

# Guard of Honor

## JANUARY 2024 Newsletter

Very dear friends Guards of Honor,

May the Lord bless everyone during this new year. If, for many of us, the future seems gloomy, this is a good reason for the Honor Guards to be true Lights of hope and to demonstrate Zeal! Let us be witnesses to our faith in time and especially out of season. Let us show boldness and courage: The Heart of Jesus is so thirsty to be loved that He always goes ahead of us wherever He sends us!

Well in communion with you all,  
Geneviève Vignes, Coordinator for Headquarters

### ZEAL!



Zeal is to love what flame is to fire. Only the heart that loves ardently is devoured by this beautiful flame of zeal. If in fact we love the Sacred Heart of Jesus, we will burn with the desire to make it known to make it loved, because love cannot, any more than fire, remain without action. Zeal, which is its flame, always needs material to maintain itself. For this, let us first exercise this zeal on ourselves, being very faithful in doing everything, enduring everything with patience for the glory of the Sacred Heart and for the sole reason of the immense Love that He has for us.

Then around us, let us rekindle the devotion of this Divine Heart, let us talk about it, let us propagate it, let us train each other by instigating prayer groups. And above all, let us never pass in front of a statue, an image, an icon of the Sacred Heart of Jesus without having an interior greeting or manifesting a surge of tender and filial tenderness. Let us beg Him to have mercy on sinners and on the whole world. (According to the first series of zealot posts written by Sr. Marie du Sacre Coeur Bernaud)

\* We can benefit from the plenary indulgence by confessing (8 days before or after the date), by receiving communion on the feast day and by praying for the intentions of the Holy Father (+I believe in God, an Our Father, a Hail Mary) and/or any other prayer that springs from our heart! The Indulgence: it is a remission before God of the temporal penalty due for sins, already erased as to the fault, that the faithful, well disposed (and under certain specific conditions) receives for himself or for deceased souls (never a living one). "(Code of Canon Law of 1983, canon 992) Plenary indulgences totally free one from the temporal punishment due for sins. (canon 993).

### Some main festivals of the month: January

- 1: Mary, Mother of God
- 3: Holy Name of Jesus
- 5: 1<sup>st</sup> Friday of the month dedicated to the Sacred Heart of Jesus\*
- 6: Epiphany of the Lord

- 7: Baptism of the Lord
- 24: St. Francis de Sales\*
- 25: Conversion of St. Paul
- 31: St. John Bosco (Guard of Honor)

*Guard of Honor of the Sacred Heart of Jesus ~ Vancouver*

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