



## Sisters of Charity of Our Lady, Mother of the Church

54 West Main Street  
Baltic, CT 06330

Phone: (860) 822-6323 • [www.sistersofcharity.com](http://www.sistersofcharity.com)

Dear Friend ,

What keeps you grounded? Is there a daily ritual or devotion that gently places your day in God's loving care? Something that says, *I am not doing this alone*. Perhaps it's a familiar prayer or a moment of meditation. Feeling grounded comes from returning — again and again — to trust. Daily devotion becomes a way of offering our lives as they are and entrusting them to God's mercy.

We Sisters of Charity have a deep devotion to the Sacred Heart of Jesus. In placing ourselves in His loving Heart — wounded yet filled with mercy and compassion — we choose trust over control, faithfulness over fear, love over discord.

This devotion centers us each day as, part of our morning prayers, we pray an Act of Consecration to the Sacred Heart of Jesus. We place in His great Heart the cares, burdens and hopes of those we serve in our ministries: the poor and marginalized, those without homes, the students in our schools, the treasured elderly in our nursing facility, **and YOU — our dear friends and benefactors.**

Friend, as we carry these dear ones, we know we do not carry them alone. You walk with us. Through your generosity, you help us carry them. Thank you for being part of the family of the Sisters of Charity.

Every day, the people we serve look to us for help and hope. That is why I am counting on your continued generosity. **Your gift of \$25, \$50, \$75 or your most generous contribution will assist us in ministering to the poor and those in need.** It will support the spiritual and educational formation of our young Sisters and help us care for our elderly Sisters who pray faithfully for you every day.



*YOU help us care for Sister Denise (l.) along with all our senior Sisters. YOU also provide for Sister Joan Clare and our young Sisters.*



*We invite YOU to join with the Sisters of Charity in consecrating this year to the Sacred Heart of Jesus.*

This year holds particular significance. On the Feast of the Sacred Heart of Jesus, June 12, 2026, the United States Catholic bishops will consecrate our nation to the Sacred Heart, marking our country's 250th anniversary. In this Act of Consecration our bishops are calling us to entrust our country and ourselves to the loving Heart of Jesus.

On the grounds of our Motherhouse stands a larger-than-life statue of the Sacred Heart with arms outstretched in welcome. Each year, on the Feast of the Sacred Heart, the Sisters process up the hill toward His open arms, praying and singing hymns of love and devotion. At the conclusion of the procession, we pray an act of Solemn Consecration to the Heart of Jesus — renewing our trust in His mercy and love.

*(over, please)*

We invite you to join with the Sisters of Charity in consecrating this year to the Sacred Heart of Jesus. By praying with us — and by supporting our ministries — you are part of this shared act of trust and renewal. Together, we place our lives, our work, and those we serve in Christ's loving Heart, confident that He will transform what is offered in faith.

**With gratitude for your goodness, our gifts to you are the enclosed Sacred Heart of Jesus Chaplet and prayers.** This Chaplet is a prayer of love and reparation. In His apparitions to St. Margaret Mary Alacoque, Jesus spoke of the great love of His Heart for mankind, and the outrages and indifference He receives in return. Praying the Chaplet is one small way of making up for that indifference. We also pray for our needs, the needs of our loved ones, for the Church and the world. Its simplicity makes it accessible; its depth invites reflection and renewal.

The Chaplet invites us to rest in the merciful love of the Sacred Heart of Jesus, allowing our heart to be shaped by His Heart, wounded yet radiant with mercy. Our prayer for you is that this devotion will help you love Him more deeply, trust Him more fully, and so grow in His peace.

We also offer you the gift of our prayers. The Sisters will pray for you and your intentions in a Novena of Masses in preparation for the Feast of the Sacred Heart, from June 3 through June 12.

Feeling grounded is not about whether or not you have rituals, but whether you recognize them as sacred. Our Blessed Mother teaches us that true grounding grows from trust — placing our days, our home, and our heart in the Sacred Heart of Jesus with quiet faith.

Please be assured of our enduring gratitude. **You are a cherished gift of hope for us and for all those we serve.** May you always find comfort and strength in the outstretched arms of Jesus, drawing you into His Sacred Heart.



Gratefully, in the love of the Most Sacred Heart of Jesus,

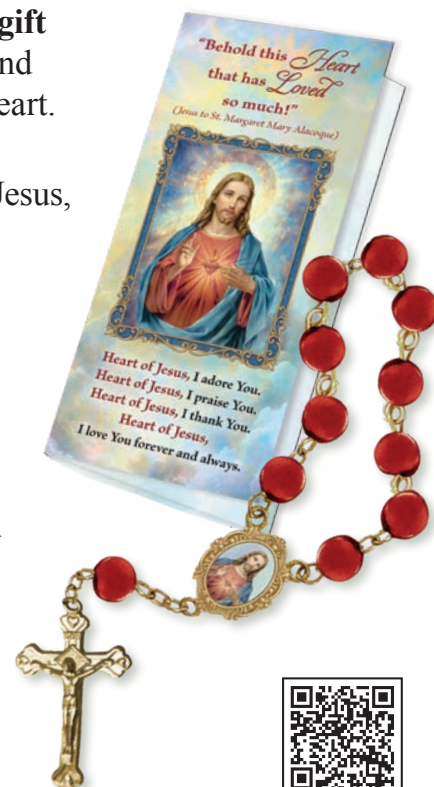
*Mother Mary David, SCMC*

Mother Mary David, SCMC  
Superior General

P.S. We hope you like our gifts to you of the enclosed Sacred Heart of Jesus Chaplet and prayers. **The Sisters want to pray for you and your intentions during our Sacred Heart Novena of Masses and at our special Feast Day Mass on Friday, June 12, 2026.** Please send us your prayer intentions on the enclosed reply card by May 31, so they may be included in our Sacred Heart Novena. We will place them on the Altar and entrust them to the Most Sacred Heart of Jesus. Your donation in any amount would be deeply appreciated. I truly hope to hear from you soon.



*YOU are with Mother Christina and all our Sister-teachers, as we nourish the minds and hearts of the students in our schools.*



SCAN TO SHARE  
WITH US YOUR  
PRAYER INTENTIONS.

*Act of Consecration  
to the Sacred Heart of Jesus*

*(Prayed daily by the Sisters of Charity.)*

To You, O Jesus, I consecrate my heart. Do Thou secure it within Thine. In Your Heart I wish to live and to take up my abode, and through Your Heart I wish to love. May I live in Your Heart unknown to the world and known only to You. In Your Heart I shall find the love which should consume mine. In it I hope to find strength, light and true consolation. If I am fainting, it will give me courage; if I am sad it will give me confidence.

O Heart of Jesus, may my heart be an altar ever burning with the fire of Your love. May my tongue be employed in making known Your Goodness; may my eyes be unceasingly fixed upon Your wounds; may my mind constantly meditate upon Your adorable perfections; may my memory forever preserve the recollections of Your mercies; may my whole being, O Jesus, express my love for Your Sacred Heart, and may my heart be ever ready to make any sacrifice for You.

O Heart of Mary, next to Heart of Jesus, the most amiable, compassionate and merciful of all hearts, present this, my consecration, my love, and my resolutions to the Heart of Your Son. Through you, He will be moved to compassion for our miseries, and will deliver us from them, and thus, O Mother of Jesus, after being our Protectress on earth you will be our Queen in heaven. Amen.



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*O Sacred Heart of Jesus,  
I Place My Trust in Thee.*

O Sacred Heart of Jesus,  
I place my trust in Thee,  
Whatever may befall me, Lord,  
Though dark the hour may be.

In all my sorrows, all my joys,  
though nothing but grief I see,  
O Sacred Heart of Jesus,  
I place my trust in Thee.

When those I loved have passed away,  
and I am sorely distressed,  
O Sacred Heart of Jesus,  
I come to You for rest.

In all my trials, great or small,  
my confidence shall not waver,  
as I cry, dear Lord,  
I place my trust in Thee.

This is my fervent prayer, O Lord,  
my faith, my trust, my love,  
But most of all in that last hour,  
when death calls from up above.

O sweet Savior, may Your Face  
Smile on my soul and set me free.  
Oh, may I cry with joy-filled love:  
“I’ve placed my trust in Thee!”  
Amen.

*“Behold this Heart  
that has Loved  
so much!”*

*(Jesus to St. Margaret Mary Alacoque)*



**Heart of Jesus, I adore You.  
Heart of Jesus, I praise You.  
Heart of Jesus, I thank You.  
Heart of Jesus,  
I love You forever and always.**

## Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds, hide me.  
Suffer me not to be separated from Thee.  
From the malignant enemy defend me.  
In the hour of my death call me.  
And bid me come to Thee.  
That with Thy Saints I may praise Thee  
Forever and ever. Amen.

## 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. Within Your heart I place my every care. In every need let me come to You with humble trust saying, Heart of Jesus, help me. Amen.

## Memorare to the Sacred Heart of Jesus

Remember, O most kind Jesus, that none who have had recourse to Your Sacred Heart, implored its assistance, or called for mercy, have ever been abandoned. Filled and animated by this same confidence, O divine Heart, Ruler of all hearts, I fly to You, and oppressed beneath the weight of my sins, I prostrate myself before You.

Despise not Your unworthy child, but grant me, I pray, an entrance into Your Sacred Heart. Sustain me in all my combats and be with me now and at all times, but especially in the hour of my death. O gracious Jesus! O amiable Jesus! O, loving Jesus! Amen.

## How to pray the Chaplet of the Sacred Heart



Concluding prayer, prayed on the image of the Sacred Heart: **Prayer to the Sacred Heart of Jesus.**

On each of the next ten beads, pray: **Heart of Jesus, burning with love for us, inflame our hearts with love for Thee.**

On the single bead, pray: **Most Sacred Heart of Jesus, I place my trust in Thee.**

At the Crucifix, make the Sign of the Cross followed by the **Anima Christi** prayer.

## Prayer of Trust in The Sacred Heart

In all my temptations, I place my trust in You,  
O Sacred Heart of Jesus.  
In all my weaknesses, I place my trust in You,  
O Sacred Heart of Jesus.  
In all my difficulties, I place my trust in You,  
O Sacred Heart of Jesus.  
In all my trials, I place my trust in You,  
O Sacred Heart of Jesus.  
In all my sorrows, I place my trust in You,  
O Sacred Heart of Jesus.  
In all my work, I place my trust in You,  
O Sacred Heart of Jesus.  
In every failure, I place my trust in You,  
O Sacred Heart of Jesus.  
In every discouragement, I place my trust in You,  
O Sacred Heart of Jesus.  
In life and in death, I place my trust in You,  
O Sacred Heart of Jesus.  
In time and in eternity, I place my trust in You,  
O Sacred Heart of Jesus.

## Prayer to the Sacred Heart in Times of Loss or Betrayal

Sweet Jesus, Your heart beats for the brokenhearted, and You know their pain. You experienced loss when Your friend Lazarus died, and betrayal when Your friends abandoned and rejected You in Your darkest hours.

I ask You for relief and release right now in this time of grief. I cry out to Your heart, seeking comfort and consolation. Take this present heartache and unite it to Your own for the good of others, especially (*here state your intention*). Ease my sorrow, and fill my heart with hope and light to face another day. Amen.