

FIRST SATURDAY DEVOTIONS

2ND JULY 2022

THE SECOND JOYFUL MYSTERY

THE VISITATION



GO TO CONFESSION

READ THE GOSPEL OF LUKE 1: 39–47

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord."

MEDITATE ON SCRIPTURE FOR 15 MINUTES

REFLECTION

Let us ask the question - where does St John the Baptist's prophetic nature come from? Of course God, but it was nurtured by his parents St Zechariah, a priest and St Elizabeth, a Prophetess. In the Old Testament, a prophet was someone who brought the word of God to the people by the power of the Holy Spirit. "Who has spoken through the prophets," as we say in the Nicene Creed. Each time we pray the mystery of the Visitation we are St Elizabeth's hearers. For a prophecy to be a prophecy, it has to become true. St Elizabeth's words are true. She felt the awesome presence of the Lord and she calls us to renew our love for the Eucharistic Lord. The meeting of these cousins helps us to fix our gaze on the fruit of Mother Mary's womb and to help us to deepen our friendships so they are centred on Christ. That together we can help each other in the holy pursuit of finding intimacy with the Lord. This happened to St John the Baptist as he was consecrated from his mother's womb and given the strength to announce the coming of the Messiah and to prepare souls for His Advent by a baptism of penance.

St Elizabeth helps us to see her Cousin Mary is indeed blessed amongst women, and the fruit of her womb has indeed changed the world. Mary's humility instinctively deflects. The selflessness of Our Lady is seen in her walk to be with her cousin. We don't know if Our Lady journeyed alone or with St Joseph or a travel companion. Our Lady chose the long and hard road because she knew that her trust in God and the fulfilment of His promise were enough. By this act of love Our Lady praises the source of all goodness, God the Father, rather than the goodness of her own generosity.

It makes sense that Mother Mary is at the head of the trail in clearing the tangled path overgrown since the sin of Eve. She invites us to stay close to her. Our Lady leads us to discover Her Son anew as the one and only source of all truth, goodness, and beauty.

QUESTIONS TO PONDER

- Do we easily acknowledge Our Lady's presence in our life like Elizabeth did?
- Do we always ask for prayers to be granted through Her intercession?
- Are we happy to spend time with Her like with a dear mother, to thank Her for what She does for us in giving us Christ.
- In our prayer life, what part do we keep for praise and thanksgiving?
- Is the Magnificat familiar to us?
- Is the example of Our Lady going in haste to assist Her relative inspiring for us?
- Are there people around us who would benefit from our spiritual or material help?
- When helping some relatives or friends that are challenging to us, do we turn to Our Lady to receive Her maternal support?

PRAY THE HOLY ROSARY

PRAYERS OF REPARATION

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 offenses 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.

THE ANGEL'S PRAYER

Most Holy Trinity—Father, Son and Holy Spirit—I adore Thee profoundly. I offer Thee 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 indifferences whereby He is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

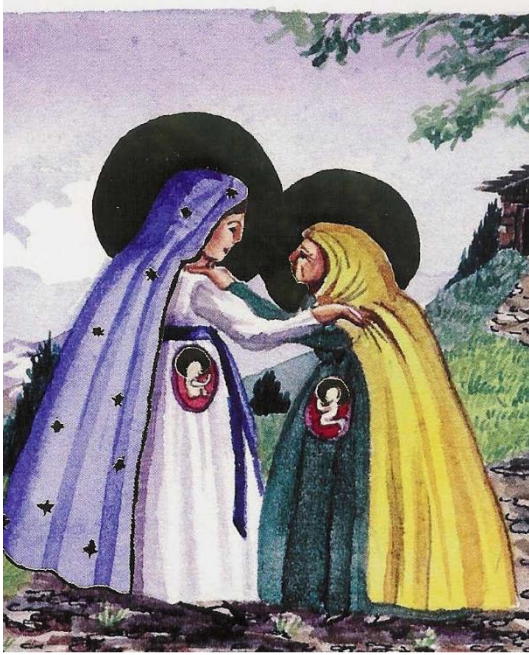


ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY

O Immaculate Heart of Mary, Queen of Heaven and Earth, and tender Mother of men, in accordance with thy ardent wish made known at Fatima, I consecrate to thy Immaculate Heart myself, my brethren, my country and the whole human race. Reign over us, Most Holy Mother of God, and teach us how to make the Heart of Thy Son, Our Lord Jesus Christ reign and triumph in us even as It has reigned and triumphed in thee. Reign over us, dearest Mother, that we may be thine in prosperity and in adversity; in joy and in sorrow; in health and in sickness; in life and in death. O most compassionate Heart of Mary, Queen of Virgins, watch over our minds and our hearts and preserve them from the deluge of impurity which thou didst lament so sorrowfully at Fatima. We want to be pure like thee. We want to atone for the many sins committed against Jesus and thee. We want to call down upon our country and the whole world the peace of God in justice and charity. Therefore, we now promise to imitate thy virtues by the practice of a Christian life without regard to human respect. We resolve to receive Holy Communion on the First Saturday of every month and to offer thee five decades of the rosary each day together with our sacrifices in a spirit of reparation and penance. Amen.

THE PARDON PRAYER

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



As I kneel before you,
as I bow my head in prayer,
take this day, make it yours
and fill me with your love.

**Ave Maria, gratia plena
Dominus tecum, benedicta tu.**

All I have I give you
ev'ry dream and wish are yours,
Mother of Christ, Mother of mine,
present them to my Lord.

As I kneel before you,
and I see your smiling face,
ev'ry thought, ev'ry word
is lost in your embrace.

Maria Parkinson
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Immaculate Mary!
Our hearts are on fire,
that title so wondrous
fills all our desire.

**Refrain: Ave, ave, ave Maria!
Ave, ave, ave Maria!**

We pray for God's glory,
may his kingdom come!
We pray for His vicar,
our father, and Rome.

Refrain

We pray for our mother
the church upon earth,
and bless, sweetest Lady,
the land of our birth.

O Mary! O mother!
Reign o'er us once more,
be England thy "dowry"
as in days of yore.

We pray for all sinners,
and souls that now stray
from Jesus and Mary,
in heresy's way

Anonymous

SALVE, REGINA

Salve, Regina, Mater misericordiae:
Vita, dulcedo, et spes nostra, salve.
Ad te clamamus, exsules, filii Hevae.
Ad te suspiramus, gementes et flentes,
in hac lacrimarum vale.
Eja, ergo, Advocata nostra,
illos tuos misericordes oculos
ad nos converte.
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, O pia, O dulcis Virgo Maria.

ATTEND HOLY MASS AND MAKE A COMMUNION OF REPARATION