



May 31, 2026 – Holy Trinity Sunday

My Dear Friends in Christ,

On the weekend of June 13-14, 2026, we will re-consecrate the Diocese of Bridgeport to the Sacred Heart of Jesus, joining the Catholic Church throughout the United States in a great act of faith and love as our bishops consecrate our nation to the Sacred Heart to mark the 250th anniversary of America's founding. What more fitting response to the deep hunger for faith in our time than to entrust ourselves, our families, and our communities to the Heart of the One who loves us without limit?

What does it mean to consecrate our Diocese to the Sacred Heart? It means recognizing a truth we so easily forget we belong to God. Our lives, our struggles, our joys, and our failures are not ours to carry alone. The Heart of Jesus — that pierced, burning, inexhaustible source of love and mercy — is the answer to every longing the human heart has ever known. To consecrate ourselves to that Heart is to say: “Lord, I give you what I am, and I trust in who You are.” It is an act of surrender, of hope, and of love.

Devotion to the Sacred Heart is more than a pious relic of a bygone age. It is a living wellspring of grace, renewed in our time by Pope Francis's encyclical *Dilexit Nos* (He Loved Us). In it, our late Holy Father called us to contemplate the heart of Christ, who took upon Himself our infirmities and sufferings and stands in faithful solidarity with every broken and burdened soul, a God who loves us with a human heart and invites us to let His love transform ours.

We live in a moment when that transformation is sorely needed. Look at our world: wars raging, families torn by division, communities marked by loneliness, a culture that measures persons by productivity rather than their God-given dignity. Here in Fairfield County, we see it in the rising numbers turning to Catholic Charities for basic needs, in families facing economic uncertainty, and in young people searching for a love that will not disappoint.

Devotion to the Heart of Christ will not solve every problem, but it will draw us closer to the One who walks with us, transforming our suffering and setbacks into holiness and joy. This calls to mind the two disciples walking sadly to Emmaus on Easter Sunday, only to find their hearts burning within them as He accompanied them. He longs to walk alongside each of us in that same way. We need to open our hearts and let Him.

When we consecrate our diocese to the Sacred Heart, we are committing ourselves to allow the love of Christ to shape how we live, how we serve one another, and how we engage our neighbors, especially those who are poor, forgotten, or on the margins of society. The Heart

of Jesus has a special place for those who experience discrimination or oppression, and if our consecration is to be genuine, it must move us beyond our comfort and beyond our parish doors into the streets and homes where His love is most desperately needed. We must share the love that God is so generous in giving us.

As we mark America's 250th anniversary this July, let us not forget that a nation's greatness is measured not by power or prosperity, but by fidelity to truth, justice, and charity. The consecration of our nation and our diocese to the Sacred Heart is, at its heart, a prayer: a prayer that our country and our communities be renewed from within by God's grace. We cannot build the civilization of love by our own efforts alone; we need the Heart of Christ to be the foundation of our homes, our institutions, and our common life.

I invite each of you to enter this consecration with your whole heart, not merely as words on a page, but as a sincere personal offering. Bring to the Sacred Heart whatever burden you carry today: your fears, your regrets, your doubts, your hopes for your children and grandchildren. Trust His Heart with all of it. And then ask yourself: how is the Lord calling me to make His love more visible in my family, in my workplace, in my parish, in my community?

This is how consecration becomes more than a moment; it becomes a way of life. This is how the renewal we all so greatly need begins: not from the top down, but from the inside out, one heart at a time, conformed ever more closely to the Heart of Jesus Christ.

May the Immaculate Heart of Mary, who pondered all things in her own heart and stood faithfully at the foot of the Cross, intercede for us as we make this consecration. May she lead us ever deeper into the love of her Son, whose Heart is our shelter, our strength, and our hope.

Sincerely yours in Christ,

Most Reverend Frank J. Caggiano
Bishop of Bridgeport