

June Toolkit – *Homily Helps*

1. Solemnity of the Body and Blood of Christ (Corpus Christi) — JUNE 11

- The solemnity of *Corpus Christi* is a celebration of the Real Presence of Jesus Christ in the Eucharist truly and substantially his body, blood, soul and divinity.
- Jesus gave us the Eucharist at the Last Supper as a way of remaining with us and nourishing us spiritually until his coming. It is a source of spiritual strength and nourishment for us, helping us to grow in holiness.
- The Eucharist is also a call to action. As we receive Christ, we are called to become what we receive, to go out into the world and bring the love of Christ to others. We are called to become living tabernacles, carrying Christ within us and shining his light through our words and actions.
- As we celebrate this solemnity, let us renew our commitment to the Eucharist. Let us deepen our awe and reverence for this great sacrament and respond to Christ's love by sharing it with others. May we, as members of the Body of Christ, be empowered by the Eucharist to bring renewal and healing to the Church and the world.

2. Solemnity of the Most Sacred Heart of Jesus — JUNE 16

- The Sacred Heart of Jesus is a powerful reminder of God's love and mercy for us. It reminds us that Jesus cares for us deeply and desires to be in a relationship with each of us.
- His heart is depicted as wounded, a reminder of the depth of Jesus' sacrifice on the cross for our salvation. It symbolizes both the pain and love that our savior experienced for our sake.
- The Sacred Heart is also a witness of Christ's compassion for humanity. His love extends to all regardless of our flaws or shortcomings, and even to those who do not believe in him. He knows our worries, doubts and fears and is always ready to comfort us with his love.
- The devotion to the Sacred Heart of Jesus reminds us that we can experience his love and grace in a deeper way.
- His Sacred Heart also calls us to love others as he loves. It challenges us to imitate Jesus' compassion and mercy in our lives, to serve others with humility and kindness, and to love others when it's difficult, and especially in our families.

3. Solemnity of the Nativity of St. John the Baptist — JUNE 24

- St. John the Baptist, the "the voice of one crying out in the desert" (Jn 1:23), was the last prophet before the coming of Christ. His mission was to prepare the way for the Lord and to call people to repentance and conversion.
- John's message of repentance and austere way of life challenged those around him to change their hearts and return to God. He called people to let go of their attachments to worldly things and to focus on the things of the Lord.
- St. John the Baptist recognized the divinity of Christ even in the womb and pointed others toward Jesus until death.
- John's life was one of humility and sacrifice, for he recognized that he had to decrease so that Christ could increase. He was a model of authentic discipleship, showing us that we must be willing to let go of our egos and ambitions to follow Jesus and show his face in the world.
- St. John, a martyr for the faith, spoke out against the sins of King Herod and was put to death for his bold witness to the truth literally condemning adultery. His courage and faithfulness to his mission remain an inspiration to us.
- On this Solemnity of St. John the Baptist's nativity, let us pray for the grace to follow his examples of humility, repentance and authentic discipleship. May we, like St. John, point others towards Christ and be willing to lay down our lives for the sake of the Gospel.
- Let us ask, especially today, for his powerful intercession as our diocesan patron.

4. Words of the Saints — #BeTruthful — JUNE

- "Truth sees God, and wisdom contemplates God, and from these two comes a third, a holy and wonderful delight in God, who is love." *St. Julian of Norwich*
- "Truth suffers, but never dies." St. Teresa of Avila
- "Truth cannot be itself without love and mercy." St. Thomas Aquinas
- "The truth is like a lion; you don't have to defend it. Let it loose; it will defend itself." St. Augustine of Hippo
- "The truth is like a fire: it sets everything ablaze. Our Lord Jesus Christ said: 'I came to cast fire upon the earth, and how I do long for it to be enkindled!'" St. Catherine of Siena
- "The truth is always to be told, however bitter it may be." St. John Chrysostom
- "The truth may sometimes cause offense, but it is necessary that it be revealed with charity, moderation, and prudence." St. Thomas Aquinas
- "The truth is the only way to true freedom, to knowing our true identity and fulfilling our ultimate destiny." St. Teresa of Calcutta (Mother Teresa)
- "To be true, and to be in truth, is to be a Catholic." St. John Vianney
- "The truth is like a lamp that illuminates the heart and mind, guiding us towards God and His infinite love and wisdom." St. Catherine of Siena
- "The truth is the foundation upon which all virtue is built, and all virtue creates a spirit of joy in truth." *St. Porphyrios*
- "Do not be afraid, God's truth is the light that guides your path, enlightens your heart, and gives joy to your soul." St. John Paul II

- "Truth is not only violated by falsehood; it may be equally outraged by silence." *St. Henri-Frederic Amiel*
- "The truth is not always gentle nor does it always make us feel good, but it is always necessary for our spiritual growth and salvation." St. Pio of Pietrelcina (Padre Pio)
- "The greatest homage we can pay to truth is to use it." St. John Baptist de La Salle
- "Those who do not love the truth fall victim to those who do not scruple to destroy it." *St. Gregory the Great*
- "The truth is a torch that shines through the fog without dispelling it." St. Claude de la Colombiere
- "The greatest charity that we show to God is to speak the truth about Him and to confess Him." *St. Jerome*
- "The truth is the mother, source, origin, foundation, and root of all virtue." St. Albert the Great
- "Truth is the foundation on which faith is built." St. Augustine of Hippo
- "Truth is not determined by a majority vote." St. Thomas Aquinas
- "To speak what is true, to do what is just, to live what is holy these are the paths of divine love." *St. John XXIII*
- "The truth is always attractive, always fascinating. It is a pearl of great price luminous, radiant, and dazzling." St. Teresa of Avila