

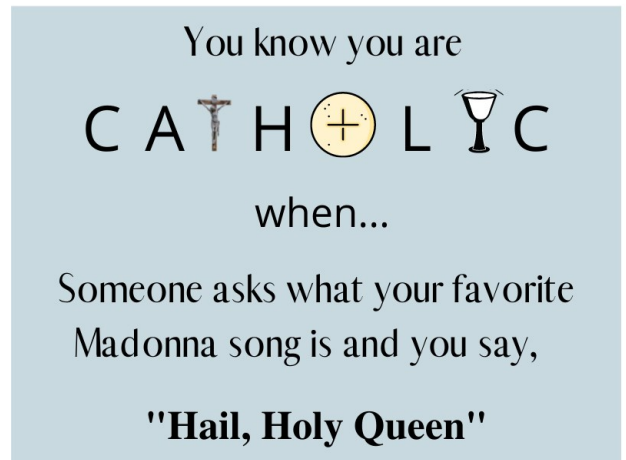
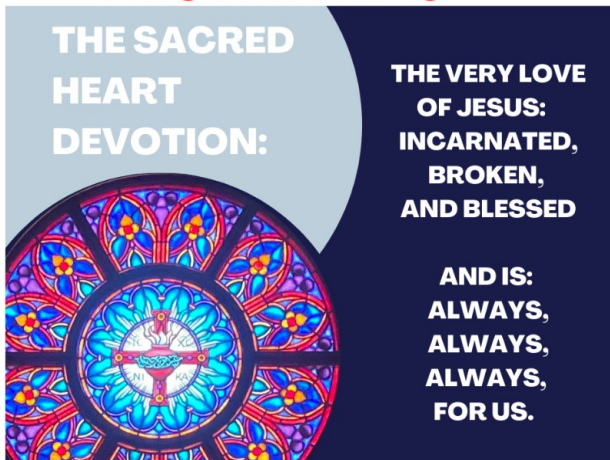
## Happy Feast Day!

### Most Sacred Heart of Jesus, may we put our trust in you!

Encountering God's presence--possible activities to do individually, as a family, or as a group:

1. Sponsor a refugee or provide support to an organization that is working to provide relief for Ukrainian refugees. For more information go to: [www.iistl.org](http://www.iistl.org)
2. Invite your neighborhood to participate in a "seats and feet" (unused socks and underwear) collection drive. Donate the items to St. Vincent dePaul or a charity of your choosing.
3. Choose one virtue you would like to develop more deeply in your life. For the next 21 days, journal how you practiced living out that particular virtue.

### Thought for the Day:



### Table Talk:

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

### Prayer:

God, thank you for choosing to become one of us. Help us open our hearts to see the brokenness in this world and with great tenderness help us, just as you have taught us--always and only--respond with love in return.

### Additional Reflection:

Below, the painting titled, "The Beatitudes" by Hyatt Moore, is depicted in a full range of color, with the use of faces to reveal the emotion consistent with each statement and promise of Jesus. In your own life, who's face would you place in each Beatitude. Why?

