



*"What does love look like?
It has the hands to help others.
It has the feet to hasten to the poor and needy.
It has eyes to see the misery and want.
It has the ears to hear the sighs and sorrows of people.
That is what love looks like."*

St. Augustine

This is indeed a special year for us as a Congregation and as Federation as we celebrate 150 years since our Foundation.

Father Victor Braun made it very clear that we, as a Congregation, were to “belong entirely to the Sacred Heart” and if we ever forgot that, we would have no reason to exist. Since that day, we have responded with our lives; we have and continue to, “harness for God the energies of love”. We have added to the ever-evolving, dynamic, mosaic of love in our world - touching the earth, helping “fields of uncertainty” to become “fields of compassion”.

Our spirituality of the Heart can perhaps be best understood in terms of relationship; relationship with God, with others, with oneself and with all of creation. It is about encounter, to look as Jesus looked, to have love and show compassion as Jesus did. This is our charism – love and compassion, which for the past 150 years has been re-created though the living testimony of our sisters.

Everything in creation is connected and is imprinted with the mark of the Trinity. It is the Trinitarian communion of divine inter-relatedness and infinite love, who has woven the fabric of creation.

Pope Francis highlights this in *Laudato Si'*. *“The divine Persons are subsistent relations, and the world, created according to the divine model, is a web of relationships. Creatures tend towards God, and in turn it is proper to every living being to tend towards other things, so that throughout the universe we can find any number of constant and secretly*

interwoven relationships. This leads us not only to marvel at the manifold connections existing among creatures, but also to discover a key to our own fulfilment. The human person grows more, matures more and is sanctified more to the extent that he or she enters into relationships, going out from themselves to live in communion with God, with others and with all creatures. In this way, they make their own that Trinitarian dynamism which God imprinted in them when they were created. Everything is interconnected, and this invites us to develop a spirituality of that global solidarity which flows from the mystery of the Trinity.” (Laudato Si’, 240)

It is this inter-relatedness that we are called to assume in order to become “experts in communion” in our world today. By embracing our connectedness and living in inter-relatedness, we widen the circle so our “fields of compassion” grow – the mosaic of love expands.

The 4th of July is the day we remember and celebrate the Foundation of the Federation.

“What does love look like?” After 150 years, perhaps we can look to our own history and recognise the love and compassion that has been woven into the eternal tapestry and see the threads that continue to weave as we continue our pilgrimage of presence, compassion and liberation, made possible by the love of the Heart of Jesus.

Perhaps we can also recall the words of Pope Francis in his Apostolic Letter to All Consecrated People (2014), when he reminded us by quoting from *Vita Consecrata* (110),

*“You have not only a glorious history to remember and to recount,
but also a great history still to be accomplished!*

Look to the future, where the Spirit is sending you in order to do even greater things.”