



Mother of God

Mediatrix of All Grace

Monthly Bulletin Vol.2 1st January 2018 No 1.



CONTENTS

Editorial.....	1
The 1st Saturday devotion preceded Fatima.....	3
New Year's resolutions testify to Faith.....	5
Marian consecration is a battle cry against Satan.....	7
The essence of prayer.....	9
Pathway to Happiness.....	11

Our Lady calls us to Trust

- Dr Christopher Dias, www.thebatimessage.com

Our Lady calls us to trust- to place God in the first place in our lives and to do everything that He tells us. ***“Thus, all things are of little profit to you until you realize that I am the one Who saves those who trust in Me, and that outside of Me there is no worth-while help, or any useful counsel or lasting remedy”.*** (Imitation of Christ)

She also speaks of what God has in mind for us and that is to fill our hearts with His love, but that we have not yet opened our hearts to Him. The question always remains with us: Why do we not give our hearts to God when He has such a wonderful plan for us to fill us with His love- something for which every one of us yearns? This is the mystery of sin. It is good to again ask ourselves what it is that hinders us from letting God fill us with His love. Could it be pride, selfishness and any of the other plans that exist outside of God's plan for us? Pride means to only follow our own plan and to thereby refuse to follow God's plan for us.

Prayer always takes precedence over all. Mary tells us that when we love God, prayer will become easy for us and our hearts will open

themselves to God. *"Blessed is the man who for Your sake, O Lord, dismisses all creatures, does violence to nature (i.e the natural self a life without grace), crucifies the desires of the flesh in fervor of spirit, so that with serene conscience he can offer You a pure prayer and, having excluded all earthly things inwardly and outwardly, becomes worthy to enter into the heavenly choirs".* (Imitation of Christ)

As our experience also tells us, it is when we love someone that we are always with joy and our hearts are always open to them. We should also not forget to pray for this grace of love so that our encounter with God can happen on a daily basis, so that our hearts can then open themselves completely to God.

Mary also reminds us that it is Jesus who gives us graces, but in our case we can say that the graces are given because Mary is here and because we have also prayed for them with her. At Batim, *"The Mother of God also reveals Her Supreme role in Salvation that God has entrusted Her with as Mediatrix of All Grace, Co-Redemptrix (with JESUS The Redeemer) and Advocate before JESUS Her Divine Son, The Divine Judge. Unto Her is given all Power, all Grace, all Gifts to bestow upon Her children, God's children who will Consecrate themselves to Her and call upon Her in each moment and decision of their lives."* On being troubled about many things, Mary reminds us: *"You only need to pray and keep union of One heart and mind, One Spirit The Divine Spirit and Will of God made known for you"*

It is thus that her urgent call for us to pray must also be taken very seriously. In Fatima and now in Batim we must remember Mary's first call to pray and to fast so that we can overcome temptations of the evil one.

Our strength, of course, lies in the love of God the Father who wishes to turn everything for the good, but it only depends on what we do when we are weak and whether we give in to sin and evil. But if we in our weakness turn more strongly toward God and ask Him for the strength, then we will also experience what St. Paul experienced : **God's strength in our weakness**. This is why all of us Christians have reasons to pray for the grace of courage, hope and trust so that God the Creator will always show and give us His Creative Strength - and in this way also save us.

It is prayer that we need for this strength, because it is He who gives us life and strength, and it is He who gives us trust and love. God is ready to give us His strength, but we can only get it when we pray, fast, confess, attend Mass and encounter Jesus in the Eucharist.

"I will be present myself to receive your prayers and intercede for your needs. I will be present in your thanksgiving to God for me. I Who Am The Immaculate Conception, The Mother of God, The Mediatrix of All Graces".

"The Mother Of God O Mary Conceived without sin, Mediatrix Of All graces, Pray for us who have recourse to Thee."

The First Saturday devotion PRECEDED FATIMA

By Catherine Moran, Ph.D.

The request of Our Lady for the First Saturdays was not a new devotion. Its practice began 25 years earlier and continued to develop until Our Lady and Our Lord defined its purpose at Fatima.



In 1892, Pope Leo XIII granted to all the faithful a plenary indulgence to those who devoted 15 consecutive Saturdays in honor of Our Lady of the Rosary. Later, St. Pius X granted a plenary indulgence to all who would perform the 12 First Saturdays in honor of Our Lady. Then, on June 13, 1912, St. Pius X granted new indulgences to the faithful who performed the devotion of reparation to Our Lady on the first Saturdays of the month. Five years later to the day — June 13, 1917 — Our Lady showed the three children her Immaculate Heart, “surrounded by thorns that seemed to pierce it,” which not only gave us the reason for this reparation, but demanded it. In July, she explained further how this devotion could prevent wars and save souls.

When our heavenly Mother requested the First Saturday Communions of Reparation on Dec. 10, 1925, she took a traditional devotion, simplified it and gave it greater efficacy. She said to Lucia, then an 18-year-old postulant in Pontevedra, Spain:

Look, my daughter, at my Heart surrounded with thorns with which ungrateful men pierce me at every moment by their blasphemies and ingratitude. You at least try to console me and say that I promise to assist at the moment of death, with all the graces necessary for salvation, all those who on the first Saturday of five consecutive months, shall confess, receive Holy Communion, pray the Rosary, and keep me company for 15 minutes while meditating on the mysteries of the Rosary, with the intention of making reparation to my Immaculate Heart.

When later the Child Jesus appeared to Sister Lucia asking if she had spread this devotion to His most holy Mother throughout the world, Sister Lucia said:

But my confessor said in the letter that this devotion was not lacking in the world, because there are many souls who receive You on the first Saturday in honor of Our Lady and of the 15 mysteries of the Rosary.

Our Lord replied:

It is true, My daughter, that many souls begin them, but few finish them, and

those who do finish them, do so to receive the graces that are promised. It would please me more if they did five with fervor and with the intention of making reparation to the Heart of their heavenly Mother, than if they did fifteen in a tepid and indifferent matter.

Later, Our Lord made known to Sister Lucia the five blasphemies against the Immaculate Heart, which further focused this devotion for the Church:

There, My daughter, is the reason why the Immaculate Heart of Mary asked Me to request this small act of reparation, and in consideration of it, to move My mercy to forgive souls who have had the misfortune to offend her. As for you, seek unceasingly, through your prayers and sacrifices, to move My mercy with regard to these poor souls.

Finally, regarding this devotion, on May 13, 1962, Cardinal Larrona, the papal legate for St. John XXIII, said at Fatima:

It is urgent for us to establish devotion in the world to the Immaculate Heart of Mary. God wishes it! Our Lady told us! Our efforts must therefore multiply — we must be assiduous in practicing the five First Saturdays of reparation, not once, but continually, for those who do not or will heed Our Lady's plea!

*Taken from The SOUL Magazine, World Apostolate of Fatima, USA (www.wafusa.org)
Used with permission, Soul Fall 2017*

Jesus is the only mediator between man and God, so Mary is the mediator between Jesus and man. Jesus, as mediator of justice, obtained for us all graces and salvation; but we say that Mary is the Mediatrix of Grace, and that she received this honour from Jesus Christ, because she prays and asks for everything in the name of Jesus, her Son, and whatever graces we receive come through her intercession.

Is this teaching in accordance with the Church? Yes, and it has been believed for centuries by the faithful. The Church, in its public and approved prayers, teaches us to have recourse to Mary, and to invoke her as the refuge of sinners, the help of Christians, our life and our hope, etc. Indeed, Mary has been referred to by the Church as "the happy gate of heaven," and St Bernard explains it like this: "As every mandate of grace that is sent by a king passes through the palace gates, so does every grace that comes from heaven to the world pass through the hands of Mary." St Bonaventure adds that Mary is called the gate of heaven by the Church because no one can enter that blessed kingdom without passing through her."

When Mary conceived Jesus in her immaculate womb, and He issued forth from her womb into the world, all of His divine gifts flowed from Mary at the moment of His birth. God willed for Jesus to be born of Mary, and He chose to reward her cooperation in His divine plan. It is thus that God wills that all graces flow through the hands of Mary.

NEW YEAR'S RESOLUTIONS TESTIFY TO FAITH

- Ron Rolheiser, OMI

If you are like I am then you most likely act out a certain cycle every year. Each Jan. 1, you make New Year's resolutions, keep them for a while, and then, eventually, sometimes by Jan. 2, break them and fall back into old habits.

If you are like I am then you also have a certain sense of why this is going on . . . even as you are seemingly powerless to change things. Old habits, especially bad ones, are hard to break.

Aristotle said that habit is second nature, it replaces instinct. Augustine, who knew more than most about the difficulty in breaking old habits, once put it this way: "I longed to give myself wholly to you, Lord, but I was bound by my own will, as by a chain. Because my will was perverse it changed to lust, and lust yielded to become habit, and habit not resisted became necessity. These were like links hanging one on to another—which is why I have called it a chain—and their bondage held me bound hand and foot."

In a former time, before we had psychological words such as obsession, dysfunction and neurosis, this was called being possessed by a demon. There was more wisdom and accuracy in that than our age sees fit to acknowledge. In our bad habits we are indeed possessed!

Given all of that, it is no big wonder that we so easily break new resolutions. The wonder is that we continue to make them, knowing our own histories. Why do we? Why do we continue to want to make new resolutions when we know that, barring miracles, we will not, in the end, succeed in keeping them?

Robert Frost says that there is something inside of us that hates a wall, that wants it down. That is also true for the wall of bad habit and the part that wants it down is the best part of us. Stated positively, there is something inside us that hates our own moral fat, that refuses death, even in this sense.

There is something inside of us that is driven to the higher, that refuses to settle for second best, that wants to sing the new song that the psalmist speaks of, that believes in the possibility of resurrection. There is something inside of us that needs to keep on keeping on.

Thus it is a sign of health that we keep making new resolutions, despite a life-long history of failure. Why? Because in striving to renew ourselves in the face of our own falling we are making an important act of faith: First of all, in making new resolutions we are saying: "I believe in a God who continues to love me, even when I can't live up to it." Every time I pick myself off the floor after a fall and begin again with some hope in my heart looking for a new start, I am saying the creed in a way that is considerably more radical, in terms of expressing actual belief in God, than is my too-easy Sunday recital of it.

To make a new resolution is to believe in God.

But it is more. To make new resolutions is to express faith in the God of the resurrection. To try for new life, for a fresh start, precisely when bad habit has kept me so long in a certain helplessness, is to say: "I believe in the resurrection and the life!"

Why do I say this?

Martin Luther once put it this way: "Just as God in the beginning of creation made the world out of nothing, so his manner of working continues unchanged." For anything to really change, including our capacity to live beyond our own wounds and selfishness, God still had to defy the impossible.

Our inner world, akin to the physical world, is, to all outward appearance and to our own feeling of it, a closed system, determined entirely by history, by cause and effect. Within it, certain things are possible and certain things are impossible. What has been will continue to be.

There is, it seems, and so says Qoheleth, nothing new under the sun. The case for the impossible is pretty strong, especially when the judge knows the history of failed resolutions.

That is where faith and the resurrection enter in. As the angel Gabriel tells Mary: "For with God nothing is impossible." Somewhere, deep inside of us, in that place where we want to make New Year's resolutions, we still carry that faith. In that place we still say the creed and still believe in the resurrection. Because of that belief, because of new year's resolutions, God can still make something out of nothing!

Used with permission of the author; Oblate Father Ron Rolheiser. Currently, Father Rolheiser is serving as President of the Oblate School of Theology in San Antonio Texas. He can be contacted through his website, www.ronrolheiser.com. Follow on Facebook www.facebook.com/ronrolheiser.



Marian Consecration is a battle cry against Satan, Fr. Mitch Pacwa Tells Fatima Audience

By Barb Ernster

The centennial year of Fatima placed a spotlight on one of the key messages of Our Lady, “God wishes to establish in the world devotion to my Immaculate Heart.” Parishes, dioceses, organizations and thousands of people across the country responded to the Fatima Jubilee by making a consecration to the Immaculate Heart of Mary.

During the Living Fatima conference in the Diocese of Great Falls-Billings, Montana, Oct. 13-14, Father Mitch Pacwa told the 600 people gathered there, “Consecration to Our Lady is not about making us really nice. Consecration to Our Lord through consecration to the Blessed Virgin Mary includes a theme that has been pretty much put in the background — namely the role of Christian combat. And Our Lady is very much part of that combat, on lots of different levels. We need to be about that kind of combat.”

He explained further that this combat is against evil, deception and unrighteousness. “If we choose to be consecrated to Our Lord through the Blessed Virgin Mary, then we will also have to take on this aspect that we, too, will be called into combat, just as the little children at Fatima were called to do. They were invited, were they not? ‘You’ll suffer much. Are you willing to do that?’ And they said, ‘yes,’ and they didn’t realize what that was going to mean, but they found out — because combat is hard.”

Jesus shows us how to combat evil

After Jesus’ encounter with John the Baptist at His baptism in the Jordan River, He is immediately led into one-on-one spiritual combat with Satan, and it is the Holy Spirit who leads Him into the desert in order to be tempted.

“That’s the reality that explains the petition in the Lord’s Prayer, ‘lead us not into temptation.’ A lot of people will say, ‘Oh, God would never tempt us would He?’ No, He won’t, but will He lead you into situations where you will be tempted? Yes, He will,” said Pacwa.

Why does He do that? Pacwa explained that even the best general wants his soldiers cared for and protected, but when there is war, he leads them into battle, even though there is a risk of dying or being wounded. “A good general doesn’t stay behind and say, ‘They might get hurt.’ No, he doesn’t think that way; he thinks, ‘We have to win this battle,’ and takes them into it,” Pacwa told the



crowd.

Similarly with Jesus, the Holy Spirit leads Him into that battle to take on Satan and fight against him, and Jesus refutes each of Satan's temptations by citing Scripture — the two-edged sword of the Spirit, which is the Word of God.

This one-on-one combat with Satan is also undertaken at the end of the New Testament in Revelation 12, the encounter of the huge red dragon who first seeks to devour the child who is born. And this represents all of Jesus' earthly ministry, but He is taken up to heaven, so the dragon goes after the woman clothed with the sun with a crown of 12 stars. And when she is taken away and protected from him, he goes after her children, which is us.

“The three-star and four-star generals that we were taught to admire in World War II history are peanuts compared to Our Lady, who is a 12-star general. And this consecration to our 12-star general is going to get us involved in that conflict against evil,” said Pacwa, “and we have to have that clear sense of turning away from it. “So this is a battle cry. That's why our baptismal vows that we renew every Easter in the Roman Rite, and in each year of our lives, is important.

“Do you reject Satan? Yes. That's going to get you into combat.”

*Taken from The SOUL Magazine, World Apostolate of Fatima, USA (www.wafusa.org)
Used with permission, Soul Fall 2017*

WHAT SHOULD PRAYER BE FOR A PRIEST?

Taken from Petrus Magazine dated June 2010

To have fidelity to prayer, to be able to pray a priest must know silence, for in the silence of the heart God speaks. Prayer is a listening also, and it is very important for the priest to learn how to pray, that is one of the things that Jesus tried to teach His disciples, how to pray. And the prayer of a priest is to allow Jesus to pray in him and through him. Therefore, he must be so pure, so completely at His disposal that Christ can really be one with His Father in his heart, and use it to proclaim the glory of His Father through him. Prayer is the food of life for the priest.

A priest who does not pray cannot stay close to Christ, he cannot allow Christ to use him as He wants to use him. The fruit of prayer is always deepening of faith, and unless the priest has that deep faith, it is very difficult for him to pray. And the fruit of faith is always love. And if a priest does not love, how will he help others to love? And the fruit of love is service service as Jesus said: “I have come amongst you as One to serve”. And the priest is meant to be that one, to come amongst his own and be the servant of all.

- St. Teresa of Kolkata.



THE ESSENCE OF PRAYER

By Annabelle Mendonca

“Prayer is the daily admission of one’s weakness”. (M. Gandhi)

Throughout the history of civilizations, we find people who prayed. They prayed alone or in groups, in temples or under trees, in silence or with words. Is this not a sign that prayer is a need and deep aspiration of human beings? We live in a country where prayer and contemplation had and still have an important place in the lives of millions. Our people have a sense of the sacred and long to enter into deep communication with God. People continue to flock to pilgrimage centers and places of worship, because they thirst for the divine. They look for spiritual guides, gurus or yogis who will teach them the paths to prayer and help them give a meaning to their lives.

Today, Christian prayer groups are formed in many places. Men and women, young and old, all gather together to pray. They pray because they feel the need of it. Do we feel the need — are we thirsty for prayer? When we pray, most of us do it with words and special gestures. Some feel the need of associating their bodies to prayer in order to put themselves in an atmosphere conducive to silence and peace. Praying is a lot like the sport of jogging. One does not become expert in it overnight. But as the days go by and you stay with it, you will find yourself gradually inching up to go the distance.

The Word of God is the easiest path leading to prayer, yet many hesitate to take it. We feel it is better to express our prayer in our own words, which is a genuine desire. Others feel that it is better to keep silent. This is also a genuine approach to prayer, but experience shows us that it is difficult to remain silent for a



long time. Distractions of all kinds soon invade our minds. We need to remember that God longs to speak to us in the silence of our hearts. And to hear Him speak to us, we have to first listen to His Word.

Genuine prayer is intimately linked with the events which form an essential part of our lives. Prayer is not a form of escapism. When we pray, we do not forget that there is suffering and evil in the world, but we try to discern what the Lord is saying to us through them. Our prayer does not change the external events of our daily lives or the people with whom we find it difficult to relate, but it changes our hearts and our way of looking at the world.

When we read the Gospels, we can have a glimpse of Jesus at prayer. We realize that Jesus was a great innovator and His approach to prayer was quite original. He gave us the example He taught us: -

1) To be humble (Lk 18:9-14); 2) Never lose heart (18: 1-8); 3) Pray in my name (Jn 14:13; 15, 16); 4) Do God's will (Lk 22:42); 5) Be Grateful (Lk 10:21); 6) Gird yourself for action (Mk 8:34; Lk 6:12).

Before making important decisions or after significant events, Jesus turned to His Father in prayer as if these moments of recollection were the hidden face of everything He did during the day. In Him, prayer and action nourished one another. This was also the dynamism underlying the prayer that He taught His disciples.

We should never forget that God will not do without us what He has decided to do with us.

God alone can give faith, but you can share your testimony of faith.

God alone can give hope, but you can inspire confidence to your brothers and sisters.

God alone can give love, but you can express your love to others.

God alone can give peace, but you can sow unity in the world.

God alone can give strength, but you can support a disheartened person.

God alone is the Way, but you can show it to others.

God alone is the Light, but you can make it shine in the eyes of all.

God alone is the Life, but you can give others the desire to live.

God alone can do the impossible, but you can do the possible.

God alone is sufficient unto Himself, but He prefers to count on you.

As we begin the New Year let us make a firm decision to devote more time to prayer, personal as well as in a community. Let us get to know our Lord more intimately by reading His Word, and learn to abide and grow in His love. I wish all readers a Happy, Joyful and Prosperous New Year 2018.

PATHWAYS TO HAPPINESS

By Victor M. Parachin

Taken from Messenger of St. Anthony magazine dated July/August 2014

We all yearn for happiness, but many of us go about it the wrong way; our author suggests nine pathways to get us closer to this goal

For nearly five decades, Rahman III ruled over Spain during the 10th century. Though he is favourably regarded as an effective and powerful leader, he lamented that he seldom experienced happiness, writing this sad account: "I have now reigned about fifty years in victory or peace, beloved by my subjects, dreaded by my enemies, and respected by my allies. Riches and honours, power and pleasure, have waited on my call, nor does any earthly blessing appear to have been lacking for my happiness. In this situation, I have diligently numbered the days of pure and genuine happiness which have fallen to my lot. They amount to fourteen."

The lesson from his life is this: happiness doesn't just fall into our lives, it is something which has to be identified, cultivated and self-directed. Happiness is a choice. And the choice to be happy is one which should be made daily.

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day," advised Catholic priest and author Henri Nouwen. Here are some pathways into happiness.

Am I happy?

Ask yourself "Am I happy?" That advice comes from life coaches Eden Clark and John Germain Leto, who explain, "It's a simple question - and it's the basis for life." Following the question, carefully observe what happens to your body. "Do you feel a sense of contraction or expansion in your body? Does your stomach feel like it's in knots? Does your heart feel light and open? When you ask yourself about your happiness, try to feel the answer within yourself. It's there."



start
each day
with
a grateful
heart

Necessary steps

Restructure your life to align with happiness. If, after answering the question "Am I happy?" you conclude that your happiness level needs to increase, then

take the necessary steps. Consider a woman named Laura, who was unhappy about the fact she was significantly overweight. “Wearing a size 18 bridesmaid dress became my wake up call,” she says. “It may sound vain but I was terribly unhappy by my weight and appearance.” Rather than wallow in self-pity or self-shame, Laura took action. She joined a weight loss support group. She eliminated frozen dinners. She began to cook healthier meals which were primarily vegetarian. She joined a health club working with a personal trainer. Before long she dropped nearly 50 pounds and several dress sizes. “Today, I’ve never looked or felt better,” she says.

Be happy NOW

“This is the day the Lord has made! We will rejoice in it and be glad,” is the wisdom of Psalm 118:24. Don’t wait for more ideal or better life circumstances to be happy. Start now. Learn from this sad tale of delayed happiness via a woman who says, “After working for 51 years, I’m finally nearing retirement and ready to start living my life the way I want.” How unfortunate that this woman has delayed life joy and happiness for 51 years and is only ready to experience it now that she has entered the last years of her life. “Change your life today. Don’t gamble on the future, act now, without delay,” writes French writer Simone de Beauvoir.

Maintain your health

It is far easier to maintain good health than it is to regain it. It is difficult to be happy if you’re struggling with a serious illness. The 16th century Chinese philosopher, Hong Zicheng, wisely observed, “The ailments of old age are really those incurred in youthful times. Weakness in one’s last years is really something wrought in the prime of life. Therefore, when life is at its peak, the noble person endeavours exactly to take full care in every way.” To keep your body healthy and the mind happy, engage in regular exercise. A recent study reveals that it is never too late to begin an exercise routine, and that doing so offers great benefits. In that study, 12,000 Australian men aged between 65 and 83 who began to engage in 30 minutes of exercise five times a week were much healthier and less likely to be dead 11 years after the start of the study than those who were sedentary. This scientific study confirms common sense that being physically active is beneficial for health and overall happiness. Another study on more than 2,000 middle aged men found that those who started to exercise after the age of 50 were far less likely to die during the next 35 years than those who were and remained sedentary. Furthermore, the researchers concluded that the volunteers didn’t merely live longer, they lived better than those who were not active.

Make others happy

Happiness is increased when the people around you are also happy. Be the person in your circle to bring and spread happiness to others. On one occasion when British writer Peter Betts was a teacher, his attention was drawn to the student in his class of 30 who had the lowest grade at the end-of-year exams. Betts could see that the young man was visibly upset and depressed by his academic performance. Taking him aside, Betts said, "Someone has to come thirteen in a class of thirty. This year, it happens to be you who has made the heroic sacrifice, so that none of your friends have to suffer the ignominy of being last in the class. You are so kind for doing this, so compassionate. You deserve a medal." Betts added that "we both knew what I was saying was ridiculous, but he grinned and didn't take it as such an end-of-the-world event any more."

Forgive yourself

Living with regret and self-condemnation are not only a waste of time, they are huge happiness killers as well. Let go of places from your past where you did not live up to the optimum. Remind yourself you are human, not super human; that everyone, yourself included, gets to make mistakes and have a lapse in judgment. Upon learning her mother had been diagnosed with advanced cancer, Elizabeth took weeks off work to be with her mother. When she died, Elizabeth returned for the funeral and to help others with closing the estate. She returned to work with colleagues commenting "how strong" she was. Yet, six months after her mother died, Elizabeth was plagued by regrets and too many 'should haves'. "I should have held her hand... I should have wrapped her in my arms... I should have spent more time with her... I should have done more..." she remembers thinking. Those regrets were eroding her quality of life. Finally, Elizabeth chose to forgive herself and apply self-compassion, not self-condemnation. Today she advises others: "Ask yourself if your pain serves you and choose to release unnecessary suffering by inviting forgiveness."

Smile more

Your smile will bring happiness to others and, simultaneously, return happiness to you. "The simplest and most reliable way to make someone smile is to smile at him, says psychologist Marianne LaFrance, author of *Lip Service*. "Smiles are the most contagious kind of facial expression, even among people who don't know each other," she says, and explains that seeing and showing a smile originate from the same brain area. LaFrance offers this experiment: For

one day, vow not to smile at anyone. The following day, smile at everyone you encounter. Then compare the two days. Most people feel the second day is the better day and one of the best days they've had in some time.

Stop self pity

Keep your perspective balanced. When we become unhappy it's easy to feel dejected and despondent. Don't give in to this self-pity. Balance your perspective by looking around and placing yourself into a larger context. This is what Stephen Hawking did. In his book *My Brief History*, Hawking, famed British theoretical physicist, tells about being diagnosed with amyotrophic lateral sclerosis (or Lou Gehrig's disease) and given two years to live. That was in 1963. Initially, he was devastated by the diagnosis. "However, while I was in the hospital, I had seen a boy I vaguely knew die of leukaemia in the bed opposite me; it had not been a pretty sight. Clearly there were more people worse off than me - at least my condition didn't make me feel sick. Whenever I feel inclined to be sorry for myself, I remember that boy."

Top regrets

Learn about happiness from the dying. For several years Bronnie Ware worked in a hospice. Based on her experiences she wrote the book *Top Five Regrets of The Dying*. Those regrets are:

I wish I had the courage to live a life true to myself.

I wish I hadn't worked so hard.

I wish I'd had the courage to express my feelings.

I wish I had stayed in touch with my friends.

I wish I had let myself be happier.



The lessons about happiness from the dying are these: live a life true to yourself; don't work so hard; express your feelings; stay in touch with your friends; and allow yourself to be happier.

Ultimately, the level of your happiness depends upon yourself. In her book *Happiness*, Joan Chittister writes: "Happiness is within our grasp, but it's not free. It doesn't just happen. It takes a reorientation of our own mental habits to both realize it and maintain it. Most of all, the achievement of happiness requires a commitment to bend the arc of our lives in the direction of things that count in life rather than toward the trinkets that decorate it."

THE FATIMA PRAYERS

PARDON PRAYER: My God, I believe, I adore, I hope and I love Thee! I beg pardon for those who do not believe, do not adore, do not hope and do not love Thee.

ANGEL'S PRAYER: O 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 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.

EUCCHARISTIC PRAYER: Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament!

SACRIFICE PRAYER: 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.

DECADE PRAYER: O My Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy.



‘God wishes to establish devotion to my Immaculate Heart in the world. If what I say is done, many souls will be saved and there will be peace.’

How Do I Start the First Saturdays?

On July 13, 1917, Our Lady appeared for the third time to the three children of Fatima and showed them the vision of hell. In this vision Our Lady said that *‘God wishes to establish in the world devotion’* to Her Immaculate Heart and that She would come to *ask for the Communion of Reparation on the First Saturdays*...

What Do I Have to Do?

The devotion of First Saturdays, as requested by Our Lady of Fatima, carries with it the assurance of salvation. However, to derive profit from such a great promise of Our Lady, the devotion must be properly understood and duly performed. The requirements as stipulated by Our Lady are as follows:

(1) Confession, (2) Communion, (3) Five decades of the Rosary, (4) Meditation on one or more of the Rosary Mysteries for fifteen minutes, (5) To do all these things in the spirit of reparation to the Immaculate Heart of Mary, and (6) To observe all these practices on the First Saturday of five consecutive months.

The idea of the Five First Saturdays is obviously to make us persevere in the devotional acts for these Saturdays and overcome initial difficulties. Once this is done, Our Lady knows that the person would become devoted to Her Immaculate Heart and persist in practicing such devotion on all First Saturdays, working thereby for personal self-reform and for the salvation of others. Our Lady has assured us that She will obtain salvation for all those who observe the First Saturdays for five consecutive months in accordance with Her conditions.

For more details please email: ourladybatim@gmail.com

Dates to Remember - January 2018

- 1st: Mary, Mother of God
6th: The Epiphany of the Lord, First Saturday: Service at Batim, Goa
7th: The Baptism of the Lord
24th: St Francis de Sales
25th: The Conversion of St Paul, Apostle
31st: St John Bosco

PRAYER PETITIONS AND TESTIMONIES

- + Your prayer petitions may be submitted online at: thebatimmessage.com
These prayer requests will be placed at the feet of Our Lady of Fatima in the the Church of Sts Simon & Jude and offered during the First Saturday Mass at Batim.
- + Your testimonies may be submitted online at:
ourladybatim5thdogma.com or emailed to: ourladybatim@gmail.com

FIRST SATURDAY DEVOTION IN HONOUR OF AND IN REPARATION TO THE IMMACULATE HEART OF MARY

Church of St Simon and St Jude, Batim,
Tiswadi, Goa Velha, Goa 403 108 India.

- 1.00 pm:** +Stations of the Cross
2.00 pm: +Holy Rosary, +Adoration of the
Most Blessed Sacrament, +Divine Mercy
Prayers, +Consecration to the Immaculate
Heart of Mary, +Confessions.
3.30pm: +Holy Mass.

Services are held in Konkani and English

CONTACT DETAILS FOR TRANSPORT BY BUS:

Margao: Petrol pump closest to
Main Post Office 11am,
Mob: 9420712310

Panaji: Caranzalem near Post
Office at 1145 am, near Don
Bosco at 12pm,
Tel: 08322456306

Mapusa: From St Joseph's
Chapel, Near Police Station at
11.45 am, Mob: 9822167665

Calangute: From Calangute
Church at 1130 am,
Mob: 9421241248

In conformity with the directives of Pope Urban VIII, we have no intention of anticipating the judgement of the Holy Apostolic See and of the Church on Apparitions, reported by us, but not yet recognized; indeed, we submit to, and accept; her final decision without reservation.

Printed and Published by The Batimmessage.com

This newsletter is available online. A printed copy of this newsletter is also available FREE (except where otherwise indicated) at the Prayer Services in Batim, Goa.
An archive of previous issues is available on the website: www.thebatimmessage.com
Your prayerful support and donations - however small - is greatly appreciated!

Editor: DR. CHRISTOPHER DIAS

www.thebatimmessage.com

Asst Editor: ANNABELLE MENDONCA

www.ourladybatim5thdogma.com

Email: ourladybatim@gmail.com

For Private Circulation