

# First Saturday Devotions

**Almost 100 years ago** Our Lady of Fatima appeared to Lucia Santos at the convent in Pontevedra. In the December 10<sup>th</sup> apparition Sister Lucia said that the Virgin Mary appeared to her, and by her side on a luminous cloud was the Child Jesus. According to Lúcia, Mary requested the institution of the Devotion of the Five First Saturdays in reparation to her Immaculate Heart:

Look, my daughter, at my Heart encircled by these thorns with which men pierce it at every moment by their blasphemies and ingratitude. You, at least, strive to console me, and so I announce: I promise to assist at the hour of death with the grace necessary for salvation all those who, with the intention of making reparation to me, will, on the first Saturday of five consecutive months, go to confession, receive Holy Communion, say five decades of the beads, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary.<sup>[3]</sup>

**With so many things** around us that feel as though they are out of our control, this is one thing that we can do to help that world around us. Remember the first Holy Saturday after Jesus was placed in the Sepulcher (before the Resurrection on Easter). Devotees of Fátima believe that the First Saturdays help to console the sorrows of God, Jesus, and the Virgin Mary for the sins against her Immaculate Heart.

**The Blessed Virgin promised** special and great graces, especially at the hour of death for salvation of believers, who for **Five Consecutive First Saturdays of a Month** (5 Saturdays in 5 months) receives Holy Communion and practices the following exercises as an Act of Reparation to the Sacred Heart of Mary:

- **Sacramental confession**

The confession can take place within eight days before or even after the Holy Communion is received, but the Holy Communion shall be received with dignity, in a state of grace, keeping in mind the Real Presence of Jesus in the Eucharist through transubstantiation. The intention of making reparation to the Immaculate Heart of Mary may be kept to oneself; it is not necessary to notify the confessor or presbyter.

- **To receive Holy Communion**

The Holy Communion has to be received within the 24 hours of the first Saturday of the Month. Attendance to Holy Mass is optional. Receiving Holy Communion as part of this devotion must be consciously intended as an Act of Reparation to the Immaculate Heart. The devotee need not tell anyone else but keep it in mind. To avoid omitting the Intention every Saturday, the General Intention for the devotion of the Act of Reparation can be mentally or outspokenly stated before starting the First Saturdays (or in between).

- **A 5-Decade Rosary is recited**

As a part of this devotion, we will say the Rosary right before our communion service. This typically takes about 20 minutes and will begin right at 8:30 am

- **Meditate for 15 minutes**

The church will remain open all day for you to remain, or return, to meditate on the mysteries of the Holy Rosary.

Please consider joining us this coming Saturday