

# Our Lady of Fatima and Eucharistic Devotion

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When Our Lady of Fatima first appeared in 1917, in addition to her consistent theme and constant calls to pray the Rosary every day, she included vital lessons on the Blessed Sacrament.

Because heaven doesn't act coincidentally but presents everything meaningfully to us, surely there is a providential reason that the date of Our Lady's first apparition — May 13 — was also celebrated in some parts of the Church as the feast of Our Lady of the Blessed Sacrament. The children intuitively realized the connection, maybe not because they recognized the celebration on that date, but based on what happened during the apparition. Let's take a closer look.

Much later, describing that appearance in 1917, Lucia would write that Our Lady opened her hands, and from them streamed light "so intense" that it penetrated their "hearts and innermost depths of our souls." Realizing it was God "who was that light," Lucia fell to her knees. So did her cousins Jacinta and Francisco. As Lucia recalls in her memoirs, the trio then began to pray, "O most Holy Trinity, I adore You! My God, my God, I love You in the most Blessed Sacrament!"

It was a variation of the prayer the children had learned during the third visit of the Angel of Peace, who appeared to them in 1916 to prepare these little shepherds for Our Lady's appearance the following year. The Holy Eucharist was a major part of the preparation. In his left hand, the angel held a chalice with a Host suspended in the air over it. Drops of blood fell from the Host into the chalice. The angel left the chalice and the Host suspended in the air, knelt, and told the children to repeat three times:

*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 indifferences by 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.*

Already the groundwork was being laid, connecting Jesus in the Eucharist to what His Mother was going to teach at Fatima. But that was not all. The angel said, "Eat and drink the Body and Blood of Jesus Christ terribly outraged by the ingratitude of men. Make reparation for their crimes and console your God." Then he rose and gave Lucia the Host and Jacinta and Francisco the Precious Blood from the chalice. As he did so, he said, "Take and drink the Body and Blood of Jesus Christ, horribly outraged by ungrateful men. Make reparation for their crimes and console your God." The following year, during Our Lady's July 13 apparition, she mentioned the First Five Saturdays devotion, the two major pillars of which are the Communion of reparation and the Rosary.

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If that was the situation in 1916–1917, how much more is such a devotion needed today? Through the seers, Our Lady was teaching us, her children, that our devotion to the Blessed Sacrament must increase. And we have to receive the Eucharist worthily. Confession is also one of the requirements of the First Saturdays devotion.... Our Lady told the children, “People must amend their lives and ask pardon for their sins. They must not offend our Lord any more, for He is already too much offended!” The first step in amending our lives is to receive the sacrament of Confession.... And what do we normally do after Confession but go to Mass and receive Holy Communion. ([This article](#) is adapted from a chapter in *The Fruits of Fatima, A Century of Signs and Wonders* by Joseph Pronechen. Catholic Exchange December 3, 2019)