

God wishes to  
establish in the  
world...



...devotion to my  
Immaculate Heart.  
(Fatima, 1917)

The Devotion of *First Saturdays* offer us an excellent opportunity to have granted to us a [plenary indulgence](#) (the remission of all temporal punishment due to sin). The Holy Eucharist is the “source and summit” of our Christian life (*Catechism of the Catholic Church*, n. 1324-1327). Is there a need for any other practice to accompany a Communion of reparation? Our Lady, by her request for the “Communion of reparation” in the form of the *First Saturdays*, wished to include other practices, such as Confession, the reception of Holy Communion, the Rosary, and the separate 15-minute meditation on the mysteries of the Rosary while keeping her company. These other practices can help make our reception of Jesus in Holy Communion much more fruitful. These other practices are primarily intended to make us more disposed to receive the Holy Eucharist as a Sacrament, which can cause an increase in the grace of union with Jesus and the faithful in the Mystical Body of Christ. (In addition, the Sacrament of Penance not only disposes us to the reception of the Holy Eucharist but is also a cause of grace.) At the same time, the Holy Eucharist can be received in reparation for sin. Yet, these other practices not only dispose us to receive the Holy Eucharist fruitfully but are also able to make reparation for sin, and, in this case, sins against the Immaculate Heart of Mary. **Each of the four practices, including the reception of Holy Communion, needs to be fulfilled with the intention of making reparation to the Immaculate Heart of Mary.** At the same time, Our Lady could refer to this devotion originally as a “Communion of reparation” because all the practices of the devotion are ordered to one end, namely the fruitful reception of Jesus in Holy Communion with the added intention of making reparation to

the Immaculate Heart of Mary. Again, this intention is not meant to take away from the primacy of the act of love that unites us to Jesus in the Holy Eucharist. On the contrary, reparation to the Immaculate Heart of Mary makes it possible for us to be joined more perfectly to the Sacred Heart of Jesus in Holy Communion.

### **Why are there five First Saturdays?**

There are five *First Saturdays* because, as Our Lord told Sr. Lucia:

*My daughter the motive is simple: there are 5 ways in which people offend and blaspheme against the Immaculate Heart of Mary:*

- 1. The blasphemies against the Immaculate Conception.*
- 2. Against her Virginity.*
- 3. Against the Divine Maternity, refusing at the same time to accept her as the Mother of all mankind.*
- 4. Those who publicly seek to instill in the children's hearts, indifference, contempt, and even hatred against the Immaculate Mother.*
- 5. Those who offend her directly in her Sacred Images.*

