

**This Week's Message
from Fr. Amesse
June 28, 2026**



As we conclude the Month of the Sacred Heart, the Church invites us to remember a beautiful truth: the Heart of Jesus remains open to each one of us every day of the year. This year, as our nation begins the celebration of its 250th anniversary, the bishops of the United States have consecrated our country once again to the Sacred Heart of Jesus. It is a reminder that our greatest hope is found not in politics, wealth, or power, but in the love and mercy of Christ. His Sacred Heart is a refuge for every person, every family, and every nation willing to place its trust in Him.

One of the most profound ways we encounter that love is through Eucharistic Adoration. In the Blessed Sacrament, Jesus waits for us—not because He needs our company, but because He knows how much we need His. In a world filled with constant noise and endless distractions, Adoration offers something increasingly rare: the opportunity to be still in the presence of God.

Many people wonder what they should do during Adoration. The answer is wonderfully simple: just be there. Speak to the Lord from your heart. Tell Him your worries, your hopes, and your gratitude. Read a passage from Scripture. Pray the Rosary. Or simply sit in silence and allow Him to love you. As Saint John Vianney once observed of a man praying before the Blessed Sacrament, "He looks at me, and I look at Him."

Relationships grow stronger by spending time together. The same is true with Jesus. The more time we spend in His presence, the more we recognize His voice, trust His guidance, and discover the peace that only He can give. As we continue our nation's 250th anniversary and reflect on its consecration to the Sacred Heart, may each of us also make a personal consecration by opening our own hearts more fully to Christ. There is no better place to begin than before the Blessed Sacrament, where the Sacred Heart continues to pour out His love upon the world.

I invite you to spend a few moments with the Lord this week. You may come seeking answers—or simply seeking peace. Either way, you will discover that He has been waiting for you all along

I remember you at Mass.