



# MONTHLY FIRST SATURDAYS DEVOTION OF REPARATION



## **Exposition of the Blessed Sacrament**

*(Note: The First Saturday Devotion may be fully observed in a parish setting even when Exposition of the Blessed Sacrament is not available / All text in blue are optional.)*

### **Hymn: O Salutaris Hostia**

O salutaris hostia, quae caeli  
pandis ostium, bella  
premunt hostilia, da robur,  
fer auxilium.

Uni trinoque Domino sit  
sempiterna gloria,  
qui vitam sine termino nobis  
donet in patria. Amen.



## **Act of Reparation to the Immaculate Heart of Mary**

O Immaculate Heart of Mary, Mother of Jesus, Our Lady of Fatima, inspire me to grieve sincerely for the sins that weigh heavily upon the souls of men. Sorrowfully I recall the bitter and harsh punishment heaped upon your Divine Son, where he was cruelly scourged at the pillar and

unmercifully crowned with thorns. I recall his sad journey to Calvary. His crucifixion and ignominious death on the cross. Yet they were but the instruments of pain. It was my sins that really caused His precious blood to be shed. His love willed that He should suffer for my salvation. And so I offer my little love to make amends and atone for a thoughtless and unappreciative world.

O Immaculate Heart of Mary, you who suffered and shared with Him each pain caused and inflicted by our sins, intercede for us that we may be privileged to unite our hearts with yours in an effort to make reparation for our sins, and the sins of ungrateful mankind. Our Lady of Fatima, ignite our hearts with a love of reparation.

## **THE FATIMA PRAYERS**

*(Taught by the Angel of Peace & Our Lady of Fatima in 1916-1917)*

### **Pardon Prayer (said three times)**

My God, I believe, I adore, I hope and I love you. I beg pardon for those who do not believe, do not adore, do not hope and do not love you!

### **Angel's Prayer**

Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly, and I offer you the most Precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which He is offended and through the infinite merits of His most Sacred Heart and the Immaculate Heart of Mary, I beg of you the conversion of poor sinners.

## **Sacrifice Prayer**

O Jesus, it is for the love of you, for the conversion of sinners and in reparation for the sins committed against the Immaculate Heart of Mary.

### **Eucharistic Prayer (said three times)**

Most Holy Trinity, I adore you! My God, my God, I love you in the most Blessed Sacrament.

### **Fatima Decade Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to Heaven, especially those who have most need of Thy mercy.



## **RECITATION & MEDITATION OF THE FIVE JOYFUL MYSTERIES**

### **1. THE ANNUNCIATION**



Meditation: The love of God descended upon all of humanity when the power of the Most High came upon Mary. It is in Mary that the Word was made flesh, and it is in Mary that we receive the graces with which He wishes to visit us. Let us, within the heart of Mary, open our hearts to receive in faith the love He wishes to pour into our souls.

### **2. THE VISITATION**



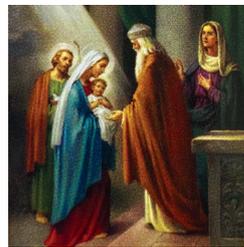
Meditation: Mary's faith brought to us our Saviour. Her visit to Elizabeth is the sharing of her gift of God's promise, which He entrusted to her. Our Lady's Magnificat is her heart's proclamation of God's goodness for those who trust that the Word of the Lord to them will be fulfilled. Let us always proclaim the greatness of the Lord! And our spirit will rejoice in God our Saviour!

## **3. THE NATIVITY**



Meditation: In fulfilling the duties of their state in life, Mary and Joseph obey Caesar's decree, bearing patiently with the sufferings and inconveniences this journey entailed. Out of the silent suffering was born our Lord, who came to be with us, and to accompany us through our own daily trials and sufferings, with a promise of peace.

## **4. THE PRESENTATION IN THE TEMPLE**



Meditation: Mary and Joseph presented Jesus in the temple according to the prescription of the law. Marvel with them at Simeon's revelation of what Jesus would accomplish during His life- a glory and tragedy to be fulfilled, both then and today, a light to those who are separated from Him, and the glory of His people, the new Israel; yet also a sign of contradiction through divisions found among us- the same sword pierces the soul of Mary today.

## **5. THE FINDING OF OUR LORD IN THE TEMPLE**



Meditation: Seeking Him, Mary and Joseph on the third day. Two days of sorrow, followed by the third day of joy, turn into amazement upon their finding Him. A similar loss and finding were to come later, an event which Mary would forever ponder in her heart: Jesus' death and resurrection. This loss is one that we should never forget, lest we lose Him forever.



## 15-MINUTE MEDITATION OF THE ROSARY IN THE COMPANY OF MARY

**(Note: 1.** *The 15-minute meditation is integral to the full practice of the First Saturdays! It cannot be left out!)*

**2. The full meditation text, including the Scriptural basis, is available on a separate sheet.** *Please be flexible and creative in using the meditation text, where scripture reading and reflection are interspersed with silence.*

**3. Silence is important, allowing the Lord the space to speak to each person's heart.** *Where possible, give each person a printed copy.*



## ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY

Virgin Mary, Mother of God and our Mother, to your Immaculate Heart we consecrate ourselves, in an act of total entrustment to the Lord.

By you we will be led to Christ. By Him and with Him we will be led to the Father. We will walk in the light of faith, and we will do everything so that the world may believe that Jesus Christ is the One sent by the Father.

With Him we wish to carry His love and salvation to the ends of the earth.

Under the protection of your Immaculate Heart, we will be one people with Christ. We will be witnesses of His resurrection. By Him we will be led to the Father, for the glory of the Most Holy Trinity, whom we adore, praise and bless forever. Amen. *(With ecclesiastical approval)*

## LITANY OF OUR LADY OF FATIMA

Our Lady of Fatima, pray for our dear country.

Our Lady of Fatima, sanctify our clergy.

Our Lady of Fatima, make us more fervent.

Our Lady of Fatima, guide those who govern us.

Our Lady of Fatima, cure the sick who confide in you.

Our Lady of Fatima, console the sorrowful who trust in you.

Our Lady of Fatima, help those who invoke your aid.

Our Lady of Fatima, deliver us from all dangers.

Our Lady of Fatima, help us to resist temptation.

Our Lady of Fatima, obtain for us all we ask of you.

Our Lady of Fatima, help those who are dear to us.

Our Lady of Fatima, lead all people to the knowledge of truth.

Our Lady of Fatima, make us true Christians.

Our Lady of Fatima, make us pure and holy.

Our Lady of Fatima, obtain peace for the world.

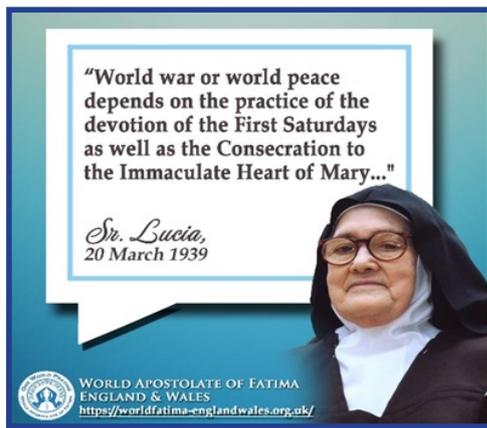
Our Lady of Fatima, give us back our ancient fervour.

Our Lady of Fatima, obtain for us pardon for our many sins and offences.

Our Lady of Fatima, bring all nations to the feet of your Divine child.

Our Lady of Fatima, obtain peace for the world.

**Let us pray:** God of infinite goodness and mercy, fill our hearts with a great confidence in Your most holy Mother, whom we invoke under the title of Our Lady of the Rosary of Fatima, and grant us by her most powerful intercession all the graces, spiritual and temporal, which we need through Christ our Lord. Amen.



## BENEDICTION & REPOSITION OF THE BLESSED SACRAMENT

### Hymn: Tantum Ergo Sacramentum

Tantum ergo Sacramentum,  
Veneremur cernui: Et  
antiquum documentum  
Novo cedat ritui: Praestet  
fides supplementum,  
Sensuum defectui.

Genitori, Genitoque, Laus  
et iubilatio, Salus, honor,  
virtus quoque Sit et  
benedictio: Procedenti ab  
utroque, Compar sit  
laudatio. Amen.



**C:** You gave your people bread from heaven

**R:** Containing in itself all sweetness.

**Let Us Pray:** O God, who in this wonderful sacrament has left us a memorial of your passion. Grant us we beseech you, so to venerate the sacred mysteries of your Body and Blood that we may evermore perceive within us the fruits of your redemption, who lives and reigns forever. Amen.

### THE DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary Most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

### Hymn: O Sacrament Most Holy

O Sacrament Most Holy! O Sacrament Divine!

All praise and all thanksgiving be every moment Thine! (3x)

### Hymn: Fatima Ave

The thirteenth of May  
In the Cova d'Iria  
Appeared oh so brilliant  
The Virgin Maria  
Ave, ave, ave Maria.  
Ave, ave, ave Maria.

To three little shepherds  
Our Lady appeared  
The light of her grace  
To her Son souls endeared.  
Ave, ave, ave Maria.  
Ave, ave, ave Maria.

The Virgin Maria  
Encircled with light  
Our own dearest Mother  
And heaven's delight.  
Ave, ave, ave Maria.  
Ave, ave, ave Maria.

With war and its evils  
The whole world was seething  
And countless of thousands  
Were mourning and weeping.  
Ave, ave, ave Maria.  
Ave, ave, ave Maria.

## THE SACRAMENT OF CONFESSION



*Note: This may be fulfilled within eight days or later, with the intention of offering reparation to the Immaculate Heart of Mary.*

## RECEIVE HOLY COMMUNION



*Note: When you receive the Lord in Holy Communion, you are in a state of grace and intend to make reparation to the Immaculate Heart of Mary.*

## OUR LADY REQUESTS THE COMMUNION OF REPARATION ON FIVE FIRST SATURDAYS

At Fatima on **13th July 1917**, the three children, Lucia, Francisco and Jacinta, were shown the vision of hell by Our Lady, who then said, so kindly and so sadly:

“You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace.

I shall come to ask for the consecration of Russia to my Immaculate Heart, and the Communion of Reparation on the First Saturdays. In the end my Immaculate Heart will triumph. The Holy Father will consecrate Russia to me and she will be converted, and a period of peace will be granted to the world.”

On **10th December 1925**, the Blessed Virgin appeared again to Lucia, with the Child Jesus. Mary rested her hand on Lucia's shoulder and showed her a heart encircled by thorns in her other hand. The Child Jesus spoke first:

“Have pity on the Heart of your Most Holy Mother. It is covered with the thorns with which ungrateful men pierce it at every moment, and there is no one to make an act of reparation to remove them.”

Then Mary said: “My daughter, look at My Heart surrounded with thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude.

You, at least, try to console me, and say that I promise to assist at the hour of death, with all the graces necessary for salvation, all those who, on the **first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary and keep me company for fifteen minutes while meditating on the mysteries of the Rosary, with the intention of making reparation to me.**”

## THE CONDITIONS OF THE FIVE FIRST SATURDAYS DEVOTION OF REPARATION

1. PRAY THE FIVE DECADES OF THE ROSARY

2. GO TO SACRAMENTAL CONFESSION (WITHIN THE MONTH)

3. RECEIVE SACRAMENTAL COMMUNION

4. KEEP OUR LADY COMPANY FOR 15 MINUTES WHILE MEDITATING ON THE MYSTERIES OF THE ROSARY

OFFER EVERYTHING IN REPARATION TO THE IMMACULATE HEART OF MARY

### World Apostolate of Fatima (England and Wales)

For more details about the Five First Saturday's devotion, or the Message of Fatima generally, please email:

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**[www.worldfatima-englandwales.org.uk](http://www.worldfatima-englandwales.org.uk)**

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