



## DEVOTION

Devotion to the Sacred Heart is incarnational, relational and transformational. We are all called to invite God's love to transform our own hearts into hearts of love and allow that love to flow freely from our hearts out to others.

Our 1970 chapter constitution reminded us that "Our call is to contemplate the Heart of Christ through the pierced Heart of humanity." The cries are around us – in our communities, homes, offices, streets and screens. Our great responsibility is to take care of the Heart, God's heart in the world, our own hearts, the hearts of one another, and the hearts of those who have lost hope.

Several years ago I was walking the beach in Gulf Shores, Alabama. A small boy tugged at the sleeve of my jacket, and said, "Please ma'am, don't walk on the shells. You will hurt them."

My eyes filled with tears, and I took his hand and said, "Thank you."

He led me back to the sand. He said, "You can walk here because the sand cushions the shells."

The little boy taught me about the love of Christ that morning: to walk gently, to love tenderly.

All of life is a gift, precious, fragile, vulnerable. Take care of your heart.



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*"God on the Gulf Coast" is a seven-day retreat guide from Sister Shirley Miller about finding God in unexpected places.*