

## Reflection for 17th June

Wednesday reflections are my day. Like last week this is a feria day so I want to focus on the Sacred Heart today. June is a month traditionally centred on devotions to the Sacred Heart. Moreover, the parish I grew up in was named the Church of the Sacred Heart (and St Bernard) in Halifax. I was the MC there for some years. I give you a prayer that was written by St Bernard that ponders the Sacred Heart of Jesus and I don't think I can better this –

‘How good and sweet it is, Jesus, to dwell in your heart! All my thoughts and affections will I sink in the Heart of Jesus, my Lord. I have found the heart of my king, my brother my friend, the Heart of my beloved Jesus. And now that I have found your Heart, which is also mine, dear Jesus, I will pray to you. Grant that my prayer may reach you, may find entrance to your Heart. Draw me to yourself. O Jesus, who are infinitely above all beauty and every charm, wash me clean from defilement; wipe out even the smallest trace of sin. If you, who are all-pure, will purify me, I will be able to make my way into your Heart and dwell there all my life long. There I will learn to know your will, and find the grace to fulfil it. Amen’