady Queen of Peace (Polish), Calgary;

- St. Mary's Church, Banff;

- Assumption of the Blessed Virgin Mary, Beiseker;

-St. Mary's Church, Brooks;

-St. Mary's Church, Acadia Valley;

-Immaculate Conception Church, Standoff.

第三，在信德年裡，遵照當地教會指定的具體的日子，在任何聖地，參與感恩祭，或者參與日課祈禱，按規定誦念宗徒信經。

卡加利教區所指定的日子

8月15日- 聖母升天;

7月26日-28日 Centennial One Rock

9月14日-Palio Calgary

11月4日-- Centennial Closing Eucharist.

第四，在信德年，信友們選定的日子，熱心地拜訪他們的洗禮池，或者任何他們領受洗禮聖事的地方，以合法的形式重宣洗禮誓言。

堂區活動

青年會講座及生日會

Dr. Bryan Har 將會在六月十六日(星期日)十點彌撒後來分享保持健康的秘

訣。講座後有午餐及生日會。歡迎堂區所有青年和教友參加。

2013 教區公益金，齊來獻愛心

主題:「...為我作證人...」

2013年教區公益金(TIA)，籌募經已展開。本堂今年的目標是\$50,000元，截至5月7日，捐款已累積至\$12,335元。捐款信封可在聖堂入口處索取。就讓我們立即行動，慷慨解囊。

活動一週

星期一、三、五 3, 5, 7

永援聖母松柏軒

時間：上午9時至正午12時

地點：永援聖母堂上禮堂

星期六 8

聖母軍

(聖母軍聖母無玷聖心支團)

時間：早上9時45分(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午10時至12時30分

地點：永援聖母堂下禮堂

東北區信仰小團體聚會

時間：早上10時30分至12時

聯絡：施修女 403-230-3801

永援聖母青年團練習聖詩

時間：晚上6時至晚上8時

地點：永援聖母堂上禮堂

信仰小團體 (西北區)

時間：晚上7時30分至10時

聯絡：Wendy Tai 403-208-2268

星期日 9

阮神父祝福生日的主日學、青年會會員

時間：10時彌撒

成人慕道班 (粵語、國語及英語)

時間上午9時30分至1時30分至

地點：永援聖母堂下禮堂

青年會

時間：上午11時至下午12時30分

地點：永援聖母堂上禮堂

瑜珈初班

時間下午1時30分至2時45分

地點：永援聖母堂下禮堂

師主篇

第二十三章、默想死亡

你願意死後脫免大苦，現今該學著受些痛苦。後來你能受什麼苦難，現今先該考驗。若現今一點小苦還忍受不住，那永遠的苦又怎麼能受得住呢？現今一點疼痛，你已受不下，那地獄的劇刑你怎樣忍受呢？該知道，福無雙全，不能現世享樂，將來又同基督光榮。 待續

停一停...諗一諗 人的聖召

聖召是天主在我身上的心意

我可會想：

現今生活，日新月異，瞬息萬變……我可會留心生活中所遇到的人、事和物呢？我會否在每天的生活留有空間，閱讀聖言，多作祈禱，與主共聚……

我可會在祈禱中，留心生活的經歷……發現上主對我無微不至的照顧，一點一滴的塑造我，驚嘆祂熟知我內心的需要和渴望，更早在我了解自己之前，已為我準備了一切……我如何更留心生活點滴的經歷，從中認清上主在我身上的心意，並予以回應？ 待續

靈修小故事

奇妙恩典

奇妙恩典，何等甘甜，我罪已得赦免；前我失喪，今被尋回，瞎眼今得看見。如此恩典，使我敬畏，使我心得安慰；初信之時，我蒙恩惠，真是何等寶貴。這首膾炙人口的詩歌，作詞者為約翰·紐頓(1725-1807)。

約翰·紐頓生於倫敦，父親是西班牙人，是軍艦的航海員。母親是英國人，是一位虔誠的基督徒。

小時候，紐頓在母親的教導下，四歲就已經能認字、讀聖經、背聖詩。並且在教堂中參與信仰答問的課程。母親一直期望他能夠為神所用，做傳道人。只可惜母親在他七歲的時候就過世了。

母親過世後，紐頓上了兩年學校，經

歷不甚愉快。十一歲便輟學跟父親走船，過航海的生活。但從此染上水手糜爛的生活，放蕩不羈，遠離母親小時候的教訓。

不久，紐頓在非洲一帶幹起販賣黑奴的勾當，後來出事，還淪為黑人的奴僕，靠父親設法營救，才得以回到倫敦。

二十三歲那年，紐頓搭船回英國途中，突然遇到暴風雨，幾乎沉船喪命。就在危急時刻，紐頓想起孩提時候所依靠的天父，大聲呼叫祂的名。

在船上，他被聖神觸摸，感動得痛哭流涕，立刻跪下來認罪禱告，心靈受到聖神的洗滌。

雖然他沒有立刻放棄黑奴的惡事，但已經漸回天父的懷抱。及至他對耶穌基督有更深一層的認識，再度認罪悔改，從此生命得以重生。

紐頓重生之後，決定全職奉獻給主，完成母親的遺願當個傳教士，可惜因為學歷太低，不被接納。

但是紐頓並沒有灰心，他自修苦讀，研究神學，經過十多年的努力，在三十九歲那年被按立為聖公會牧師，完成母親的心願。成為精通希臘文與拉丁文的神學家，也成為一位大詩人，創作許多動聽感人的詩歌。

<奇妙恩典>正是紐頓發抒他對天父拯救的感恩之情。

當他八十二歲去世的時候，他為自己的墓碑做了一生的註腳：「牛頓牧師，從前犯罪、不信神，曾在非洲作黑奴之僕。因著主耶穌基督的憐憫、恩典，得蒙拯救，罪得赦免；並受呼召從事福音事工。」

心靈迴響：

朋友，你也曾犯過錯嗎？在過犯中你期望甚麼？「錯而能改、善莫大焉！」人生真的可以重新再來嗎？從聖經中，我們可以找到肯定的答案：「若我們明認我們的罪過，天主既是忠信正義的，必赦免我們的罪過，並洗淨我們的各種不義。」(若一 1:9)

能在愛中蒙寬恕的人是有福的。

故事節錄自<<一念之間>>

知多一點點

六月耶穌聖心月

6月7日耶穌聖心瞻禮

中古時代有不少聖師是耶穌聖心敬禮的先驅者，不過發展得很慢，直到「往見會」的聖女瑪加利大·亞蘭菊(St. Margaret Mary Alacoque) 蒙主耶穌親自顯現後，才開始快速推展。

1673~1675年間，耶穌曾經三次顯現給她，敞開胸懷，手指著茨冠的聖心說：「你看，這顆心愛人之情有多深摯，而人卻不知情，傷害它。...」，因此祂把傳揚敬禮耶穌聖心的使命，交給了聖女瑪加利大。聖女瑪加利大為了傳揚耶穌聖心的敬禮，遭遇無數阻礙，剛開始她的長上都把她當瘋子看待，不相信耶穌真的顯現給她，她生前雖為這事盡力，但直到她去世前，都未能親自看見這個敬禮推展的成果。

正式公開敬禮耶穌聖心，是在教宗肋孟第十三於 1765 年時明令舉行，到了教宗碧岳第九在 1856 年推行至全球教會，聖女瑪加利大則在 1864 年列入真福品，1920 年列入聖品。

教友可於教堂入口處拿取耶穌聖心禱文，以作祈禱之用。

敬禮聖心的十二種殊恩

耶穌顯現給聖女瑪加利大時，同時許下敬禮祂聖心的有十二種殊恩：

- 凡敬禮我聖心的人，我要給他們生活崗位上所需的恩寵。
- 我要賞賜他們全家平安。
- 在他們很難困苦時，我要安慰他們。
- 我要在他們一生中，尤其在他們臨終時作他們的安息所。
- 我要在他們的工作事業上賜予豐富的恩寵。
- 罪人在我心中能獲得無限仁慈的泉源。
- 冷淡的人會變成熱心的人。
- 熱心的人將達到完善的境地。
- 我要降福供奉我聖心的任何地方及家庭。
- 我要賜予神父們感化硬心罪人的恩寵。
- 凡提倡傳揚敬禮我聖心的人，他們的名刻記在我心中。
- 凡一連九個月，每月首星期五恭領聖體的人，我要賞賜他們悔改善終的大

恩，不會死於罪惡中或領不到聖事，我的心是他們最後安全的棲身所。

信仰意涵

六月是天氣炎熱的季節，聖教會訂此月為特敬耶穌聖心月，藉耶穌聖心在十字架上被長矛刺透的標誌，表示耶穌聖心對世人的熱愛，以喚起了信友對天主父和救主耶穌對人類的愛情，給以特別敬禮。經由聖女瑪加利大轉告世人的十二特恩，我們除了知恩感謝以外，更該以心體心，以愛還愛。聖教會也希望教友把自己的家庭奉獻給耶穌聖心，請耶穌做一家之主，如耶穌所許的十二殊恩中之第二像所言：我要賞賜他們全家平安，和睦安樂」。