In my 20s, searching for “more” of God, I experienced God’s infinite, unconditional love, and knew that I was called not just to love back, but to love widely. The Society of the Sacred Heart is where I can find that “more”, in daily life, prayer and contemplation, and where I am constantly called and challenged to love, and love more.

That’s at the core of our charism – to know and make known the love of the Heart of Jesus. We do this as educators, counsellors, carers and youth workers; in parishes, projects, retreat centres; with refugees, students, trafficked women, adult learners… but always done with the hearts of educators, helping people grow, develop, find their true worth – and above all, to know how much they are loved. It’s amazing, heart-widening and such a source of deep joy.