



**Sacred Heart of Jesus:  
A 12-Month Pilgrimage of  
“The Promises of Jesus” at the Shrine**

Join Sacred Heart of Jesus Diocesan Shrine in Bowmansville, NY as we launch a 100<sup>th</sup> Anniversary 12-MONTH Promises Pilgrimage celebration of our outdoor Eucharistic Heart of Jesus Shrine and Altar of Reparation.

**This MONTHLY Sacred Heart of Jesus Promises Pilgrimage starts on First Friday, July 3, 2026 at 8AM, and runs every First Friday thereafter through June of 2027 when we close the pilgrimage and celebrate the 100<sup>th</sup> Anniversary of our Shrine with a special anniversary reception!**

Every month, we will read and focus the day’s homilies and teachings on one of the 12 Promises that Jesus extended to those who are devoted to His Sacred Heart and shared with St. Mary Alacoque. Anne Costa, the author of the book: *Healing Promises, The Essential Guide to the Sacred Heart*, shares “Today, it seems as though Jesus’s Promises are like unopened gifts. Many have never heard of them; others have forgotten them or stopped looking for their treasure in their lives.”

St. Margaret Mary’s words about the promises:

*As to persons living in the world, they shall find in this devotion all the aids necessary in their state of life: peace in their homes, consolation in their work, the blessing of heaven upon all of their enterprises, comfort in their sorrows, a secure refuge during life and especially at the hours of death... It is plainly evident that there is no one in the world who will not receive all kinds of heavenly blessings if they have a true love of Jesus Christ manifested by a devotion to the Sacred Heart of Jesus.*

Every month from 4:00 – 5:00PM, we especially invite families of our diocese with young children to come and “Sit with Jesus” for this Dedicated Family Holy Hour. This dedicated time slot allows the opportunity for families with children to allow their children “to be children” in the presence of Jesus. Jesus understands their innocence, is overjoyed by their presence, and that they are learning to sit with Him. We will have team members and activities present for this family holy hour to assist families in teaching about Jesus Sacred Heart and the abundant love He has for each of them. While there may be others adoring Jesus during this time, it is understood that this hour is dedicated to children and families. It is an active holy hour - dedicated to children of all ages.

## The Pilgrimage Monthly Schedule

### 2026 Dates:

July 3; August 7; September 4; October 2; November 6; December 4;

### 2027 Dates:

January 8; February 5; March 5; April 2; May 7; June 4

### Spiritual Opportunities on the Pilgrimage Day:

**8:00AM** - Holy Mass, 1 of 12 Messages Presented, Exposition of the Blessed Sacrament, Litany to the Sacred Heart of Jesus, & Holy Rosary

**After 8:00AM Mass through 6:30PM** - Eucharistic Adoration

**4:00 - 5:00PM** - Dedicated Children's & Family Holy Hour

**5:00 - 6:00PM** - Reconciliation

**5:15PM** - Holy Rosary

**6:30PM** - Benediction, Holy Mass, 1 of 12 Messages Presented, & Litany to The Sacred Heart

There are additional ways of inviting the Sacred Heart of Jesus into your home! Visit our website at: [www.sacredheartshrine.org](http://www.sacredheartshrine.org) to learn more!

### THE FRUIT OF PARTICIPATION:

“This highly recommended spiritual devotion that will help you to find a secure refuge and true peace throughout all of life's pressures”

- Anne Costa

“Cast yourself often...into His divine Heart and abandon yourself to all His designs upon you.”

- St. Margaret Mary Alacoque