



## **FIRST SATURDAY DEVOTIONS**

Mysteries of Light and the Most Holy Body and Blood of Christ

Welcome to our First Saturday devotions in reparation to the Immaculate Heart of Mary.

### **THE SIGN OF THE CROSS:**

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

### **THE APOSTLES 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.*

### **OUR FATHER:**

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:**

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.    X 3*

### **GLORY BE TO THE FATHER:**

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.*



A meditation on the Mysteries of Light and The Most Holy Body and Blood of Christ

### THE FIRST MEDITATION



The apostles are bustling about preparing the Supper-room. Jesus appears at the door of the room and enters. He greets everyone. The supper table is covered with a tablecloth and earthenware. There are basins and some towels for wiping one's hands. On a sideboard are placed some unleavened loaves, a roasted lamb and a tray of some kind of salad.

Jesus goes to His place at the centre of the table; the apostles sit either side of Him. Before beginning the Supper they intone a prayer. Then Jesus takes the loaf of bread and, holding it on the palms of His hands, offers it to heaven. He pours the wine into a large cup and takes this great chalice in both hands and raises it up, offering it like the loaf. He takes a sip of the wine that He has offered and passes the chalice to the others. He breaks the bread into small pieces and hands it around. Then the large tray with the roasted lamb is brought from the sideboard to the table and placed in front of Jesus.

**Jesus desires that in Him, present in the Eucharist, we should find all our happiness. If we are in trouble or distress, He will comfort and relieve us. If we are ill, He will cure us or will give us strength to suffer in such a way as to merit heaven. He has still other gifts to bestow on us because His Heart burns with love for the world. If we could understand all the blessings contained in Holy Communion nothing else would content our hearts.**

(Pause ... ) The first Mystery of Light – the Baptism in the Jordan.

(Pause ... ) We offer this mystery in reparation for blasphemy against Our Lady's Immaculate Conception.

OUR FATHER	HAIL MARY X 10	GLORY BE TO THE FATHER
<i>O my Jesus, forgive us our sins, save us from the fires of Hell.</i>		
<i>Lead all souls to Heaven, especially those in most need of Thy mercy.</i>		

### THE SECOND MEDITATION

The lamb eaten at the Last Supper is in remembrance of the Passover when Israel was saved through the sacrificial lamb. No first-born died where the blood shone on door posts and lintels. Jesus and the apostles honour this ancient ritual.

Jesus cuts the lamb and hands out the pieces, making sure that everybody is well served, just like a father among his children who are all dear to him. He is solemn, somewhat sad, when He says, "I have longed to eat this Passover with you, because never again shall I taste the fruit of the vine until the Kingdom of God has come. Then I will sit again with the elect at the Banquet of the Lamb. But only those who have been humble and pure in heart, as I am, will come to it."

**By the Eucharist Jesus feeds His children, not with the Manna with which the Jewish people were fed in the desert, but with His adorable Body and His precious Blood. With the tenderness of a father, Jesus gives Himself to us. This is truly wonderful generosity on the part of God for His creatures. Oh, how worthy these marvels are of our admiration and our love!**

(Pause ... ) The second Mystery of Light – the Wedding Feast at Cana.

(Pause ... ) We offer this mystery in reparation for the blasphemy and heresies against the perpetual virginity of the Most Holy Mother of God.

OUR FATHER	HAIL MARY X 10	GLORY BE TO THE FATHER
<i>O my Jesus, forgive us our sins, ...</i>		

### THE THIRD MEDITATION

Jesus stands up and takes off His red tunic and folds it, placing it on His mantle. He wraps a large towel around Himself and goes towards a basin which is empty and clean. He pours some water into it and carries the basin to the middle of the room. The apostles look bewildered. Jesus kneels down and washes their feet, one by one. When He gets to Peter, Peter protests. But Jesus calms him and washes his feet with so much love. When Jesus has finished, He takes the towel off and washes His hands in clean water. He puts His clothes on and goes back to His seat. He says, "You are now pure, but not all of you. Only those who wanted to be so."

**Knowing that the time had come for Him to return to His Father, Jesus did not want to leave us alone among so many enemies, all seeking our destruction. He wanted us to have the happiness of being able to find Him always whenever we wished, and by this great sacrament of the Eucharist, Jesus pledges Himself to remain with us day and night, to be our Father, Consoler and our food.**

**We find Jesus today with His Body, His Soul and His Divinity in every corner of the world, and this happiness is promised to us until the end of the world. O immense love of God for His creatures! How great is His fatherly kindness.**

(Pause ... )     The third Mystery of Light – the Proclamation of the Kingdom of God.

(Pause ...)     We offer this mystery in reparation for the blasphemy and heresies against the divine maternity of Our Blessed Mother.

OUR FATHER	HAIL MARY X 10	GLORY BE TO THE FATHER
<i>O my Jesus, forgive us our sins, ...</i>		

### THE FOURTH MEDITATION

The supper continues. The lamb is consumed. Jesus has eaten very little. He pours more wine into the common chalice and stands up, with everyone standing up with Him. They sing some psalms. Jesus takes a loaf of bread, still in one piece, and places it on the chalice that has been filled. He blesses and offers both, then breaks the bread into thirteen pieces, and gives one to each apostle saying, "Take this and eat it. This is My Body. Do this in remembrance of Me." He then passes the chalice around and says, "Take this and drink it. This is the chalice of the new covenant in My Blood and through My Blood, that will be shed for you for the remission of your sins and to give you Life. Do this in remembrance of Me." Jesus is very sad. There is no smile, no trace of light, no colour on His face. He takes the thirteenth piece of bread and the chalice and goes out of the Supper-room. He carries the Eucharist to His Mother, to give her Communion with His own hands. Then He returns to the apostles.

**In the Eucharist, Jesus is hidden under the species of bread. In heaven, we shall see Jesus in His glory. If He showed Himself now before us with this glory, we would not dare to approach Him, but He hides Himself and says to us: You do not see Me, but this does not matter: ask Me all that you wish, I will give it to you.**

**Oh! if we had the faith . . . if we were really persuaded of the Real Presence of Jesus who hides Himself out of love, and who is there, His hands full of graces, longing to distribute them, with what reverence we would come before Him, with what confidence we should invoke Him.**

(Pause ... )     The fourth Mystery of Light – the Transfiguration.

(Pause ...)     We offer this mystery in reparation for the disrespect and irreverence shown to Our Lady's shrines or images.

OUR FATHER	HAIL MARY X 10	GLORY BE TO THE FATHER
<i>O my Jesus, forgive us our sins, ...</i>		

## **THE FIFTH MEDITATION**

Jesus says, "I have told you everything. I have given you everything. The new rite has been accomplished. Do this in remembrance of Me. I have washed your feet to teach you to be humble and pure like your Master. Because I solemnly tell you that disciples must be like their Master. Remember that, bear it in mind. There is no disciple greater than his Master. As I washed you, do the same to one another.

I give you a new commandment ... and it is love one another. As I have loved you, you must love one another. By this love it will be known that you are My disciples. I leave you My peace. I am the King of Peace. Remain in Me and I will remain in you."

**Jesus Christ is present in the Eucharist with His Body and Blood. He enlightens our faith, revives our hope and inflames our love. Jesus, in the Eucharist, is an infinite ocean of kindness and goodness. He is the light; He enlightens us. He is a consuming fire; He enflames us. He is the life; He cures us and restores our life. He is the way; He teaches us the path of life. He is the truth; He banishes the darkness of error which surrounds us. He loves us so much. Let us love Him humbly and gratefully in return.**

(Pause ... )     The fifth Mystery of Light – the Institution of the Eucharist.

(Pause ... )     We offer this mystery in reparation for the crime of those who attempt to uproot devotion to the Mother of God, particularly from the souls of our young people.

OUR FATHER	HAIL MARY X 10	GLORY BE TO THE FATHER
<i>O my Jesus, forgive us our sins, save us from the fires of Hell.</i>		
<i>Lead all souls to Heaven, especially those in most need of Thy mercy.</i>		

### **HAIL HOLY QUEEN:**

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness and our hope.

To you do we cry, poor banished children of Eve;

To you do we send up our sighs, mourning and weeping in this vale of tears.

Turn then, O most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

*Pray for us, O holy Mother of God.*

That we may be made worthy of the promises of Christ.

### **Let us pray:**

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech you, that by meditating on these Mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. *Amen.*

May the Divine Assistance remain always with us.

*And may the Souls of the faithful departed through the mercy of God, rest in peace. Amen.*



### **THE SIGN OF THE CROSS**

<p><b>Saint Michael the Archangel</b>, defend us in the hour of battle, be our safeguard against the wickedness and snares of the devil; may God restrain him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the other evil spirits who roam through the world seeking the ruin of souls. <b>Amen.</b></p>
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