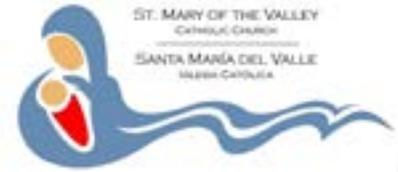


Families of Faith

ST. MARY OF THE VALLEY PARENT NEWSLETTER
JUNE 2021



Corpus Christi Sunday

Among the many glorious feast days of our Catholic faith, Corpus Christi is arguably one of the richest! This is so because of what we're celebrating — namely, the Body and Blood of Jesus Christ. The Eucharist is the "source and summit of the Christian life" (CCC 1324).

St. Juliana of Liège was a nun who had a deep devotion to the Blessed Sacrament. After Jesus gave her a mission through visions, she set out to make the church recognize a special feast for the Body and Blood of Christ. At the same time, Father Peter of Prague was wrestling with the debate at the time about just how real the Real Presence was. His doubts were quelled when he was celebrating Mass and blood began seeping from the consecrated host. Father Peter brought this miracle to the bishop, who was also aware of St. Juliana's visions. That same bishop soon became Pope Urban IV, who proclaimed the feast of Corpus Christi to the whole Church. We celebrate Corpus Christi on the Second Sunday after Pentecost, which is **June 6** this year.

Central to the feast is the call to Catholics to express love of the Eucharist to the world, to "proclaim on the housetops" (Mt 10:27) what the apostles came to know at the Last Supper. This is why the Eucharistic procession is the hallmark of celebrating the feast of Corpus Christi. **St. Mary of the Valley will be holding our procession at 12:15 (immediately following Spanish mass) on June 6.** Bring the family and take part! It's an amazing experience.

A family trip to Eucharistic Adoration is another way to proclaim belief in the Real Presence. Even if you can't make a whole hour, spending a few minutes in front of the Blessed Sacrament and talking about how Jesus is truly there can make a big impression on little children.

Finally, you can still celebrate this beautiful feast by breaking bread with your family. At your family meal, pass the bread around the table and, as each family member takes a piece, have them tell what they remember about their first Communion and what the Eucharist now means to them.

Monthly Devotion: Sacred Heart of Jesus

Back in the Middle Ages, many Catholics began observing special devotions around a particular theme each month. Today, many families are reviving this practice as part of the way they observe the liturgical calendar at home. By practicing monthly devotions, the core values of the faith will become more alive within your family. The beauty of monthly devotions is that there is no set way to celebrate. So be creative, make it fun, and adapt your celebration to your own family.

The Month of June is dedicated to the Sacred Heart of Jesus. The Church celebrates the Solemnity of the Sacred Heart of Jesus on the **Friday, June 11, 2021**. Of all devotions, devotion to the Sacred Heart was, and remains, one of the most widespread and popular in the Church.

This feast uses the heart as a symbol of love with the emphasis is on God's love and mercy. In fact, that love and mercy is so intense that the symbol of the sacred heart is a human heart encircled with a crown of thorns, crowned with a cross, and radiating flames: this is how much Christ loves us. The Heart of Christ summarizes the paschal mystery—the death and resurrection of Jesus that were prompted by divine love. Here are some ways to celebrate this feast:

- Make valentines from Jesus to each child, with a message echoing the theme of Christ's infinite love.
- Consecrate your family to the Sacred Heart of Jesus.
- Celebrate with heart-themed treats.

Feast Days

June 3- St. Charles Lwanga And Companions

St. Charles was one of 22 black Africans who were martyred for their faith in Uganda in 1886. They are a reminder that persecution of Christians continues in modern times. Use today to pray for the faith where it is in danger, and for Christians who must suffer because of their faith.

June 13- St. Anthony of Padua

St. Anthony is venerated all over the world as the Patron Saint for lost articles, and is credited with many miracles involving lost people, lost things and even lost spiritual goods. So simple and resounding was his teaching of the Catholic Faith, even the illiterate could understand his messages. It is for this reason he was declared a Doctor of the Church in 1946. Once, when St. Anthony of Padua attempted to preach the true Gospel of the Catholic Church to heretics who would not listen to him, he went out and preached his message to the fish. When critics saw the fish begin to gather, they realized they should also listen to what Anthony had to say.

June 21- St. Aloysius Gonzaga

St. Aloysius is the patron of Catholic youth. The first words St. Aloysius spoke were the Holy Names of Jesus and Mary. By the age of nine Aloysius had decided on a religious life and spent his time in prayer and reading the lives of the saints. When he was 18, he joined the Jesuits and served in a hospital during the plague of 1587 in Milan and died from it at the age of 23. The last words he spoke was the Holy Name of Jesus.

June 24- Nativity Of St. John The Baptist

John the Baptist, the prophet, and forerunner of Jesus, figures prominently in all four Gospels, but the account of his birth is given only in the Gospel according to Luke. His birth is celebrated six months before Christmas Day, since, according to Luke, Elizabeth became pregnant six months before the angel Gabriel appeared to Mary. John lived in the desert. He was clothed with camel's hair, with a leather belt, and ate locusts and wild honey. He preached repentance and called upon people to prepare for the coming of the Kingdom and of the Messiah, baptizing his followers to signify their repentance and new life. Jesus himself was baptized by John in the Jordan River.

June 29- Saints Peter And Paul, The Apostles

We celebrate two great saints today, Saints Peter and Paul. Saint Peter is often considered the Apostle to the Jews and Saint Paul to the Gentiles. St. Peter was also the first Pope, as Jesus hands him "keys" to the kingdom in the Bible (Mt 16: 18-19.)

Recipe: Locust Snacks

Celebrate the Feast of the Nativity of St. John the Baptist on June 24 by making this easy "locust" treat.

<https://cleanfoodcrush.com/veggie-bug-snacks-clean-food-recipes/>

A Prayer to the Sacred Heart of Jesus

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.