

Monthly First Saturdays of Reparation

September 6th 2025

(Month of the Sorrowful & Immaculate Heart of Mary)

The 4th Sorrowful Mystery - The Carrying of the Cross

Matthew 27: 32-27 - New Revised Standard Version Catholic Edition

(The 15 minute Meditation is integral to the full practice of the First Saturdays! It cannot be left out!)

The Crucifixion of Jesus



32 As they were marching out, they came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross. 33 And when they came to a place called Golgotha (which means the place of a skull), 34 they offered him wine to drink, mingled with gall; but when he tasted it, he would not drink it. 35 And when they had crucified him, they divided his garments among them by casting lots; 36 then they sat down and kept watch over him there. 37 And over his head they put the charge against him, which read, "This is Jesus the King of the Jews."

Meditation thoughts ... By a father of the spiritual

family of St. Philip Neri

For the Jewish people stoning was the standard form of capital punishment. A gruesome crucifixion, where all person's dignity is stripped, was done by the Romans, but even Pilate sent Our Lord to be scourged, as he had not envisioned a slow death on the cross. This form of brutal execution carried an additional scandalous meaning for the Jews. Referring to Deuteronomy 21:22-23, that says anyone hung on a tree (or pole) is "*under God's curse*", St Paul writes in Galatians 3:13 "*that Christ redeemed us from the curse of the law by becoming a curse on our behalf*".

The holy Gospels do not tell us what part of the Cross Simon of Cyrene helped with, that is left to our imagination. What we do know is that he carried it behind the Lord, which has become for the Church, an important symbol of unity with Christ. There are people in the Passion who wanted to help and be there for the Lord. Our Lady, St John, St Mary Magdalene, and St Veronica. Where as Simon was a bystander, he had no interest in helping, and yet, in doing so, it changed his life. We know from the Scriptures that he is the father of Rufus and definitely a convert. St Matthew says: "*who does not take his cross and follow me is not worthy of me.*" Simon finds himself in unexpected circumstances, he assists Christ, and has a share in the mission of saving the world. He encourages us to have true compassion by letting ourselves suffer the pains of Christ and mingle our own. The Venerable Fulton Sheen says "*He who loves the Tremendous Lover sometimes finds, indeed, that pain adds fuel to the flame. Sorrow remarries the soul to God.*"

September is dedicated to Our Lady of Sorrows. Our Lady helps us to realise that we cannot ask her son to remove our Cross, our pain, our difficulties, but wants us to accept them, and to embrace them, just like Simon.



Meditation thoughts ... By a father of the spiritual family of St. Philip Neri

Our Lady walks closely with us. She wants us to be transformed by the Cross. Sharing in Christ's suffering and completing "*what is lacking in the sufferings of Christ*" (St Paul Colossians 1:24) through one's own participation in the suffering of the mystical body of Christ, the Church.

Suffering helps deepen our understanding and union with the holy sacrifice of the Mass. The heart of Mary became a mirror for the passion of her Son, truly a sea of sorrows. The total abandonment to God's Will of these Two Hearts allowed God to do something unimaginable, something so unexpected, and glorious. This can help us to pray for fortitude in surrendering ourselves to God,

St Augustine encourages us: "*His command is not really difficult or painful, since he himself helps us to do what he commands.*"

Questions to ponder ... By a sister of the spiritual family of the sisters of Mary Morning Star

1. ***Carrying the Cross and caring for the Cross ...***

There is a contrast in the Gospel between the place where Jesus is crucified (Golgotha, the place of skull, a place of death and dead bones), and the way Jesus carries His Cross, not like an object of death, but like the piece of wood with which He is about to save the world. He carries it like a trophy, an instrument of victory. He carries it as King (as it is written). Jesus doesn't need Simon's help, but He wants him to participate and complete His sufferings, and not only Simon but us as well. So, during this coming month how are we going to carry the Cross and to care for the Cross?

2. When the struggles and challenges in our daily life seem overwhelming, almost unbearable, do we have the simplicity to surrender and cry out or whisper with Our Lord: ***I thirst***? Our Lady will help us to make it our prayer and will help us to carry the Cross Jesus is entrusting to us.

3. Our Lady of sorrows walks with Jesus as He carries His Cross and walks with us as we carry our crosses. Have we learnt enough from Her how to be compassionate? Have we missed opportunities to be compassionate? What acts of compassion do we want to offer to Our Lady this month or is there someone near us who we want to help very concretely?

Please note that you need to be flexible and creative in how you use this Meditation text & Reflective Questions. The full text is helpful to individuals - however - if you are leading it amidst a group, for just 15 minutes, the leader will need to decide how much of it to use. It may be, that just the Scripture and the questions to ponder, be used, interspersed with silence. If you have longer than 15 minutes then divide the meditation up, interspersed with silence. It is important to allow silence to give the Lord the space to speak to each person's heart. Where possible give each person a printed copy.

Act of Reparation

to the Immaculate Heart of Mary

Most Holy Virgin, and Our Mother, we listen with grief to the complaints of your Immaculate Heart, surrounded with the thorns placed therein at every moment, by the blasphemies and ingratitude of ungrateful humanity. We are moved by the ardent desire of loving you as Our Mother and of promising a true devotion to Your Immaculate Heart. We therefore kneel before You to manifest the sorrow we feel for the grievances that people cause You, and to atone by our prayers and sacrifices for the offences with which they return your love. Obtain for them and for us the pardon of so many sins. Hasten the conversion of sinners that they may love Jesus Christ and cease to offend the Lord, already so much offended. Turn your eyes of mercy toward us, that we may love God with all our heart on earth and enjoy Him forever in Heaven. Amen.

Hymn - to tune of Dear Lord and Father of Mankind

Dear Mother of our Saviour Christ
We hail thee and depart.
Our Saturday is now complete
We leave petitions at thy feet.
Enfold them in thy heart
Enfold them in thy heart.

Be with us as we journey home
Mother of God we pray.
Make us to love thy blessed Son
And may his holy will be done.
In duty day by day
In duty day by day.

O holy shrine of Fatima
Here would we like to dwell.
But Jesus calls us to the strife
And tumults of our daily life.
Our Lady's Shrine "Farewell"
Our Lady's Shrine "Farewell".

Short Choruses

Be Still

1. Be still and know that I am God (3)
2. I am the Lord that healeth thee (3)
3. In thee, O Lord, I put my trust (3)

Salve Regina, Salve Regina,

Ora Pro Nobis Maria.
Salve Regina, Salve Regina,
Ora Pro Nobis Maria

Fatima Prayers of Adoration & Reparation

1. O Most Holy Trinity, I adore You. My God, my God, I love You in the Most Blessed Sacrament.
2. O Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those in most need of Thy mercy.
3. My God, I believe, I adore, I hope, and I love You; I ask pardon of You for those who do not believe, do not adore, do not hope, and do not love You.
4. Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. 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 of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners.
5. O Jesus, this is for love of You, for the conversion of sinners, for the Holy Father, and in reparation for the sins committed against the Immaculate Heart of Mary. (Jacinta added "the Holy Father").



Wisdom from Venerable Sr. Lucia

“And let us not waver or move away from the Church when we see imperfections in some of her members, because, individually, we are all weak and sinful. But the Church does not cease to be holy for all that: holy in her laws and in the doctrine entrusted to her by God, holy in her Head, Jesus Christ, her divine Founder and Saviour, holy in the divine Spirit which animates and helps her, and in the life of grace generated and nourished by the Sacraments.”

Venerable Sr Lucia said: “War and peace in the world depend on the celebration of this devotion (the First Saturdays) and the consecration to the Hearts of Jesus and Mary connected to it. Therefore I wished so much these were spread, and much more because it is the will of our good God and our beloved Heavenly Mother.”

Our Blessed Mother asked Lucia, Francisco and Jacinta "Are you willing to offer yourselves to God and bear all the sufferings He wills to send you, as an act of reparation for the sins by which He is offended, and of supplication for the conversion of sinners?"

They replied - "Yes, we are willing."

Our Blessed Mother then said:

"Then you are going to have much to suffer, but the grace of God will be your comfort."

Fatima hymn

1. The thirteenth of May, in the Cova da Ira,
appeared oh so brilliant the Virgin Maria.
2. The Virgin Maria, encircled with light;
Our own dearest Mother, and heaven's delight
3. To three little shepherds, Our Lady
appeared, the light of her grace, to her Son, souls
endeared
4. With war and its evils, the whole world is
seething, and countless of thousands are mourning
and weeping.
5. By honouring Mary, and loving her Son.
The peace of the world will most surely be won.

Suggested Mass intention for First Saturday

In Reparation for the failure of Catholics to keep the Sunday obligation by attending Holy Mass.

Jubilee Prayer of Consecration from Our Lady's Shrine in Fatima (prayed by pilgrims this **Jubilee Year of Hope** after every Mass celebrated in Fatima, in all languages)

Hail, Mother of the Lord,
Virgin Mary, Queen of the Rosary of
Fatima!

Blessed among all women,
you are the image of the Church
dressed in the Paschal light,
you are the honour of our people,
you are the triumph over the shadow
of evil.

Prophecy of the merciful Love of the
Father,
Teacher of the Annunciation of the
Good News of the Son,
Sign of the burning Fire of the Holy
Spirit,
teach us, in this valley of joys and
sorrows,
the eternal truths that the Father
reveals to the little ones.

Show us the might of your mantle of
protection.
In your Immaculate Heart, be the
refuge of sinners
and the way that leads to God.

In union with my brothers and sisters,
In Faith, Hope and Love,
I surrender myself to you.
In union with my brothers and sisters,
through you, I consecrate myself to
God, O Virgin of the Rosary of Fatima.

And thus surrounded by the Light that
comes from your hands,
I will give Glory to the Lord for ever

