

POCKET BOOK of CATHOLIC NOVENAS

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Illustrated in Full Color



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Sacred Heart of Jesus

NOVENA TO THE SACRED HEART OF JESUS

MEDITATION

DEVOTION to the Sacred Heart, as we know it, began about the year 1672. On repeated occasions, Jesus appeared to Saint Margaret Mary Alacoque, a Visitation nun, in France, and during these apparitions He explained to her the devotion to His Sacred Heart as He wanted people to practice it. He asked to be honored in the symbol of His Heart of flesh; He asked for acts of reparation, for frequent Communion, Communion on the First Friday of the month, and the keeping of the Holy Hour.

When the Catholic Church approved the devotion to the Sacred Heart of Jesus, she did not base her action only on the visions of Saint Margaret Mary. The Church approved the devotion on its own merits.

There is only one Person in Jesus, and that Person was at the same time God and Man. His Heart, too, is Divine—it is the Heart of God.

There are two things that must always be found together in the devotion to the Sacred Heart: Christ's Heart of flesh and Christ's love for us. True devotion to the Sacred Heart means devotion to the Divine Heart of Christ insofar as His Heart represents and recalls His love for us.

In honoring the Heart of Christ, our homage lingers on the Person of Jesus in the fullness of His love. This love of Christ for us was the moving force of all He did and suffered for us—in



Our Lady of Perpetual Help

NOVENA TO OUR LADY OF PERPETUAL HELP

MEDITATION

THE miraculous picture of Madonna and Child rests on the main altar of the church of the Redemptorist Fathers in Rome. It was first in the possession of a wealthy Cretan merchant, then brought to Rome and eventually enthroned in Saint Matthew's Church. For three hundred years crowds of pilgrims have journeyed far to see this picture, the source of many cures. In 1812, Saint Matthew's Church was razed, and for fifty-four years the picture's location was not known. When it was found, Pope Pius IX gave it to the Redemptorist Fathers for their church on the spot where Mary first had been revered in this special manner as Our Lady of Perpetual Help.

The miraculous picture is painted like an icon. Two Angels designated as Saints Michael and Gabriel are seen beside the Virgin's head, carrying in their veiled hands the instruments of Christ's Passion, the Cross, the spear, and the sponge. The picture was probably painted by a Greek artist of the thirteenth or fourteenth century.

Mary is invoked as Our Lady of Perpetual Help because she affords help to Christians even in all temporal needs. Although she is now enthroned in heaven, she still takes an interest in our misery and relieves our wants.

Mary brings us help especially in our spiritual needs. She is a most merciful Mother who rejects