

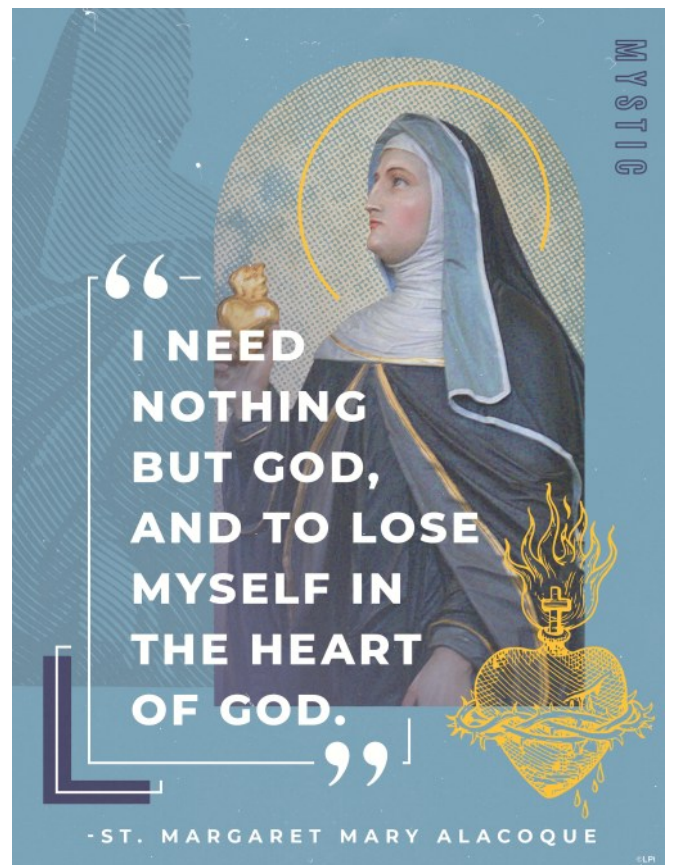
## St. Margaret Mary Alacoque

St. Margaret Mary Alacoque (1647-1690) was born Margaret Alacoque in a small village in France. After her father died when she was eight years old, she was sent to a convent school run by the Poor Clares where she became bedridden with rheumatic fever. For four years she was confined to her bed until she made a vow to Mary, Mother of God, to consecrate herself to religious life. Following this vow, her health was restored. Throughout her childhood and early adulthood, Margaret continued to have religious visions of Jesus.

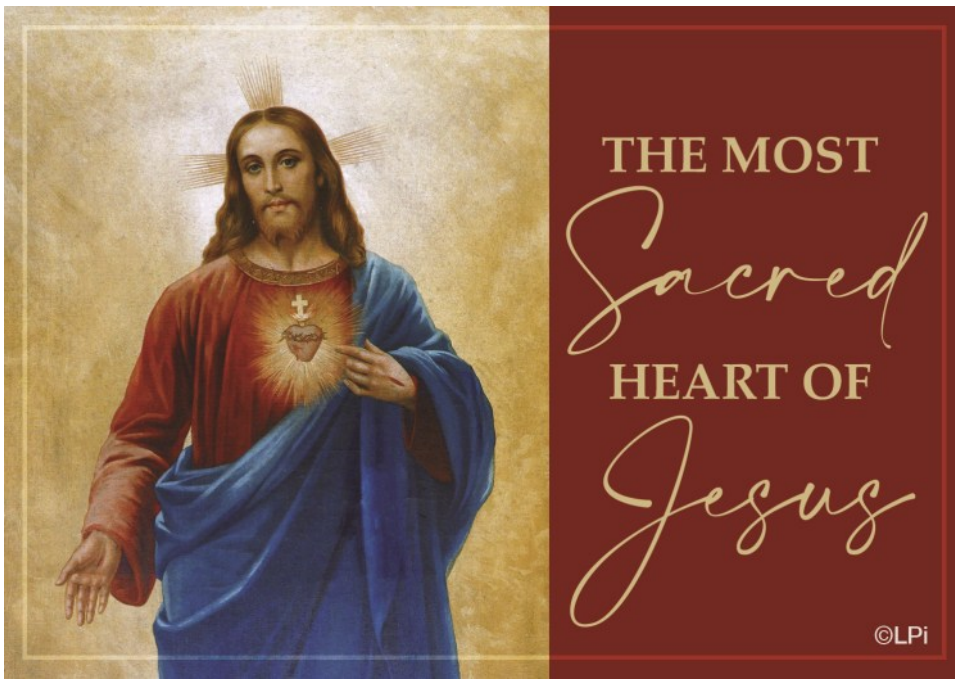
In 1671, at age 24, Margaret entered the Order of the Visitation of Holy Mary and took the name Mary when she professed her vows. During her time in the convent, she had series of mystical experiences — most notably, her encounters with the Sacred Heart of Jesus. According to her accounts, Jesus appeared to her and revealed his Sacred Heart, burning with love for humanity and instructed her to devote herself to adoration of the Eucharist every Thursday night during a holy hour which she immediately incorporated into her routine.

The devotion received a surge of popularity in the late 1600s. During this time, the Jansenist heresy had risen in France, which preached limited predestination for salvation. When appearing to Margaret Mary, Jesus affirmed his love for all mankind: **“Behold the Heart which has so loved men that it has spared nothing.”** He asked for a special feast celebrating his Sacred Heart on the Friday following the feast of Corpus Christi. Over time, June has become known as the month of Sacred Heart.

St. Margaret Mary dedicated herself to promoting the feast and adoration of the Eucharist. Her visions and messages were met with skepticism initially, but she trusted God’s guidance. In 1688, just two years before she died, the feast of the Sacred Heart of Jesus was celebrated for the first time in the Church's liturgical calendar. Eventually, her holy hour of adoration also became a popular tradition among Catholics worldwide.



**St. Margaret Mary Alacoque, pray for us!**



Jesus appeared to St. Margaret Mary Alacoque in France between 1673 and 1675. Among the words spoken to her, she heard Jesus make several promises to those who would respond to the pleadings of His Heart and make an effort to return His love. She wrote them down and they have come to be known as The Twelve Promises.

# The Twelve Promises

Jesus' twelve promises to those who promoted devotion to his Sacred Heart.

- (1) I will give them all the graces necessary in their state of life.
- (2) I will establish peace in their homes.
- (3) I will comfort them in all their afflictions.
- (4) I will be their secure refuge during life, and above all, in death.
- (5) I will bestow abundant blessings upon all their undertakings.
- (6) Sinners will find in my Heart the source and infinite ocean of mercy.
- (7) Lukewarm souls shall become fervent.
- (8) Fervent souls shall quickly mount to high perfection.
- (9) I will bless every place in which an image of my Heart is exposed and honored.
- (10) I will give to priests the gift of touching the most hardened hearts.
- (11) Those who shall promote this devotion shall have their names written in my Heart.
- (12) I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.