

Liturgical Living: Month of the Immaculate Heart of Mary

The month of August is traditionally dedicated to the Immaculate Heart of Mary. Just as the Sacred Heart of Jesus represents Christ's love for mankind, the Immaculate Heart of Mary represents the desire of the Blessed Virgin to bring all people to her Son.

The Church teaches that Mary's heart is united to Jesus's own Sacred Heart, mirroring His love for humanity and sharing in His redemptive suffering. Simeon's prophecy that a sword would pierce her heart was a prophecy of the real pain she would endure with active, loving cooperation in God's saving plan.

What are some ways to celebrate this month's devotion?

- **Wear the Miraculous Medal** - Our Blessed Mother appeared to St. Catherine Labouré and asked her to have this medal made. The back of the Miraculous Medal depicts Mary's Immaculate Heart, pierced by a sword.
- **Create a home shrine to the Immaculate Heart** - Place a statue or framed image of the Immaculate Heart of Mary on your dining room table or another focal point in your home.
- **Begin the Five First Saturdays devotion** - This is also called an Act of Reparation to the Immaculate Heart of the Blessed Virgin Mary. Our Lady asked for the practice of the Five First Saturdays to help make amends for the offenses committed against her heart by the blasphemies and ingratitude of men. [Here is how to do it.](#)
- [Pray the Fatima Morning Offering](#), which ends with an invocation to the Immaculate Heart of Mary and the Sacred Heart of Jesus.
- **Go to Mass on Mary's special feast days this month.** Our Lady of the Angels is on *August 2*; the Dedication of the Basilica of St. Mary Major (also remembering Our Lady of the Snows) is on *August 5*; the Assumption (a holy day of obligation) is on *August 15*; and the Queenship of the Blessed Mother is on *August 22*.
- **Consecrate your family to the Immaculate Heart of Mary.** [Here is a prayer](#) that you can use to do this.
- **Pray the Litany of the Immaculate Heart of Mary.** You can find a printable pdf version [here](#).

Here are a few craft and activity ideas to use throughout the month:

- [How to Draw the Immaculate Heart guided drawing](#) by Lacy at Catholic Icing
- [This is a beautiful craft](#) made with just construction paper and crepe streamers.

- [Another craft idea](#) made with just construction paper.
- If you have perler beads, [here is a printable pattern](#) to make an Immaculate Heart design.

A couple of treat ideas for this month include making heart-shaped cookies or rice krispie treats, or a heart-shaped cake. There is also a photo below of a heart fruit platter would be fun for the kids to create (and eat!).

Immaculate Heart of Mary, pray for us!

Immaculate Heart Fruit Platter

Ingredients:

Watermelon

Mini Marshmallows

Red apple

