

FREE
GUIDE



*Walsingham,
Fatima, and What
Our Lady Asks
of Us Now*



❧ *Table of Contents* ❧

Walsingham.....	1
What Our Lady Asks of Us Now	2
How to Pray the Rosary.....	4
Meditations on the Mysteries of the Rosary.....	6
Importance of First Saturdays Devotion	14
Five First Saturdays Devotion.....	16
Suggested First Saturday Meditations.....	18
Brown Scapular.....	26
Miraculous Medal	27
Contact for FREE Copies of This Booklet.....	Back Cover

*“Thank you for this beautiful and helpful booklet from EWTN GB.
I will be very happy to make it known.”*

BP MARK DAVIES, BISHOP OF SHREWSBURY



*“Thank you for sharing this lovely booklet on devotions to Our Lady.
We’ll go ahead in ordering our copies. The section on the Fatima
First Saturday devotions is exactly what is needed – it captures
the essential message beautifully.”*

BP JOHN KEENAN, BISHOP OF PAISLEY



“Perfect timing! Thank you for bringing this to my attention.”

BP PATRICK MCKINNEY, BISHOP OF NOTTINGHAM

❧ *The Heart of Our Mother* ❧

Walsingham

“When Jesus therefore saw His mother, and the disciple whom He loved standing near, He said to His mother, ‘Woman, behold your son!’ Then He said to the disciple, ‘Behold your mother!’ And from that hour the disciple took her to his own home” (John 19:26-27).

By the very words of Our Lord, we know that the Blessed Virgin Mary is our mother indeed. It all began with the Annunciation – Our Lady’s “Yes” to the Archangel Gabriel and so, the Incarnation of Our Lord in her virginal womb. God became man to offer Himself for our sins and open heaven – eternal life – to us.

Our Lady invites us to come to Walsingham to celebrate the Incarnation of her Divine Son. It was she herself who requested of Lady Richeldis, in 1061, that a shrine be built in Walsingham for this purpose, a replica of the House of Nazareth. Pilgrims would come from far and wide, singing songs and praying *“the beads,”* that is --, the Rosary.

*What does Our Lady ask
of us in our day?...*

Our Lady has urged us to pray the Rosary every day.

In 1917, the Blessed Mother appeared six times to three shepherd children in Fatima, Portugal: **Servant of God Lucia dos Santos, St Jacinta Marto and St Francisco Marto.** Our Lady's message at Fatima has received the unprecedented approval in the teachings and acts of five popes. Key among her requests and warnings was the prayer of the daily Rosary.

Our Lady's own words:

"I want you to pray the Rosary every day." (June 13)

"Continue to pray the Rosary every day. In the last month [October], I will perform a miracle so that all may believe." (August 15)



"Continue praying the Rosary each day, always." (October 13)

Our Lady told Sister Lucia that **many souls go to hell** because there is no one to pray for them. Our Lady said that God does not ask us to make exceptional acts of penance for ourselves or for others but we are asked to keep the Commandments, do our duties and offer up with great love the difficulties and sufferings that we have in our daily lives for ourselves and for sinners. These are sufficient to save our souls and of others. **We are called to do ordinary things with great love.**

From Sr Lucia's last public interview, in 1957, some important and pressing words:



“My mission is to tell everyone of the imminent danger we are in of losing our souls for all eternity if we remain fixed in sin.”

“So now each one of us must begin to reform himself spiritually. Each one has to save not only his own soul, but also all souls that God has placed in his pathway.”

“God is giving two last remedies to the world: the Holy Rosary and devotion to the Immaculate Heart of Mary. There will be no other remedies.”

“The Blessed Virgin has given a new efficacy to the praying of the Holy Rosary to such an extent that there is no problem, no matter how difficult it is – be it temporal or, above all, spiritual – that cannot be solved by the Rosary.”

“With the Holy Rosary we will save ourselves, sanctify ourselves, console Our Lord, and obtain the salvation of many souls.”

“There is devotion to the Immaculate Heart of Mary, holding Her as the seat of mercy, goodness and pardon and the sure door to enter heaven.”

The following pages have instructions on **how to pray the Rosary** (pp 4-5) and include **reflections** on each of the mysteries of the Rosary to **meditate** on as you say the prayers (pp 6-13).



*“My immaculate Heart will be your refuge
and the way that will lead you to God.”*

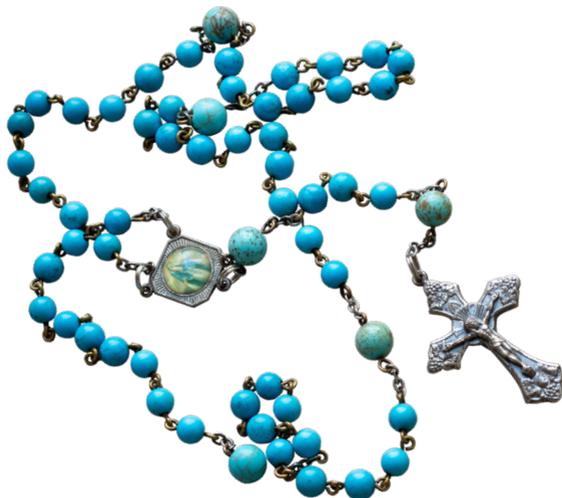
❧ *How to Pray the Rosary* ❧

At the crucifix of the Rosary beads, begin with the Creed:

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Then, say one “*Our Father*” and three “*Hail Marys*” for an increase in Faith, Hope and Charity, and then the “*Glory be*”:

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.



Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now and ever shall be, world without end. Amen.

Now, for each "decade", or set of ten beads, say

One "Our Father" on the lone bead;

And then 10 "Hail Marys", followed by one "Glory be";

And then the prayer Our Lady taught the children of Fatima, requesting that it be said after each decade of the Rosary:

Oh my Jesus, forgive us our sins. Save us from the fires of hell; lead all souls into Heaven, especially those most in need of Thy mercy.

Each decade stands for one of the "Mysteries" of our Redemption, on which we are to reflect as we say the prayers. There are five "Joyful Mysteries", five "Sorrowful Mysteries", five "Glorious Mysteries", and five "Luminous Mysteries" added by Pope St John Paul II in 2002. In the following pages (pp 6-13) you will find all the Mysteries and meditations for each.

You can pray the Rosary along with the "Children's Rosary" on EWTN GB, Monday to Friday at 4:30 pm. If you do not already receive EWTN, visit www.ewtn.co.uk/live-tv at that time.



Short Meditations on the

JOYFUL MYSTERIES

The Annunciation



“Hail, full of grace, the Lord is with you!” – Luke 1:28

Imagine you are in the holy house of Nazareth with Our Lady, and the Archangel Gabriel appears and announces to her that she is to bear a child, even as a Virgin. Then, at her “yes” -- “*Be it done unto me according to thy word*” -- the Son of God becomes man.

The Visitation



“When Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit.” – Luke 1:41

Imagine Our Lady visiting her cousin Elizabeth to help her in her pregnancy. As she enters the house, St John the Baptist leaps in Elizabeth’s womb for joy at the arrival of Jesus, still a tiny embryo in the Blessed Virgin Mary’s womb, recognising the Lord and Saviour.

The Nativity of Our Lord in Bethlehem



“And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn.” – Luke 2:7

Imagine you are in the cave of Bethlehem, with St Joseph and the Blessed Mother. The Child Jesus is born and laid in a manger. The angels cannot contain their joy and announce the great news to nearby shepherds who come to adore the Child. And then, the Three Wise Kings appear to pay their homage to the King of Kings.

Mysteries of the Rosary

The Presentation of Our Lord at the Temple



“When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord.” – Luke 2:22

Imagine you are in the Temple of Jerusalem, amidst the bustle of pilgrims and the faithful. St Joseph and Our Lady, bearing the Child Jesus in her arms, arrive to fulfil the precepts of Jewish Law and present the Child. Holy Simeon, inspired by the Spirit of God, speaks to them of the greatness of the Child, and at the same time tells Our Lady of her future sorrows: that a “sword” will pierce her “heart”.

The Finding of the Child Jesus in the Temple



“After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions.” – Luke 2:46

When Jesus is twelve, he, the Blessed Mother and St Joseph go on the annual pilgrimage to the Temple of Jerusalem along with their relatives. When His family leaves, Jesus stays behind, unbeknownst to his parents. Once this is noticed, St Joseph and Our Lady return in sorrow to Jerusalem, searching for the Child, and find Him amidst the doctors of the Law in the Temple. *“Why do you search for me? Did you not know that I am to go about my Father’s affairs?”*

LUMINOUS MYSTERIES*

The Baptism of Jesus



“Then Jesus came from Galilee to the Jordan to John, to be baptised by him.” – Matthew 3:13

Dear Jesus, You were baptised with water, one of the commonest of all substances. Your grace, Your love, Your Spirit – they are all superabundant and available to all who ask for them. I ask You to open my heart to Your infinite and gracious love.

The Wedding at Cana



“This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.” – John 2:11

At Cana, dear Jesus, Your public ministry began with a quiet miracle at a joyful celebration. This moment was both an echo of the Incarnation and a presaging of the Eucharist and the Passion... Just as You turned water into wine and You turn wine into blood [at Mass], turn my broken humanity into a vessel of holiness.

The Proclamation of the Kingdom



“Now after John was arrested, Jesus came into Galilee, preaching the gospel of God, and saying, ‘The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel.’” – Mark 1:14-15

Dear Jesus, You preached the Good News of repentance and the Kingdom of God even though You knew it would bring ridicule, and ultimately Your Passion... Build up in me the childlike trust in You that is essential to enter Your Kingdom.

The Transfiguration



“And he was transfigured before them, and his face shone like the sun, and his garments became white as light.” – Matthew 17:2

Transfigured Lord, help me to love You and to praise You and to trust You not only in those beautiful moments on the mountaintop but also in the dark times in the valley. Your will is always perfect, both when it bathes me in light and when it feels as if the darkness will never abate.

The Institution of the Eucharist



“And he took bread, and when he had given thanks he broke it and gave it to them, saying, ‘This is my body which is given for you. Do this in remembrance of me.’” – Luke 22:19

Lord God, if I truly appreciated the majestic humility of the Eucharist, if I fully grasped the opportunity to participate in Your very nature, it would change my life forever. Strengthen my love and my gratitude for this tremendous gift. Give me the faith to understand that the Eucharist makes everything possible.

*These and the following meditations are taken from *Mother Angelica's Rosary Meditations*, EWTN Publishing.



SORROWFUL MYSTERIES

The Agony in the Garden



“Then Jesus went with them to a place called Gethsemane.... And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled.” – Matthew 26:36-37

My Jesus, You told Your apostles many times that You looked forward to the final hour of redemption, and yet as You foresaw the sufferings to come, You shuddered with fear and anguish of soul... Help me to do the Father’s will with Your generosity and to accept a negative reply with Your love.

The Scourging at the Pillar



“Then Pilate took Jesus and scourged him.” – John 19:1

The pain of this suffering often escapes me, dear Jesus. I forget that this incident was not only painful but humiliating. Each stroke of the whip made You wince with pain, and the gaze of the onlookers made You feel like *“a worm and no man”* (Ps. 22:6).

The Crowning with Thorns



“And plaiting a crown of thorns they put it on his head, and put a reed in his right hand.” – Matthew 27:29

Were the tiny thorns that pricked Your head the worries I permit to choke Your Word from my mind? Were the resentments I cherish in my memory the reed that struck Your head? And when the spittle ran down Your face, did my arrogance make You cry?

The Carrying of the Cross



“So they took Jesus, and he went out, bearing his own cross, to the place called the Place of a Skull...”

– John 19:17

You loved me enough, dear Jesus, to take upon Your bleeding shoulders the wood of Your Cross... Help me, my Jesus, to carry my cross with joy, keeping my eyes always on the Father’s will.

The Crucifixion and Death of Our Lord



“And when they came to the place which is called The Skull, there they crucified him...” – Luke 23:33

You gave Your life for me when I was a sinner. You loved me, dear Jesus, before I saw the light of day or felt the gentle breeze upon my cheek. You have suffered and died for me, hounded and pursued me, inspired and drawn me.



GLORIOUS MYSTERIES

The Resurrection



“He has risen, he is not here; see the place where they laid him.” – Mark 16:6

Jesus, the joy of your Resurrection fills my soul with exultation and the realisation that my body, too, will rise someday. Like Your five wounds, my suffering will also shine for all to see. The wisdom of the Father will be glorified forever as all men see how His plan and will in my life marked out the glory that would be mine for all eternity.

The Ascension



“So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God.” – Mark 16:19

Dear Jesus, I find the day You ascended to the Father a sad day. It resembles my soul when, after experiencing Your presence, it is plunged into a state of dryness... Help me to realise that when I feel Your presence, You are consoling me, but when I do not feel that presence and I continue a life of love and virtue, I am consoling You.

The Coming of the Holy Spirit



“And they were all filled with the Holy Spirit.” – Acts 2:4

Holy Spirit, give me an increase of Your gifts and the grace that ensures Your presence in my soul. Give me an awareness of the divine indwelling, a realisation of how much the Father loves me, and transform my soul into a perfect image of Jesus.

The Assumption of Our Lady



“Hear, O daughter, consider, and incline your ear; forget your people and your father’s house; and the king will desire your beauty.... The princess is decked in her chamber with gold-woven robes; in many- coloured robes she is led to the king.” – Psalm 45:10-11, 13-14

Mary, my Queen and Mother, I rejoice that your pure body – the Ark of the Covenant before His birth, and a temple of the Lord at His Resurrection – rose from death in anticipation of the general resurrection... Let your Assumption into Heaven give me the assurance and courage to be a Christian in word and deed.

The Coronation of Our Lady Queen of Heaven and Earth



“And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.” – Revelation 12:1

Your heart was pierced with seven sorrows during your earthly pilgrimage. Now twelve stars circle your head, and the moon is under your feet. Obtain for me, dear Mother, the grace I need to enter His Kingdom one day and be crowned with the crown of holiness.

Say the Rosary daily, one day at a time, and you will see how it becomes an essential part of your life. Then consider the Five First Saturdays devotion, which Our Lady herself requested of Sr Lucia, as explained in the pages that follow.

❧ Importance of First Saturdays Devotion ❧

The message requesting the First Saturdays **is the great crown** of the June 13th and July 13th messages given in Fatima in 1917 to Lucia, Jacinta and Francisco, in which Our Lady said she would come to ask for the consecration of Russia to her Immaculate Heart, and the Communion of Reparation on the First Saturdays.

The practice and spread of the First Saturdays of Reparation **are crucial and integral** to establishing devotion in the world to the Immaculate Heart of Mary. It may be done individually, communally or in small groups as long as we fulfil all the requirements.

While completing the Five First Saturdays devotion once fulfills the request of Our Lady, **continuing this beautiful practice** - whether yearly or whenever possible - offers ongoing spiritual graces, deepens your relationship with Mary and brings peace to the world.

This devotion is **the forgotten part of the Fatima message**, and the most important for the peace of the world, and for the salvation of souls. They are a monthly means of prayer of Reparation for the sins of the world, and a means for us to make a monthly confession and Communion of Reparation.

Our Lord and Our Lady asked that **devotion to the Immaculate Heart of Mary** be established in the Church and the World as a visible witness in our parishes. The First Saturdays of Reparation celebrated communally will give this witness, and show the world that we as Catholics are serious about responding to the call of God, to pray and work for peace.

The World perhaps stands on the brink of war? Will you enact the Peace Plan of Heaven for the salvation of souls and the peace of the world? **It is in your hands!** The peace of the world depends upon your response!



WORDS OF OUR LORD TO SR LUCIA ABOUT THE FIRST FIVE SATURDAYS DEVOTION

On February 15, 1926, the Infant Jesus appeared to Sr Lucia, who placed before Jesus the difficulty that some people had about confessing on Saturday, and asked that it might be valid to go to confession within eight days.

Jesus answered: ***“Yes, and it could be longer still, provided that, when they receive Me, they are in the state of grace and have the intention of making reparation to the Immaculate Heart of Mary.”***

Sr Lucia then asked: *“My Jesus, what about those who forget to make this intention?”*

Jesus replied: ***“They can do so at their next confession, taking advantage of the first opportunity to go to confession.”*** And He added: ***“It is true, my daughter, that many souls begin the First Saturdays, but few finish them, and those who do complete them do so in order to receive the graces that are promised thereby. It would please me more if they did the Five with fervour and with the intention of making reparation to the Heart of your heavenly Mother, than if they did Fifteen, in a tepid and indifferent manner...”***

In another communication to her spiritual director, Sr. Lucia said that Our Lord had stressed to her once more:

“Ask, ask again insistently for the publication of the Communion of Reparation in honour of the Immaculate Heart of Mary on the First Saturdays. The time is coming when the rigour of my justice will punish the crimes of diverse nations. Some of them will be annihilated. At last the severity of my justice will fall severely on those who want to destroy my reign in souls.”



Five First Saturdays Devotion

✠ IN REPARATION TO THE IMMACULATE HEART OF MARY ✠

On December 10, 1925, Our Lady, with the Child Jesus, visited Sister Lucia of Fatima.

Our Lady spoke, saying, *“Behold, my daughter, my heart encircled with thorns, with which ungrateful men pierce it at every moment by their blasphemies and ingratitude. Give me consolation, you, at least, and make known on my behalf that **I promise to assist** at the hour of death, with the graces necessary for salvation, all who on the first Saturday of five consecutive months confess their sins, receive Holy Communion, recite five decades of the Rosary and keep me company for 15 minutes, meditating on the mysteries of the Rosary with the purpose of **making reparation to my Immaculate Heart.**”*

Our Lord detailed the intention for each of the five First Saturdays, which are to **make reparation for offenses and blasphemies** directed at her, wounding her Immaculate Heart:

- 1st – In reparation for attacks against her Immaculate Conception;
- 2nd – For attacks against her Perpetual Virginity;
- 3rd – For refusal to recognise that she is the Mother of God;
- 4th – For instilling indifference and hatred towards her in children;
- 5th – For insults directed against her sacred images – ridicule and the infliction of damage to them.

As there are five decades to a Rosary, each one of these can be offered in reparation for one of the offenses, and thus a simple form of reparation can also be offered each day to keep the spirit of reparation alive in our hearts, besides the First Five Saturdays.

The practice of the First Saturdays are the **Peace Plan of Heaven** given by Jesus and Mary and are of vital importance for the salvation of millions and for the peace of the world.

Sister Lucia of Fatima emphasised the following in a letter to her spiritual director on March 19, 1939:

*“**War or Peace in the world** depends upon the practice of this devotion (the First Saturdays) joined with the consecration to the Immaculate Heart of Mary. Hence I would want it spread, and, above all because it is the desire of our good Lord and our so dear Mother in heaven...”*

There are four practices with one intention.

Each first Saturday we are asked to:

- Go to Confession (within 8 days, before or after the first Saturday)
- Pray the Rosary
- Receive Holy Communion – as a Communion of Reparation
- Meditate for 15 minutes on some of the Mysteries of the Rosary

All **with the intention of making Reparation**

for sins committed against the Immaculate Heart of Mary.

At Fatima after the **terrible vision of hell** Our Lady said: *“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.”*



Visit our website each month for a new First Saturday Meditation, for individual or group use: www.ewtn.co.uk/first-saturdays.



Suggested Meditations

THE FIRST SATURDAY 15-MINUTE MEDITATION

A key part of the First Saturday devotion is the 15-minute Scriptural meditation, during which we are invited to keep Our Blessed Lady and her Divine Son company - with the intention of making reparation for sins committed against the Immaculate Heart of Mary. Among the four requirements of the First Saturday devotion, this meditation is often the practice people find most challenging, especially after going to Confession, praying the Rosary and receiving Holy Communion in reparation. Presented here are four suggested meditations that you may find helpful to use at different times.

Please note that you may need to be flexible and creative in how you use these Meditation texts. The full text is well-suited for individual prayer; however, if you are leading a group meditation within a 15-minute timeframe, you may need to select portions to read aloud, using the Scripture passages and questions to ponder, interspersed with moments of silence.

If you have more than 15 minutes available, consider dividing the meditation into smaller parts with pauses for reflection. Above all, creating space for silence is essential - allowing the Lord to speak to each person's heart.

4 PRACTICES - 1 INTENTION

THE FIRST SATURDAY REPARATION

- 1 CONFESSION
- 2 ROSARY
- 3 RECEIVE HOLY COMMUNION
- 4 15 MINUTE MEDITATION



Meditation 1: The Third Joyful Mystery, The Birth of Jesus

“In those days a decree went out from Caesar Augustus that all the world should be enrolled. This was the first enrolment, when Quirinius was governor of Syria. And all went to be enrolled, each to his own city. And Joseph also went up from Galilee, from the city of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be enrolled with Mary, his betrothed, who was with child. And while they were there, the time came for her to be delivered. And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn.” – Luke 2:1-7

Meditation thoughts by a father of the spiritual family of St Philip Neri

The Nativity helps us to adore the infinite wisdom and power of our God, whilst we ponder the mystery of the greatest pilgrimage ever seen. Our Lord so humbly descended to the human state.

He comes in the midst of political tensions, and man-made laws out of sync with God’s laws, which are neither just nor merciful, and we can see this in our current legislations.

Think of the contrast of Joseph and Mary, coming unnoticed in the clamouring crowds, to Bethlehem. Consider Our Lady heavily pregnant, and the enormous risks of the dangerous journey of up to 9 days.

Our Lady is patient, with no moan or complaint, she is full of Grace and Hope. We contemplate with Mary, God’s promise given to David, that one of his descendants would rule over the Eternal Kingdom. The babe of Bethlehem, our prince of peace, restores dignity and truth. He came to us out of Love, to save us, and to breathe new Life into us.

Advent is a procession to Bethlehem where we again can purify and humble ourselves by what we see there in the crib. Joseph and Mary can help us to surrender to God’s Will and lay those things down that burden us. As Christ reveals to us the face of the Father, Our Lady invites us to look lovingly upon the face of Christ, and see tireless wonder of Christmas.

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

1. In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. The Holy Family had to undergo what appears to be an unheard of or unexpected decree, dictated by the emperor. We know very well how similar abuses of power can occur in our own days. How can we navigate wisely between the laws of this world and God's law? How can the Holy Family teach us by their own example to look above and beyond? This decree enabled Our Lady and Saint Joseph to fulfil the Scriptures and to welcome the Son of God in impoverishing circumstances, yet allowing God's will and God's grace to abound all the more.

2. This Gospel reminds us that Our Lady and Saint Joseph went through a thorough spiritual and practical preparation for the Birth of Our Lord. As we welcome Advent, we should remember that soon, the time will come for the Baby to be born. Are we ready to welcome Him? What needs to change in our hearts, in our lives, to welcome Him worthily and joyfully?

3. There was no place for them in the inn... Here was another opportunity for Joseph and Mary to trust in God, and surrender to Him their lives, and the life of their Precious Child. How can we overcome so many opportunities in our daily life to be annoyed, discouraged, bitter, resentful, when injustices, misjudgements, uncharitable behaviours happen to us? In the light of this Gospel and during this Holy Season of expectation, what concrete steps can we take to keep our gaze fixed on Our Saviour, and forgive straight away and continuously the faults of our neighbours and of our own?

Meditation 2: The Third Luminous Mystery, The Proclamation of the Kingdom of God and the Call to Conversion

“Now when he heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, that what was spoken by the prophet Isaiah might be fulfilled: ‘The land of Zebulun and the land of Naphtali, towards the sea, across the Jordan, Galilee of the Gentiles - the people who sat in

darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.' From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand." – Matthew 4:12-17

Meditation thoughts by a father of the spiritual family of St Philip Neri

The news of the imprisonment of John the Baptist prompts, Our Lord to begin His preaching. John had said, *"Repent, because the Kingdom of God is at hand!"* (Matthew 3:2). This was the reason why he was imprisoned by Herod. The preaching of the Gospel involved risks; Our Lord takes the risk. St Matthew encourages his listeners to share in the Lord's heart and the risk of persecution. He quotes from Isaiah: *"The people who lived in darkness have seen a great light!"* Like Our Lord we are called to be *"the light of nations!"* This Mystery like the Holy Rosary is a true doorway to the depths of Christ's Heart. To seek refuge to gain confidence and to be His Light.

Peace starts from within and then it spreads out. Our Lady wants to proclaim boldly her Son's reign of peace, peace that the world cannot give. Pope St Pius X says *"If you want peace in your heart, in your home, in your country, assemble together every night and say the Rosary."* In the Rosary, we hold the kingdom of heaven. St John Paul in the Third Luminous Mystery *"The Proclamation of the Kingdom of God and the call to conversion"* wanted to equip us in the understanding, that the Rosary is a *"compendium of the Gospel."* As the Rosary is the best example of deepening our knowledge of Christ. This luminous mystery gives us His Mission, helped by His Mother, to seek those who are in darkness. Our Lord's mission is to be with people who are in the darkness.

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

1. *"The Kingdom of Heaven is at hand."* What is, for us, the Kingdom of Heaven? How can the meditation on the third Luminous Mystery help us in our contemplation of the Kingdom of God? Where in my life do I need conversion and repentance? If the Kingdom of Heaven is at hand, why am I not more in haste to repent and convert? What stops me?

2. *“The people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death, light has dawned.”* October, month of the Rosary, month of prayer for mission, for missionaries, for conversion, for a harvest of souls. We may feel we can’t do much about mission where we are, with our busy life in the world. Well, St Thérèse of Lisieux, whom we celebrated at the beginning of the month, never went away from her Carmelite convent in France and yet, she is the patron of mission and she trusted that the Good God could use any of her prayers and little sacrifices to save souls. With the help of Our Lady, Queen of the Rosary, and St Thérèse, are we ready to offer up our prayers so that the people who sat in darkness may see a great light? Are we ready to be missionaries of God’s love with the Eucharist in our heart and the Rosary in our hand?

Meditation 3: The Fourth Sorrowful Mystery, Jesus carries his Cross to Calvary

“Then he [Pilate] handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of the skull, which is called in Hebrew Golgotha. There they crucified him, and with him two others, one on either side, and Jesus between them.” – John 19:16-18

Meditation thoughts by a father of the spiritual family of St Philip Neri

St Paul reminds us *“We preach Christ Crucified, to the Jews, a stumbling block, and to the Gentiles foolishness.”* (1 Corinthians 1:23) All of us experience problems, difficulties and sufferings which are hard to bear. These crosses of life are a special part of our earthly pilgrimage. These crosses are different and unique to all. Sometimes they come from situations forced upon us like illness, bereavement, misfortune, or the lies of others, but most of the time they come from our own stubborn cold hearts rejecting mercy, generosity, and living with unconfessed sins.

There is hope for us since Our Lord carried His Cross in order to merit for us the strength to bear our trials with generosity. He has placed in His Cross a sweetness which makes ours bearable, for when we carry our cross it is really His that we receive. Christ unites Himself to our sufferings, sorrows and burdens when we accept them with love. With His Divine presence He becomes our Simon of Cyrene and invites us to do the same for others. By this union He gives suffering value which the world cannot comprehend. In that way our sufferings become a source of great merit for us. We don't need to hide from our Cross but accept it.

Salvation can only come when we deal with our Cross and embrace it, just like the Lord. Christ's attitude to the Cross is different. He embraces it not because he wants suffering and pain but because through this supreme act of loving sacrifice, He will give everything to the Father and ultimately will find Resurrection and Eternal Life.

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

1. *"Finally, Pilate handed him over to them to be crucified."* Pilate tried to convince the crowd to crucify Barabbas instead of Jesus. He didn't want to be responsible for his death and yet, eventually, he handed him over.. So, I ask myself: Has it been always easy for me to be Jesus' disciple? Have I been a coward to proclaim my faith? Ashamed to be catholic? How can Our Lady help me not to be afraid of the Cross, and to cherish it as the secret of my salvation and the salvation of all mankind?

2. *"Carrying his own cross"* Our Lord suffered the betrayal of one of his disciples, and of being abandoned by the others, with the exception of St John. He suffered too the violence, insults and loathing of the soldiers and the crowd. Jesus carried this cross completely alone. Despite the weight of the sufferings, deceptions, discouragements, betrayals, and loneliness I encounter in my own life, am I ready to accept those as a way to carry the Cross with Our Lord? To accompany Our Lady on the way of the Cross and be taught by Her, who never failed in hope?

3. *“They crucified him, and with him two others - one on each side and Jesus in the middle.”* Even till the moment of His last breath, Our Lord would give himself up totally for sinners, and be ready to welcome them in the Kingdom of God. In my life, I may be challenged by injustices, dishonest people, or worse. Jesus, help me to live those difficult situations so that I might become more Christ-like and more merciful. And with Our Lady’s example of a totally compassionate Heart, how can I encourage, somehow, these people to choose good over evil?

Meditation 4: The Third Glorious Mystery, The Coming of the Holy Spirit

“When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.” – Acts 2:1-4

Meditation thoughts by a father of the spiritual family of St Philip Neri

We know from the Book of the Acts of the Apostles that Our Blessed Lady Herself was also present, accompanying them in prayer on Pentecost day. This is mind blowing because Our Lady and Her role does not diminish after the Ascension of her Son. There is no return to Her hidden life with St John, the beloved. Her role becomes even more important as She is the bridge between the Lord’s hidden years and His public ministry.

Our Lady plays a pivotal role in providing the Church with all that is necessary to aid its Mission as the Body of Christ on Earth. One of the most terrible blasphemies against Mary is basically to say that Her role was over once She gave birth to Jesus. The truth is far more important.

Our Lady prays with the first community. She, the teacher of prayer, is always docile to the soft voice of Her Spouse, the Holy Paraclete. Our Lady teaches the disciples to be confident in awaiting the Gift that comes from on High: The Spirit promised by Our Lord as a fruit of His Paschal Mystery.

Just as in the Incarnation, when the Spirit had formed the physical body of Christ in her virginal womb, likewise in the Cenacle, the Spirit comes to give life to His Mystical Body. From this we learn, like the disciples, to always stay close to Mary.

Ask Her to help you to pray, especially in times of aridity and boredom. Pope Benedict said that *“Wherever Christians gather in prayer with Mary, the Lord gives His Spirit.”*

Let us have the courage and generosity to renew our prayer in union with the Virgin Mary. Let us ask Her to intercede for us before Our Lord so that, as in the Wedding Feast at Cana, she may turn to Her Son and say, *“They have no wine.”* With Her powerful intercession, she will bring about a renewal of the gifts of Pentecost in our souls and in the entire Church.

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

1. The Holy Spirit might be in our life as the *“Unknown one or the less known one”* of the Most Holy Trinity. The disciples gathered with Our Lady were all well-disposed to receive the Holy Spirit and become a channel for Him. Are we ready to ask Our Lady to open our heart to be a well-disposed vessel for the Holy Spirit and not be afraid of the good works He wants to accomplish within us and through us?

2. Are we resolute to consecrate ourselves to Our Blessed Lady? Are we resolute not only to dedicate Her more time in prayer, but to become her apostle and bring people back to Her beloved Son Jesus?

3. *“There came a sound like the rush of a violent wind.”* Lots of violent winds can be heard in our troubled world as well as in our own personal lives. With Our Lady’s help, shall we call on the Holy Spirit to dwell in our hearts and turn our legitimate fears into the fear of the Lord, and a renewed eagerness to receive the 7 gifts of the Holy Spirit? May He make of us joyful disciples and channels of peace and hope.

❧ *The Brown Scapular* ❧



In 1251, Our Lady appeared to a Carmelite friar, St Simon Stock, saying: *“Receive, my beloved son, this **Scapular of thy Order**. It shall be a special sign of salvation, a protection in danger, and a pledge of peace. Whosoever dies wearing this Scapular **shall not suffer eternal fire.**”*

The Brown Scapular places us under the special protection of the Blessed Mother, especially against evil, and at the time of our death.

“Most definitely, the Carmelite Brown Scapular and the Rosary are inseparable. The scapular is a sign of consecration to Our Lady.” Sister Lucia of Fatima said this in 1949 in reply to questions posed to her by two Carmelite priests.

You must be invested into the Brown Scapular by a priest with the proper prayers, but this is done only once in a lifetime. If a scapular needs to be replaced because it is worn out, you need only get another one. There is no need to be invested in it again.

To find out where you can obtain a brown scapular, miraculous medals, and rosaries, go to next page.

❧ *Miraculous Medal* ❧

*“O Mary conceived without sin,
pray for us who have recourse to thee.”*

The Miraculous Medal is a signal gift from Heaven, through which many miracles of healing and conversion have occurred. On November 27, 1830, Our Lady appeared to a novice of the Daughters of Charity (founded by St Vincent de Paul and St Louise de Marillac in 1633) – **St Catherine Labouré**. She charged her with having a medal struck, with very precise designs and inscriptions, including the prayer above. It should be worn around the neck and – by the person’s acceptance in wearing it – would work **many miracles of grace through Our Lady**. The medal needs only a simple blessing by a priest.

St Catherine’s body lies incorrupt at her convent at the rue du Bac in Paris, where the apparitions occurred.



How to Get



ROSARIES, MEDALS AND SCAPULARS



Rosaries, medals and scapulars should be available at your local church repository or online.

You may also obtain them from Holy Cross Catholic Books, visit www.holycrossbooks.co.uk or call 0203 441 8240.



WELCOME TO THE WORLD OF

EWTN

Great Britain

Proclaiming the Eternal Word Throughout Britain

Bringing you the truth of the Catholic faith. We offer a wide variety of programming to suit all ages and tastes. If you already have Amazon Fire, Roku, or Sky satellite you can receive EWTN Great Britain. Watch EWTN TV or listen to radio via our website www.ewtn.co.uk/live-tv.

Here in Great Britain we have a **studio in Walsingham** dedicated to producing television and radio content. You are very welcome to come to visit us.

Join our newsletter for the latest on our productions, spiritual resources and Catholic news: www.ewtn.co.uk/subscribe.

These days it is easier than ever to receive EWTN Great Britain. **Get our TV programme guide** by email or post. For more details, call us on **0208 350 2542** or email us at email@ewtn.co.uk.

Pray the 'Children's Rosary' with us, Monday-Friday at 4:30 pm. Watch at www.ewtn.co.uk/live-tv if you do not receive EWTN.

“
*I have really
been inspired by
EWTN's content
for children.*
”



In A World Starved for Truth...

SUPPORT OUR MISSION

- Make a One-off Donation
- Make a Regular Donation
- Leave a Gift in Your Will
- Setup a Standing Order
- Send a Cheque
- Donate by Phone
- Promote EWTN GB
- Volunteer Your Time



SCAN TO DONATE

or visit

www.ewtn.co.uk/support



WHERE TO FIND US?



Look for full information at www.ewtn.co.uk/get-ewtn

We rely on your generosity to continue our mission in Britain.

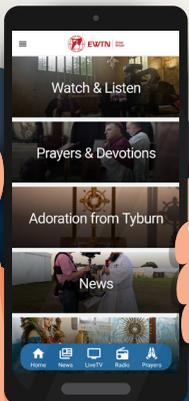
Your generosity supports our work here in Britain, proclaiming the Gospel and sharing the truth of the Catholic faith.

Ways to give:

- **Bank Transfer/Standing Order:**
Name: ST CLARE MEDIA EWTN LTD (must be all capitals)
Sort Code: 09-01-54 Account No: 94263288
- Online: www.ewtn.co.uk/support
- Scan the QR code
- **Legacy, Cheque and SO:**
Visit Our Website for details to give offline.

Find out other ways you can help by visiting our website.

Be part of our mission - **follow us on social media** and help us reach more souls.



Download our App

SEARCH 'EWTN GB' OR SCAN THE QR CODE

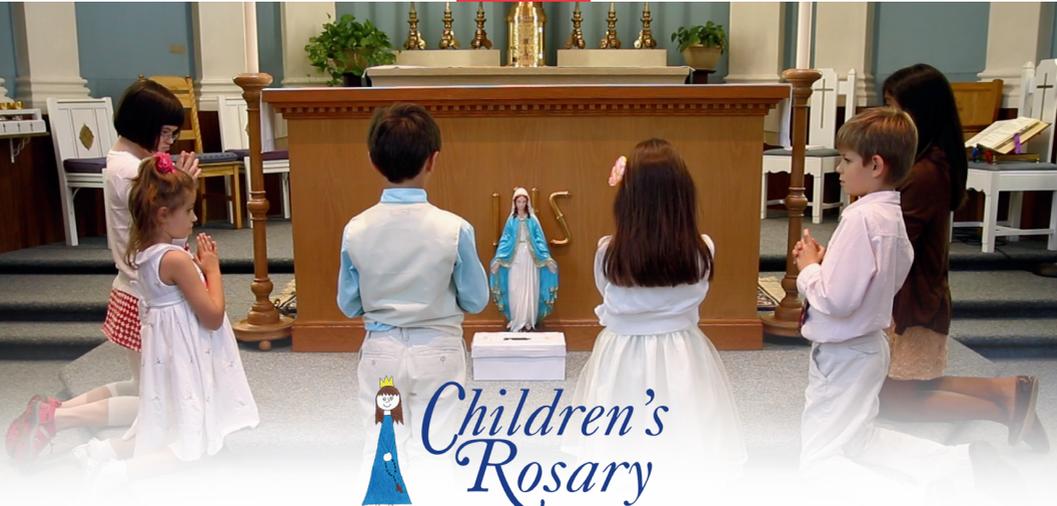
VIDEO & AUDIO ON DEMAND - EWTN RADIO
EWTN LIVE STREAM - EWTN NEWS and more...

Your favourite Catholic content – anytime, anywhere





FREE



Children's Rosary

A Prayer Group for Children

Uniting Children in Prayer Across the World
in Schools, Churches, Parishes, and Orphanages

Do you want to help your children and grandchildren to grow in holiness and deepen their faith? Find out how Children's Rosary prayer groups are helping to support the prayer lives of children throughout the UK and in over 45 countries around the world?

Consider starting a Children's Rosary prayer group
in your local parish or school.



ChildrensRosary.org

We can send you up to 100 free copies of this Guide - contact us directly.

EWTN Great Britain • 15 High Street • Walsingham • Norfolk • NR22 6BY
0208 350 2542 • email@ewtn.co.uk • www.ewtn.co.uk

EWTN | Great Britain