

**O** Immaculate Heart of Mary, refuge of sinners, I beg of you by the infinite merits of the Sacred Heart of Jesus, and by the graces God has granted to you since your Immaculate Conception, the grace of never going astray again. Mother, keep me, a sinner, constantly bathed in the light of your Immaculate Heart.

**O** Immaculate Heart of Mary, in union with all my brothers and sisters throughout the world, I freely consecrate myself to your Heart, Immaculate and pure. Please accept this personal consecration as an act of reparation and for the conversion of sinners.

# HOW TO LIVE FATIMA

**35<sup>th</sup>**

ANNIVERSARY  
EDITION  
1985-2020

*“Are you suffering a great deal? Don’t lose heart. I will never forsake you. My Immaculate Heart will be your refuge and the way that will lead you to God.”*

– WORDS OF OUR LADY, JUNE 13, 1917.



*Imprimatur.*

Most Reverend James C. Timlin, D.D.

*Bishop of Scranton*

Scranton, Pennsylvania, 1986

## A BRIEF HISTORY OF FATIMA • 1916-1917

*“Do not fear. I am the Angel of Peace. Pray with me.”* With these supernatural words the story of Fatima began. These words were spoken to three shepherd children in Portugal during 1916. The children’s names are: **Lucia dos Santos**, her cousin **Francisco Marto**, and his sister **Jacinta**. During the course of 1916 the Angel appeared to these children three times. The Angel taught them some prayers, gave them Holy Communion, and prepared them for the future visions of Our Lady. The Angel told the children to pray and to make daily sacrifices, and *“above all, accept and bear with submission, the suffering which the Lord”* would send them. The children were so enraptured by the supernatural that they told no one about these visions.

The following year, 1917, from May 13 to October 13, the Virgin Mary appeared six times to the children at Fatima. In the course of her appearances the Virgin Mary told the children that many disasters would embrace the entire world if people didn’t stop offending her Son and if they ignored her message of peace.

After showing the children a vision of hell, the Virgin told them many souls will be saved if they turn to her Immaculate Heart and leave sin behind. Therefore, the Virgin Mary came to Fatima to give the world a peace plan from heaven. This plan is under the complete protection of the Immaculate Heart of Mary, who promises to lead all souls to Jesus.

From the very beginning of the visions, most people did not believe the children’s story. As proof of the authenticity of the visions, the Virgin Mary performed a miracle with the sun, *“so that all may believe.”* The miracle of the sun marked the last appearance of the Virgin and people who once persecuted the children finally believed in them. The people believed, because the sun danced in the sky and came plunging down to earth, but stopped suddenly, and resumed its normal position in the sky.

Within the course of her visions, Our Lady made several requests. This booklet will outline those requests so that many more souls will follow the Fatima way, *a way of confidence and love.*

# Living the Message of Fatima consists in fulfilling Our Lady's requests...

## **THE FIRST FATIMA REQUEST:** STOP OFFENDING JESUS

“Do not offend the Lord our God anymore, because He is already so much offended...people must amend their lives and ask forgiveness for their sins.”

—WORDS OF OUR LADY, OCTOBER 13, 1917.

When Our Lady said these words in 1917 she was very sad. Look at the world today filled with so many sins which offends the Sacred Heart of Jesus. *Mortal sin is the greatest evil someone can do, for it directly offends God and it affects our neighbor in a negative way. Mortal sin makes a man a slave of the devil.*

Therefore, Our Lady came to Fatima to lead us back to God and asked that we stop sinning so as to become true children of a much-offended God by living an authentic Christian life, a life of sacramental grace.

In order to do this we must amend our lives by turning away from sinful situations and places and by asking God's forgiveness for all our sins.

We do this by sacramental confession, where the soul is cleansed from sins, forgiveness is granted, and a sacramental life flows into the soul making it very pleasing and special to God. Reconciliation with God brings a peace and happiness that only He can grant.

Thus, we can clearly see that if we cease offending God by sin, we shall become peaceful; loving God and our neighbor in spirit and truth.

Our Lady in her Fatima message has given us the plan that will enable us to live a life of deep sacramental grace. All we have to do is say yes to her motherly invitation.





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**THE SECOND FATIMA REQUEST:**  
**PRAY THE ROSARY EVERYDAY**

“Pray the Rosary every day in honor of Our Lady of the Rosary, in order to obtain peace for the world, and the end of the war, because only she can help you.”

– *WORDS OF OUR LADY, JULY 13, 1917.*

Prayer unites us to God and establishes a relationship between God and man. This creates a powerful, intimate union that makes man love and serve God.

The Holy Rosary is a dynamic and contemplative prayer that invites us in a prayerful way to meditate on the twenty mysteries of our redemption.

Because of our close contact with these sacred mysteries the Rosary creates a prayerful atmosphere in our daily lives that enables us to live a peaceful life with God and our neighbor. As a result, the Rosary can stop war, restore peace and change negative situations into positive channels where God’s grace abounds.

Furthermore, devotion to the Rosary helps us to enter fully into a life of intimate communion with the Mother of God. Mary treasures the mysteries of Jesus’ life and death in her Immaculate Heart and communicates the most intimate secrets that only a mother can know.

**In this way, the Rosary increases our devotion to the Immaculate Heart of Mary** and lets us enter into a prayerful communion with the Father, the Son, and the Holy Spirit.

## **THE THIRD FATIMA REQUEST:** **OFFER SACRIFICES AND SUFFERINGS TO JESUS**

“Sacrifice yourselves for sinners, and say many times, especially whenever you make some sacrifice: O Jesus, it is for Your love, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.””

– *WORDS OF OUR LADY, JULY 13, 1917.*

There are two kinds of sacrifices God asks of us:

- **Voluntary sacrifice** such as moderating our eating habits, restricting our use of entertainment, etc.
- **Fulfilling one’s religious and daily duties faithfully.** This means observing the Commandments of God and the Church, which enable us to fulfill our religious duties. Fulfilling our daily duties perfectly gives us another opportunity to offer acceptable sacrifices to God; such as, getting up on time, performing our daily work and chores as perfectly as possible, and making sure we go about our work as cheerfully as we can for the glory of God.

With this in mind, sacrifice becomes a way of life which proves to Jesus we love Him, saves souls from damnation, and makes reparation for the sins committed against the Immaculate Heart of Mary.

“Are you willing to offer yourselves to God and bear all the sufferings He wills to send you, as an act of reparation and in supplication for the conversion of sinners? You are going to have much to suffer, but the grace of God will be your comfort.”

– *WORDS OF OUR LADY, MAY 13, 1917.*

God wants us to trust in Him completely by accepting all sufferings from Him as an act of filial love. When daily sufferings are accepted in this way, they bring a deep sense of peace to our souls, since faith teaches us that everything God sends to us is good for our salvation.

Furthermore, Our Lady promises us that if we accept sufferings, humiliations, unjust accusations as she did while living in our world, the grace of God will comfort us.

When seen in its true light, suffering becomes a source of blessing for us. We also make reparation for the sins committed against God, and we save sinners from eternal damnation.







## **THE FOURTH FATIMA REQUEST:** **DEVOTION TO THE IMMACULATE HEART OF MARY**

**“Our Lady showed us (Lucia wrote later) a great sea of fire which seemed to be under the earth. Plunged in this fire were demons and souls in human form, like transparent burning embers, all blackened or burnished bronze, floating about in the conflagration, now raised into the air by the flames that issued from within themselves, together with great clouds of smoke, now falling back on every side like sparks in a huge fire, without weight or equilibrium, and amid shrieks and groans of pain and despair, which horrified us and made us tremble with fear. The demons could be distinguished by their terrifying and repellent likeness to frightful and unknown animals, all black and transparent...**

**We then looked up to Our Lady, who said to us so kindly and so sadly: ‘You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace.’”**

– WORDS OF OUR LADY, JULY 13, 1917.

**Our Lady showed hell to the shepherd children, not to frighten them, but to stimulate in them devotion to her Immaculate Heart.** This devotion, when lived authentically, will convert sinners who otherwise would be damned, and will create peace in the world.

God has given us, in our times, a tremendous sign to follow in order to arrive safely to heaven – the Immaculate Heart of Mary. In order to comply with God’s wish, we should consecrate ourselves to the Immaculate Heart of Mary daily by devoutly praying **“The Golden Prayer”** which can be found on pages 18-19. This prayer is a beautiful pictorial presentation of what consecration to the Immaculate Heart of Mary should be: pure, filial, trusting, hopeful, imploring, reparatory and peaceful.

We should always remember, there is no sin too great for God’s mercy to forgive through the intercession of the Immaculate Heart of Mary.



**THE FIFTH FATIMA REQUEST:**  
**MAKE THE FIVE FIRST SATURDAYS**

“Look 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 announce that I promise to assist at the hour of death, with all the graces necessary for salvation, all those who, on the first Saturday of five consecutive months, shall go to confession, receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to me.”

– *WORDS OF OUR LADY, DECEMBER 10, 1925.*

Our Lady is asking us to live in a spirit of reparation to atone for the sins committed against her Immaculate Heart, setting aside, for this purpose, the first Saturday of the month. When we look at the Immaculate Heart of Mary surrounded with piercing thorns, the sins of mankind, how can we not want to remove them with special acts of love?

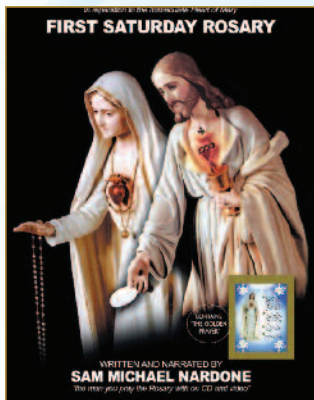
God wants us to make acts of reparation to the Immaculate Heart of Mary that to those who embrace this way of life, He makes two promises: peace in the world and the salvation of souls.

We should, then, become like a raging fire burning with zeal to make this devotion a moving spiritual force in our lives and to spread this devotion everywhere in order to reach as many souls as possible.

**These are the five blasphemies that pierce the Immaculate Heart of Mary:**

- Against her Immaculate Conception.
- Against her Perpetual Virginity.
- Against her Divine Maternity, refusing also to accept her as the Mother of all mankind.
- Those who try publicly to implant in children's hearts indifference, contempt and even hatred against our Immaculate Mother.
- Those who insult her directly in her sacred images.

*Let us always remember these sins and do everything we can to make reparation for them.*



**“First Saturday Rosary”**  
book, CD and video by  
Sam Michael Nardone.



## **THE SIXTH FATIMA REQUEST: WEAR THE BROWN SCAPULAR**

**“In October, Our Lord will come, as well as Our Lady of Mount Carmel.”**  
– WORDS OF OUR LADY, SEPTEMBER 13, 1917.

During the magnificent miracle of the sun, Our Lady appeared for the last time, holding the Child Jesus in her arms as Our Lady of Mount Carmel. In her right hand she held out the Brown Scapular to the world, asking her children to wear it as a sign of consecration to her Immaculate Heart.

As we can see, the whole message of Fatima is filled with devotion to the Immaculate Heart of Mary; so it was quite natural for Our Lady to give us a sign of her Immaculate Heart.

The Brown Scapular, then, is our personal contract with Our Lady signifying that we belong to her Immaculate Heart. This makes the Scapular our shield against the temptations of the devil and of all worldly things. It is the holy garment of Our Lady, who watches and protects all who wear it **devoutly**.

**However, the Scapular must not be an empty external habit.** We must wear the Scapular with the intention of reforming our lives by an interior conversion of the heart, giving special attention to the virtue of chastity in our state of life.

### **Novena Prayers to Our Lady of Mount Carmel at Fatima**

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

#### **OPENING PRAYER**

O Queen and Mother of Mount Carmel, you gloriously appeared at Fatima and held out to the world your powerful Brown Scapular, urging us to wear it as a sign of devotion to your Immaculate Heart and to protect us from the snares of the devil. Grant us the grace to love you more and to imitate the virtues so dear to your Immaculate Heart: *purity, chastity, humility, patience, charity and obedience.*

*Our Lady of Mount Carmel, pray for us.*

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.

## NOVENA PRAYER

O Queen and Mother of Mount Carmel, you promised us that ***“whosoever dies wearing this Scapular shall not suffer eternal fire.”*** May your Scapular, which we faithfully wear, protect us from falling into sin, which offends the Sacred Heart of your Divine Son. Shield us from any person, place or thing that can hinder our union with you and Jesus.

With confidence and love we place all our petitions before your Immaculate Heart, begging for your maternal help and intercession, especially for the intentions of this novena.

*(Here, mention requests.)*

*Our Lady of Mount Carmel, pray for us.*

Glory be to be 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

## AN ACT OF CONSECRATION TO OUR LADY OF MOUNT CARMEL AT FATIMA

O Virgin of Carmel, you are the spotless lily of the Holy Trinity, filled with grace and holy virtues that perfume the Kingdom of heaven!

We consecrate ourselves to your most pure and Immaculate Heart and will always wear your Brown Scapular as a reminder and sign of this personal consecration. Help us to be pure like you! Help us to live a deep life of love for God and neighbor! Help us never to offend Jesus again in thought, word and deed.

O dearest Mother Mary, strengthen our union with your Immaculate Heart every day of our lives, so that with you we can love Jesus with humble and contrite hearts. Amen.

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

**“The Scapular and the Rosary are inseparable, you cannot have one without having the other.” – Sister Lucia**

*Imprimatur:*

Most Reverend James C. Timlin, D.D.  
Bishop of Scranton  
Scranton, Pennsylvania, 1991



## 1916 PRAYERS TAUGHT AT FATIMA BY THE ANGEL OF PORTUGAL

“Pray very much! Offer prayers and sacrifices constantly to the Most High. Make of everything you can a sacrifice, and offer it to God as an act of reparation for the sins by which He is offended, and in supplication for the conversion of sinners. You will thus draw down peace upon your country. Above all, accept and bear with submission, the suffering which the Lord will send you.”

“My God, I believe, I adore, I trust and I love You! I ask pardon of You for those who do not believe, do not adore, do not trust and do not love You!”

“Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly, and I offer You 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 with which He Himself is offended. And, through the infinite merits of His most Sacred Heart, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners.”





1917

PRAYERS TAUGHT AT FATIMA  
BY OUR LADY, MOTHER OF GOD

“Sacrifice yourselves for sinners, and say many times, especially whenever you make some sacrifice:

“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.”

– *To be prayed when making a sacrifice or offering God our sufferings.*

“When you pray the Rosary, say after each mystery:

“O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who are most in need of Thy mercy.”

– *To be prayed after each decade of the Rosary.*

# The Golden Prayer

The Act of Consecration to the Immaculate Heart of Mary



The **Three Lilies** in each corner signify purity. The largest lily represents the purity of the Virgin Mary. The two smaller lilies signify her children devoted to her Immaculate Heart.



The **Streaming Rays of Light** signify the triumph of the Virgin Mary's Immaculate Heart in the world and at the hour of a consecrated soul's death.



The **Golden Initial** of the prayer signifies that when a soul practices its personal consecration, the prayer becomes as precious as gold in the eyes of the Virgin Mary.



The **Golden Border** surrounding the image and prayer signifies the protection the Virgin Mary grants to her children devoted to her Immaculate Heart. The **Gold Line** surrounds spiritually all consecrated souls, making it impossible for the desires of worldly things and the forces of evil to lead them astray.

## For Those Who Recite This Prayer Daily

The entire image and prayer reflect the Virgin Mary's purity, a virtue she wants all her children to practice. Since our Mother is the Queen of Purity, every offense committed against this virtue hurts her Heart in a cruel and painful way. Souls devoted to her Immaculate Heart should openly state that ***only the pure of heart shall be close to God.***

Consecrated souls, in union with all their brothers and sisters throughout the world, will endeavor to see Jesus present in everyone they meet. Their daily life will thus become a continuous act of love for God and neighbor.

All consecrated souls must practice the following virtues so dear to our Mother's Immaculate Heart:

***Purity – Chastity – Humility – Patience – Charity – Obedience***



**O** Immaculate Heart of Mary, refuge of sinners, I beg of you by the infinite merits of the Sacred Heart of Jesus, and by the graces God has granted to you since your Immaculate Conception, the grace of never going astray again. Mother, keep me, a sinner, constantly bathed in the light of your Immaculate Heart.

**O** Immaculate Heart of Mary, in union with all my brothers and sisters throughout the world, I freely consecrate myself to your Heart, Immaculate and pure. Please accept this personal consecration as an act of reparation and for the conversion of sinners.

**O** Immaculate Heart of Mary, I love you! And I wait patiently for the day that your Immaculate Heart will triumph.

**H**umbly lay my soul in the light of your purity! Immaculate Heart of Mary, be my refuge, and the way to the eternal light of Jesus, our God. Amen.



“If you pray the Holy Rosary devoutly everyday, in six months to a year, you will witness how your life will change for the better. Persevere in praying the Holy Rosary everyday and spread this devotion, which is a weapon of holiness and peace, to all you can. And consecrate yourself to the Immaculate Heart of Mary everyday by praying ***The Golden Prayer***.”

– Sam Michael Nardone

**Sam Michael Nardone** is the author and narrator of several Rosary programs among many others, and thousands of Catholics pray the Rosary with him by using his booklets, CDs and DVDs.

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**All statues** (except the Angel of Peace), sculpted by José Ferreira Thedim (1892-1971). Used by kind permission of the Carmel at Coimbra, Portugal. Thank you for all your prayers!