



## Sacred Heart Terms Explained

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**Charism:** A theological term signifying a special gift or vision given to an individual for service to the church. Each religious order has their own special charism. The Sacred Heart charism comes from our foundress, Saint Madeleine Sophie Barat, who desired to share God's love with students and, through them, the world.

**Goals & Criteria of Sacred Heart Education:** Sharing in the mission of the Society of the Sacred Heart to reveal God's love in the heart of the world, schools commit to educate to:

1. A personal and active faith in God;
2. A deep respect for intellectual values;
3. A social awareness that impels to action;
4. The building of community as a Christian value;
5. Personal growth in an atmosphere of wise freedom.

**Cor Unum in Anima Unum Corde Jesus:** Cor Unum is shorthand for Cor unum in Anima Unum in Corde Jesus which translates from the Latin to mean: One Heart and One Soul/Mind in the heart of Jesus. This phrase expresses the deep desire of St. Madeleine Sophie Barat, that the members of the Society of the Sacred Heart be closely united in the Heart of Jesus. The Society's internationality is the fruit of Sophie's hope and generations of RSCJ remaining faithful to her vision.

**Espacio:** Espacio quite literally means space. As a practice, espacio entails carving space from our schedule, our use of time and our consciousness to develop competency as one who can be silent, as one who desires to be in tune with Mystery. The daily practice of taking time, even as a few as five minutes, in silence allows us to nurture our sensitivity to the Spirit dwelling within. Forest Ridge often asks students, faculty and staff to take a few minutes of espacio as a form of prayer and reflection.

## Sacred Heart Traditions Explained

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**Cache-Cache:** (CASH-cash, French) - A form of hide-and-seek that was mostly played during congé, and involving both the students and RSCJ.

**Coeur de Jésus:** A song, sung entirely in French, common to many Sacred Heart schools. Coeur de Jesus is Forest Ridge's song and is often sung at special celebrations. For lyrics, visit: <https://rscj.org/our-heritage-andtraditions>

**Congé** (kon-ZHAY, French): A surprise holiday for students during which classes are cancelled in favor of fun activities for students. Congés typically occur when they are least expected, and the planning for them is often done in secret. At Forest Ridge, congé is often planned by the ASB officers, in conjunction with the ASB adult leader.

**Feast of Mater Admirabilis:** Mater Admirabilis, often referred to as Mater, is a painting of a teenaged Mary. Painted in 1844 by Pauline Perdrau, a young religious, Mater Admirabilis is still housed at the Trinità dei Monti in Italy. Visiting the convent, Pope Pius IX was so struck by the artwork that he exclaimed “Mater Admirabilis!” (Latin for “Mother, Most Admirable!”). The fresco still hangs in the convent at the Trinità dei Monti in Rome, Italy. Most notably, in Perdrau’s work, Mary wears a rose-colored gown, rather than the traditional blue. Honoring this reimagining on the Feast Day of October 20, Forest Ridge students take part in a Mass, wear pink accessories and enjoy a special goûter of pink-themed treats and cupcakes.

Today, a replica of the painting or a statue of Mater can be found in every Sacred Heart school around the world. Forest Ridge’s statue of Mater is in the Narthex of the Sacred Heart Center located outside of our chapel. Members of our community are encouraged to write prayers to Mater and leave them in her lap. Her feast is celebrated by Sacred Heart communities on October 20.

**Feast of St. Madeleine Sophie Barat:** Across the world, May 25 is the feast day honoring St. Madeleine Sophie Barat, who founded the Society of the Sacred Heart in 1800. Canonized in 1925, Sophie is recognized as the patron saint of educators. At Forest Ridge, we honor St. Madeleine Sophie, and all of her contributions, with an all-school Mass held in May.

**Feast of St. Rose Philippine Duchesne:** The first Religious of the Sacred Heart to bring the Society to the Americas, St. Rose Philippine Duchesne is notably credited with establishing the first Sacred Heart schools in North America - which today has grown to 25 schools in the U.S. and Canada. She was canonized by the Church in 1988 and is considered the patron saint of perseverance amid adversity. Her feast day is celebrated on November 18.

**Feast Wishes:** Feast Wishes, an historically important tradition, is an all-school gathering before the Christmas holiday during which students present gifts of music and cards to every member of the administration, faculty and staff.

At Forest Ridge, Feast Wishes takes place on the last day of school before Christmas Break. All students participate and every adult member of the community is recognized with letters of appreciation.

**Goûter** (goo-TAY, French): Meaning to taste, goûter is a special treat usually accompanying feast days and special celebrations.

**International Passport:** The International Passport is a small card that identifies the holder as a member of the worldwide Sacred Heart community and allows entry to all Sacred Heart schools across the global network. Graduates bearing the International Passport can also gain access to visit the original “Mater Admirabilis” artwork at the Trinità dei Monti in Rome. It is usually given by the Head of School at the end of the school year to members of the graduating class.

**Prize Day:** The school year typically ends with a prize ceremony. This formal assembly provides time to recognize students for their achievements in the areas of academic growth and character development. Forest Ridge celebrates Prize Day at the end of each academic year.

**Ring Ceremony:** Many Sacred Heart schools with an upper school host a ring ceremony every spring during which juniors are given their class rings by members of the senior class. This is an important tradition at Forest Ridge, as it marks the beginning of official graduation celebrations and the passing of the torch of leadership to the junior class.

**Très Bien:** French for “very good;” historically this was the highest “note” or “mark” given during weekly assemblies in recognition of the previous week’s work.

## Sacred Heart Associations and Organizations Explained

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**AASH - Associated Alumnae and Alumni of the Sacred Heart:** The Associated Alumnae and Alumni of the Sacred Heart (AASH) is a non-profit organization of all alumnae/i of present and former schools and colleges directly associated with the Religious of the Sacred Heart in the United States and parts of Canada. The purpose of AASH is to foster a spirit of unity and ongoing communication among alumnae/i and their respective associations throughout this Network and the world. AASH hosts an annual regional conference and events.

**Religious of the Sacred Heart:** The international Society of the Sacred Heart is a religious order founded in France by St. Madeleine Sophie Barat in 1800. Today over 2,000 Religious of the Sacred Heart (RSCJ) serve in 41 different countries around the world, predominantly serving the mission of the Church through the service of education, socio-educative projects, pastoral projects and activities, and in collaboration with other institutions around the world.

**SHCOG - Sacred Heart Commission on Goals:** Every five years each Sacred Heart school in the Network is evaluated in a process that holds the school accountable to the Provincial of the Society of the Sacred Heart for the living of the mission of the Society. The national commission is composed of Religious of the Sacred Heart, lay educators and trustees in the Network, together with a member of the Provincial Team. SHCOG initiates, oversees and officially responds to a process of self-reflection. At regular intervals the school is able to determine where its strengths lie in relation to the *Goals and Criteria*, and also to express the concerns it has regarding how well it is living the vision expressed in the *Goals and Criteria*. The process aims to enable each school to formulate a plan to deepen the life of the *Goals and Criteria* within the community.

**Society of the Sacred Heart, U.S - Canada Province:** The United States – Canada Province of the Society of the Sacred Heart is a community of women religious in the Catholic Church, known as the Religious of the Sacred Heart (RSCJ). Our mission is to discover and reveal God’s love in the heart of the world through the service of education, with oversight for the North American Network of Sacred Heart Schools.