

First Saturday Meditations

The following Mysteries are intended for 15 minutes of meditation

THE FIRST JOYFUL MYSTERY

In reparation for lack of Trust in God

The Annunciation (Luke 1:26-38)

Let us consider in this mystery how

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High; the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply. "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold I am the handmaid of the Lord. May it be done to me according to your word" Then the angel departed from her.

Prayer: *Immaculate Heart of Mary, by the message of an Angel, the Holy Spirit overshadowed you. Your most pure and virginal womb became the sacramental tabernacle sheltering the Son of God. At Fatima, the Angel of Portugal came with a message for the 3 shepherd children to prepare them for your heavenly visit: "Do not be afraid! I am the Angel of Peace. Pray with me: 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." Help me to pray and live the Angel's prayer at Fatima.*

Recite: *Hail Mary, once.*

THE SECOND JOYFUL MYSTERY

In reparation for those babies aborted in early pregnancy

The Visitation (Luke 1:39-56)

Let us consider in this mystery that

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." And Mary said:

My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior. For He has looked upon His handmaid's lowliness; behold from now on all ages will call me blessed. The Mighty One has done great things for me, and holy is His name. His mercy is from age to age to those who fear Him. He has shown might with His arm, dispersed the arrogant of mind and hear. He has thrown down the rulers from their thrones, but lifted up the lowly. The hungry He has filled with good things, the rich He has sent away empty. He has helped Israel His servant, remembering His mercy according to His promise to our fathers, to Abraham, and to his descendants forever.

Prayer: *Immaculate Heart of Mary, your visit to your cousin, Elizabeth, filled her heart with song and praise. Ay Fatima, you visited the 3 little shepherds. They, too, were captured by your love: "Do not be afraid. I will do you no harm. Pray the Rosary every day, in order to obtain peace for the world and the end of the war. When you pray the Rosary, say after each mystery: O my Jesus, forgive us, save us from the fire of hell. Lead all souls to Heaven, especially those who are most in need." Abide in my heart, also, and grant me the grace to remain faithful to your Rosary.*

Recite: *Hail Mary*, once.

THE THIRD JOYFUL MYSTERY

In reparation for not recognizing God come to live with us as our savior.

The Nativity. (Luke 2:1-20)

Let us consider in this mystery how

In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Messiah and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger." And suddenly there was a multitude of the heavenly host with the angel, praising God and saying: "Glory to God in the highest and on earth peace to those on whom his favor rests." When the angels went away from them to heaven, the shepherds said to one another, "Let us go, then, to Bethlehem to see this thing that has taken place, which the Lord has made known to us." When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them.

Prayer: *Immaculate Heart of Mary, heaven's angels song in jubilation to witness the birth of our Lord. The shepherds knelt at the manger, soon after the great star gleamed in the sky building the Magi. At Fatima, you promised a miracle for all to believe. The clouds parted on October 13th, and the great solar star danced through the heavens, one again showering favors of light upon the earth. Abide with me as I pray the interior prayer the little shepherds received in their hearts as they fell to their knees; "O Most Holy Trinity, I Adore You! My God, my God, I love You in the Most Blessed Sacrament!"*

Recite: *Hail Mary*, once.

THE FOURTH JOYFUL MYSTERY

In reparation for refusal to obey Church authority.

The Presentation in the Temple (Luke 2:22-39)

Let us consider in this mystery that

When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem present him to the Lord, just as it is written in the law of the Lord, "Every male that opens the womb shall be consecrated to the Lord," and to offer the sacrifice of "a pair of turtledoves or two young pigeons," in accordance with the dictate in the law of the Lord. Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him. It had been revealed to him by the holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel." The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed." There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived seven years with her husband after her marriage, and then as a widow until she was eight-four. She never left the temple, but worshipped night and day with fasting and prayer. And coming forward at that very time, she gave thanks to God and spoke about the child to all who were awaiting the redemption of Jerusalem. When they had fulfilled all the prescriptions of the law of the Lord, they returned to Galilee, to their own town of Nazareth.

Prayer: *Immaculate Heart of Mary, your Holy Family fulfilled all precepts of the law with profound humility and God's favored blessing, yet your own soul was to be pierced by a sword. Your words to Sister Lucia grieve me deeply: "Look, my daughter, at my heart surrounded with thorns.. ." It is my great desire to console you and remove these thorns. I pray that your words to Sister Lucia may be applied to me: "You at least, try to console me . . ."*

Recite: *Hail Mary*, once.

THE FIFTH JOYFUL MYSTERY

In reparation for low and aborted children.

The Finding of the Child Jesus After Three Days in the Temple (Luke 2:41-52)

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him they were astonished, and his mother said to him "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced (in) wisdom and age and favor before God and man.

Prayer: *Immaculate Heart of Mary, what joy filled your heart upon finding Jesus in the Temple. Intercede for me with your Divine Child that I may remain always faithful to the Church and never lose Jesus through mortal sin. If I should offend Him, may I seek the Sacrament of Reconciliation immediately with a contrite heart. I pray for the grace to respond to your request at Fatima: "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? Then you are going to have much to suffer, but the grace of God will be your comfort."*

Recite: *Hail Mary*, once.

Prayers from Fatima

The prayers taught at Fatima are simple in structure, profound in depth. To a world poor and needy in faith and charity these prayers stress ancient truths of our holy Catholic Church - especially concerning the Holy Eucharist and Mary, the Immaculate Mother of God.

Pardon Prayer

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 of Peace, Spring 1916

Sacrifice Prayer

(Our Lady requested that this prayer be said many times, especially whenever we make some sacrifice)

O Jesus, it is for love of You, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary. - Our Lady of Fatima, July 13, 1917

Eucharistic Prayer

This prayer stresses the most beautiful truth - the all-powerful, all-loving God upon our very altars. *Most Holy Trinity, I adore You! My God, my God, I love You in the Most Blessed Sacrament. - Our Lady of Fatima, May 13, 1917*

Angel's Prayer

With the Blessed Sacrament suspended in the air, the angel at Fatima prostrated himself, and recited this prayer: *O 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. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg the conversion of poor sinners. - Angel of Peace, Fall 1916*

Prayer of Consecration

Vouchsafe to reign, O most loving Mother, over this family, that it may be your own, and over each one of us who is, and wishes to be, yours in prosperity and in adversity, in joy and in sorrow, in health and in sickness and in life and in death. Reign over our wills, leading them in the path of virtue traced by you for us with your example, in a perfect submission to the will of God.

Reign in our hearts which desire nothing but to be consumed with love for you and Jesus. We want to be pure like you; we want to atone for so many crimes committed against you and against Jesus. Bring to our country and to the whole world the kingdom of peace in justice and charity.

Therefore, we now promise to imitate your virtues in the practice of a Christian life, and to offer you the wreath of our Rosary and the flowers of our sacrifices, in the spirit of Reparation and Penance.