



The Five First Saturdays and the Vigil Mass

The 100th Anniversary of Fatima has awakened the Catholic faithful to Our Lady's original request (July 13, 1917), for devotion to the 5 First Saturdays. Later, (December 10, 1925) Our Lord and Our Lady appeared to Lucy, (who was an 18 year old postulant in the sisters of St. Dorothy). Jesus spoke of the thorns covering His mother's heart and the need for reparation to remove those thorns.

Our Lady's Promise

Our Lady said, "I promise to assist at the moment of death, with all the graces necessary for salvation, those who on the first Saturday of five consecutive months, shall confess, 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."

Our Lord Explains

Later, (May 29, 1930) Our Lord explains to Lucy the reason for 5 first Saturdays. "There are five types of offenses and blasphemies committed against the Immaculate Heart of Mary.

1. Blasphemies against Her Immaculate Conception
2. Blasphemies against Her Virginity
3. Blasphemies against Her Divine Maternity, refusing at the same time to recognize Her as the Mother of men.
4. Blasphemies of those who publicly seek to sow in the hearts of children an indifference, scorn, or even hatred of this Immaculate Mother.
5. The offenses of those who outrage Her directly in Her holy images.”

Jesus promised that this devotion would move His heart to pardon souls who offended Mary.

The Saturday Vigil Mass

Our hope is that every Catholic fulfill this request by going an hour early to the Saturday vigil mass, saying the rosary, going to confession (almost always available before the vigil mass), meditating fifteen minutes on a mystery of the rosary, receiving Holy Communion, and fulfilling these 4 conditions in reparation for the offenses committed against the Immaculate Heart. A perfect and easy opportunity!

The Fifteen Minute Meditation

Catholics know how to go to confession, receive Communion and say the rosary, but they are not familiar with meditating (or mental prayer). The following 20 meditations on the rosary will help.

How to Use the 20 Meditations

These meditations follow St. Ignatius’ method which he used to help his active Jesuits to pray mentally before beginning their day.

Mental prayer deliberately involves all the inner powers (imagination, memory, feelings, intellect and will) and opens the soul to God’s greatest blessings. Use the following steps:

1. Read the gospel and the context. This absorbs your intellect.
2. Take a few moments to imagine the gospel scene. This draws you away from distractions.
3. Slowly read the thoughts. This fills the intellect. If one or two strike you, forget the rest.
4. Now you come to the heart of mental prayer, called “the affections”. Hopefully, your heart is warm and you pour out your feelings in your own words. Again, use those affections which absorb you.
5. Make a good resolution and memorize a short quote.

Progress in Prayer

Don’t turn mental prayer into spiritual reading. When the meditations help you to pray mentally (talking with Jesus), put aside the written words. These meditations are “can openers”. Once the can is opened, you put aside the opener.

The real mental prayer lies in the affections. All the rest just prepares for them. You will be delightfully surprised to find that the 15 minutes goes very quickly. Congratulations, you are making progress. Meditate every day.

Sr. Lucy's Example

Sr. Lucy describes her own fidelity to the First Saturday, saying that each month she chose a different mystery to meditate upon and fulfill Our Lady's request. What an honor to follow her example!

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THE JOYFUL MYSTERIES

FIRST JOYFUL MYSTERY - THE ANNUNCIATION MARY'S QUESTIONING AND ACCEPTANCE (LK 1:26-38)

Gospel Text:

The angel Gabriel was sent by God to a town of Galilee called Nazareth, to a virgin named Mary. The angel said, "Do not fear, Mary. You have found favor with God. You shall conceive and bear a son and give him the name Jesus. Great will be his dignity and he will be called Son of the Most High. The Lord God will give him the throne of David, his father. He will rule over the house of Jacob forever and his reign will be without end.

Mary said to the angel, "How can this be because I do not know man?" The angel explained, "The Holy Spirit will come upon you and the power of the Most High shall overshadow you. The child will be called holy, the Son of God. Know that Elizabeth, your relative, has conceived a son in her old age. She who was called barren, is now in her sixth month because nothing is impossible to God."

Mary said, "Behold the handmaid of the Lord. Let it be done to me according to your word." At this, the angel left her.

Prayer: Come, Holy Spirit. Help me to say "Yes" to God's plan.

Imagination: Picture Mary speaking with the Angel.

Context:

Luke records the greatest moment in human history, when God becomes flesh in Mary's womb. This text highlights Mary's struggle to understand the mystery. Once all is clear, she quickly consents.

Thoughts:

1. Mary knew that God called her to be a virgin. Now, the angel speaks of her becoming a mother.
2. The angel explains how both are true. The Holy Spirit will overshadow her, making her both mother and virgin.
3. This message overwhelms Mary.

4. Because Mary must accept her privilege, the angel describes God's miracle in Elizabeth.
5. The angel concludes, "Nothing is impossible to God."
6. Mary's human mind quickly understands that God will do the impossible.
7. She surrenders completely, "Let it be done to me according to your word."

Affections:

1. Father, what is your plan for me?
2. Jesus, I cannot always understand your favors.
3. Mary, teach me how to search for answers.
4. Spirit, reveal God's mysteries in my life.
5. God, nothing is impossible for you.
6. Mary, engrave your response on my heart, "Let it be done to me according to your word."

Resolutions:

1. This day, I will surrender to God's plan.
2. I will believe that nothing is impossible for God.

Thought for Today:

Let it be done to me according to your word.

**SECOND JOYFUL MYSTERY – THE VISITATION
MARY VISITS ELIZABETH (LK 1:39-45)**

Gospel for Today:

Mary went quickly into the hill country of Judea, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb. Elizabeth was filled with the Holy Spirit and cried out in a loud voice: "Blessed are you among women and blessed is the fruit of your womb."

Who am I that the mother of my Lord should come to me? For the moment that your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you, for you have believed that the Lord's words to you would be fulfilled."

Prayer: Come, Holy Spirit. Fill me with your joy.

Imagination: Picture Mary entering Zechariah's house

Context:

This story contains many truths. First, Jesus begins his sanctifying ministry. Second, John begins his ministry, pointing out Jesus to his mother. Third, this is an early picture of Pentecost. All are filled with the Holy Spirit.

Thoughts:

1. Jesus begins immediately to sanctify the world. Mary is his first missionary.
2. John the Baptist begins his ministry, pointing out the Christ to his mother.

3. Pentecost comes early. All are filled with the Holy Spirit. Many years later, the apostles will gather with Mary and receive the Spirit at Pentecost.
4. By prophetic revelation, Elizabeth knows that Mary is the mother of God.
5. These two women hold all of history in their wombs.
6. Elizabeth has the Precursor and Mary has the Saviour.

Affections:

1. Jesus, you begin immediately to save the world.
2. Mary, bring Jesus quickly to me.
3. Holy Spirit, fill me with joy.
4. Mary, invite me into your womb, the new garden of Eden, where Jesus has placed every treasure.
5. Mary, help me to believe God's word.
6. Mary, share with me the Spirit of Pentecost.

Resolutions:

1. Today, I will use Elizabeth's words to praise Mary, "Blessed are you among women and blessed is the fruit of your womb."
2. I will ponder the mystery that God placed all human history in Mary's womb.

Thought for Today:

Blessed are you who believed that the Lord's words to you would be fulfilled.

**THIRD JOYFUL MYSTERY – THE BIRTH OF JESUS
THE BIRTH OF JESUS (LK 2:1-14)**

Gospel for Today:

Caesar Augustus decreed that the whole world should be enrolled. Since Joseph was of the house of David, he left Nazareth and went to Bethlehem, the city of David, to be enrolled with Mary, his espoused wife, who was with child.

While they were there, her days were accomplished. She brought forth her first born son, wrapped him in swaddling clothes and placed him in a manger, because there was no room for them at the inn. In the same region were shepherds keeping watch over their flocks by night. An angel of the Lord stood by them and the glory of God shone around them and they feared.

The angel said, "Do not be afraid. I bring you news of great joy for all the people. This day is born for you a Saviour, who is Christ the Lord, in the city of David." Suddenly, a multitude of the heavenly army was praising God and saying, "Glory to God in the highest and peace to men of good will."

Prayer: Come, Holy Spirit. Take me to Bethlehem.

Imagination: Picture Jesus' birth in Bethlehem

Context:

Throughout his gospel, Luke describes the historical setting. His purpose is subtle. He names Caesar Augustus to show that he is not as important as the Christ Child.

Thoughts:

1. Luke contrasts the powerful Caesar Augustus, (who issues the decree) and the powerless parents, (subjected to the decree).
2. God is really in charge. Long ago, he chose Bethlehem for the birth of his Son.
3. Even from his birth in a manger, Jesus is marginal to society. Eventually the world will totally destroy him.
4. God, however, tells the real story to shepherds.
5. The heavens light up with angels.
6. Some day, this Jesus, as Lord of lords, will establish his everlasting kingdom.
7. Then, all the world will know who he is.

Affections:

1. O Lord, all earthly power, honor and glory cannot compare with your Kingdom.
2. O God, give me the faith of Joseph and Mary. I will see your plan and obey fully.
3. O Jesus, I will go to tiny Bethlehem. Only at the margins of society, can I find you.
4. Send your angels to me, Lord.
5. What great mysteries you reveal in my heart!
6. O Mary, give me birth. Bring me forth to life everlasting.
7. I am in your womb. Where else would I rather be?

Resolution:

1. I will see God's hand in all the events of this day.
2. I will set aside wealth and earthly glory today. I will choose to be marginal with Jesus.

Thought for Today:

When her days were accomplished, she brought forth a son.

**FOURTH JOYFUL MYSTERY – THE PRESENTATION OF JESUS
SIMEON'S INSPIRED WORDS (LK 1:28-35)**

Gospel for Today:

Taking the child in his arms, Simeon prophesied, “Now you can dismiss your servant in peace, O God, for my eyes have seen your salvation, which you have prepared in the sight of all the people. A light of revelation for the Gentiles and the glory of your people, Israel.”

His father and mother were filled with awe at what was said. Simeon blessed them and said to Mary, his mother, “This child is set for the fall and the rise of many in Israel. He shall be a sign that is contradicted, and your own soul a sword shall pierce, so the thoughts of many hearts might be revealed.”

Prayer: Come, Holy Spirit. Bring me the light of Christ.

Imagination: Picture Simeon praising God with Jesus in his arms.

Context:

Mosaic law required that every male child who opened the womb must be offered to God. So, Mary and Joseph go to the temple. Surprisingly, Simeon, a holy man inspired by the Spirit, takes the child and prophesies his greatness as well as his sorrows.

Thoughts:

1. Holding Jesus in his arms, Simeon's life is complete.
2. He sees Jesus as God's gift of salvation.
3. God's plan is not hidden. It is "prepared in the sight of all the peoples."
4. Jesus blesses everyone, Jews and Gentiles.
5. He is "a sign of contradiction" because many will reject his light.
6. Accepting or rejecting Jesus reveals each person's heart.
7. Mary shares in Jesus' sorrow. She stands at the center of this mystery, and her own heart is pierced.

Affections:

1. O Jesus, I hold you in Holy Communion.
2. O God, before I die, fulfill your plan in me.
3. O Jesus, You are the light of my world.
4. O Jesus, someday my inner heart will be revealed.
5. O Mary, you have given me Jesus. What more can I ask?
6. O Mary, I will live with you in the shadow of the cross. My heart will also be pierced.

Resolutions:

1. Only the light of Christ will guide my day.
2. I will increase my devotion to Mary.

Thought for Today:

This child shall be a sign that is contradicted and your own heart, a sword shall pierce.

FIFTH JOYFUL MYSTERY – FINDING JESUS IN THE TEMPLE SEARCHING FOR JESUS (LK 2:41-52)

Gospel for Today:

When his parents did not find the child Jesus among their relatives, they returned to Jerusalem looking for him. After three days they found him in the temple, sitting among the teachers, hearing them and asking them questions. All who heard him were astonished at his wisdom and his answers.

Seeing him, his parents were astonished and his mother said, "Son, why have you done this to us. Your father and I have sought you sorrowing." He said, "How is it that you sought me? Did you not know that I had to be in my father's house?" They did not understand what he said.

He went down with them, came to Nazareth and was obedient to them. His mother kept all these words in her heart. And Jesus grew in wisdom, age and grace before God and men.

Prayer: O Lord, may I always seek to find you.

Imagination: Picture Jesus with his parents in the Temple.

Context:

Luke uses this story, when Jesus is twelve years old, as a bridge between the infancy stories and the public ministry (when Jesus was thirty). It portrays the transition from being Mary's son to being the Son of the Father. When Mary finds him in the temple, Jesus reminds her that he must be in his Father's house.

Thoughts:

1. Like all parents, they search for Jesus with anxious hearts.
2. Where else would they look, except in the temple.
3. Jesus assumes the role of teacher in Israel.
4. Mary can only speak of her own feelings.
5. Jesus speaks of another world – his Father's house.
6. For now, Jesus' mission is put off. He returns to the hidden years of Nazareth.
7. These are very productive years, preparing him to assume his lifelong ministry.

Affections:

1. O Jesus, I long for you and I search for you.
2. I, too, will find you in the temple, where you stay in the Blessed Sacrament.
3. You are my teacher. I go to you for wisdom.
4. O Mary, share your feelings with me.
5. Jesus, bring me into your Father's house.
6. O Lord, I will prepare every day for my mission.
7. Fill these years with your blessings.

Resolutions:

1. I will search for Jesus at every moment.
2. I will be obedient to Mary.

Thought for Today:

Your father and I have sought you sorrowing.

MYSTERIES OF LIGHT

FIRST MYSTERY OF LIGHT – THE BAPTISM OF JESUS BAPTIZING WITH THE HOLY SPIRIT (LK 3:15-16; 21-22)

Gospel for Today:

The crowd was wondering, thinking in their hearts that John perhaps might be the Messiah. John answered, saying to all, “I, indeed, baptize with water, but there shall come someone mightier than I, the thongs of whose sandals I am not worthy to tie. He will baptize you in the Holy Spirit and fire.”

Now when all the people were baptized, and when Jesus was at prayer after he had been baptized, the heavens were opened. The Holy Spirit descended in the visible form of a dove. A voice came from heaven saying, “You are my beloved Son, in whom I am well pleased.”

Prayer: Holy Spirit, pour out your fire.

Imagination: Picture Jesus after his baptism.

Context:

In Luke, the crowds play a large role. They are filled with anticipation. Also, they get baptized before Jesus does. The two central points are Jesus’ power to baptize with the Holy Spirit and fire, and the heavenly manifestations of the Spirit and the Father.

Thoughts:

1. John turns the spotlight away from himself.
2. His task is to prepare for Jesus.
3. He minimizes his own power to baptize with water.
4. He promises a more powerful person who will baptize in the Spirit.
5. Jesus comes to the Jordan as God had planned.
6. After his Baptism, the Holy Spirit remains on Jesus as a permanent anointing.
7. The Father’s voice confirms Jesus as his beloved.

Affections:

1. Jesus, prepare my heart for you.
2. Pour out your Spirit upon me.
3. Teach me to know and follow the Father’s plan.
4. When You open the heavens all your graces fall on me.
5. Spirit, remain upon me.
6. Father, I also will exalt your Son.

Resolutions:

1. I will ask for the Holy Spirit.
2. I will try to be the Father’s beloved child.

Thought for Today:

The Spirit descended and remained on him.

**SECOND MYSTERY OF LIGHT – THE WEDDING FEAST AT CANA
MAKING NEW WINE (JN 2:1-22)**

Gospel for Today:

On the third day, there was a wedding at Cana in Galilee and the mother of Jesus was there. Jesus, and his disciples, were also invited to the marriage. When the wine failed, his mother said to Jesus, “They have no wine.” Jesus responded, “Woman, what is this to you and me? My hour has not yet come.” His mother said to the waiters, “Do whatever he tells you.”

Jesus said to the waiters, “Fill the jars with water and take them to the waiter in charge”. When the headwater tasted the water made wine, he said to the groom, “People usually serve the choice wine first, but you have kept the choice wine until now.”

Jesus performed this first sign at Cana in Galilee. In this way, he revealed his glory and his disciples believed in him.

Prayer: O Mary, my mother, you help me in all my trials.

Imagination: Picture Mary with Jesus at the wedding feast.

Context:

This is an extremely important story because it spells out John’s theme. The hour of the passion, when Jesus sheds his blood, is the world-saving moment. The new wine is a preview of the heavenly feast. Notice that John never uses Mary’s name. She is always “the mother of Jesus”.

Thoughts:

1. “On the third day”, reminds us of Jesus’ resurrection.
2. Mary wants to help the couple. Knowing the Father’s will, Jesus says that it is the wrong time.
3. It is not yet “the hour”, the world-saving moment of his death and rising, when all will see his glory.
4. At the Annunciation, Mary accepted the Father’s will. Now, she tells the waiters to accept Jesus’ will.
5. The miracle happens. It is the best of wines, far beyond the hopes of the surprised bridegroom.
6. Having seen his glory, the disciples begin to believe. They will see many more signs in the days ahead.

Affections:

1. O Jesus, wherever you are, there is the joy of the wedding.
2. O Mary, you have a solution for every problem.
3. Intercede for me, Mary. Jesus always listens to you.
4. Jesus, pour out your glory. For this hour, you have come.
5. Mary, teach me to do whatever Jesus wants.
6. O Jesus, you give us the best of wines, the greatest blessings and delights.
7. Jesus, reveal your glory in my life. Do great things in me.

Resolution:

In every crisis, I will turn to Mary with the greatest confidence.
Today, I will do only the will of Jesus.

Thought for today:

Woman, what is this to you and me? My hour has not yet come.

**THIRD MYSTERY OF LIGHT – THE PREACHING OF THE WORD
PREACHING TO ALL THE TOWNS (MK 1:32-39)**

Gospel for Today:

When it was evening, after sunset, they brought to Jesus all who were ill and possessed by devils. All the city was gathered at the door. He healed all with various diseases and he cast out many devils, telling them to be quiet because they knew who he was.

Rising early, he went out to a deserted place, where he prayed. Simon, and those who were with him, tracked him down and said, “Everyone is looking for you.” Jesus said to them “Let us go to the neighboring villages and cities so I can preach there, also. This is why I have come.

So he went to their synagogues, preaching the gospel and casting out demons all throughout Galilee.

Prayer - O Jesus, let me follow your example in every aspect of your life.

Imagination: Picture Jesus preaching and healing.

Context:

This text presents many aspects of Jesus. We see his power in the healings, his prayerfulness in the solitude, and his humility in not desiring adulation. Finally, we see his determination to preach to all the villages.

Thoughts:

1. As soon as the working people come home (after sunset), they waste no time. They bring their sick to Jesus.
2. His power goes out to all, for whatever they need – healing of body or freedom from demons.
3. Jesus withdraws from the limelight because He is more at home in prayer with his heavenly Father.
4. Simon and the others do not act like disciples. They enjoy the acclaim, and forget the need to preach the Kingdom everywhere.
5. Jesus knows why the Father sent him to earth. He must preach the Kingdom to all the villages. Everyone must have an opportunity to hear the gospel.

Affections:

1. O Jesus, do not let me delay. I must come to you now to receive your touch.
2. Your power goes out to me. You change me. You heal me. You set me free.
3. By rising for prayer, you teach me your secret. You value your relationship with Your Father more than anything else.

4. I will not follow Simon's example. I will not be satisfied with worldly acclaim when I can share in your tasks.
5. O Jesus, visit me today. Preach your gospel to me. I will be listening.

Resolutions:

1. I will not delay. Today, I will come to Jesus.
2. I will imitate Jesus and find some time to pray to the Father.

Thought for Today:

Rising early, he went out to a deserted place.

**FOURTH MYSTERY OF LIGHT – THE TRANSFIGURATION
THE TRANSFIGURATION (Mk 9:2-10)**

Gospel for Today:

Six days later, Jesus took Peter, James and John up a high mountain by themselves. He was transfigured before them and his clothes became dazzlingly white. Elijah appeared to them along with Moses and they spoke with Jesus. Peter said, "Rabbi, it is good for us to be here. Let us make three tents, one for you, one for Elijah and one for Moses." However, he did not really know what to say for he was filled with fear.

A cloud overshadowed them and a voice from the cloud said, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone with them, only Jesus.

Prayer: O Jesus, take me up the mountain of your glory.

Imagination: Picture Jesus on the mountain with his three apostles.

Context:

Peter has just proclaimed in faith "You are the Messiah." In this text, he and two other apostles have an experience which verifies that truth. They see Jesus, changed in appearance, clothed in heavenly glory. The Father speaks, just as he did at Jesus' Baptism. These three disciples will be closest to Jesus in the Garden prayer.

Thoughts:

1. To bestow this overwhelming experience, Jesus leads the apostles to the mountain's solitude.
2. When they see Jesus' heavenly glory, they cannot function normally.
3. Jesus is the central figure. Moses and Elijah are at his side.
4. The events overwhelm Peter. He rightly exclaims, "It is good to be here."
5. The cloud paralyzes them. They are completely attentive to the Father's words, "This is my Beloved Son. Listen to him."
6. When the vision is over, they see only Jesus. All blessings are placed in him.

Affections:

1. O Lord, invite me to the mountain of prayer.

2. O Jesus, Your glory overwhelms my poor faculties. They cannot grasp your light.
3. You, O Lord, are the center of all history.
4. Burn your Father's words into my soul. "This is my Beloved Son. Listen to Him."
5. Jesus, I will see you in heaven.

Resolution:

1. I will find a moment today to climb the mountain of prayer.
2. I will value the riches which Christ offers to me.

Thought for Today:

Jesus took them up the mountain so he could reveal his glory.

**FIFTH MYSTERY OF LIGHT – THE INSTITUTION OF THE EUCHARIST
THE BODY OF CHRIST (Mk 14:12-16 and 22-26)**

Gospel for Today:

On the first day of the Unleavened Bread, when the Passover was sacrificed, his disciples asked Jesus, "Where do you want us to go to prepare the Passover supper for you?" He said to two disciples, "Go into the city. There you will find a man carrying a water jar. Follow him and whatever house he enters, say to the owner, "The Master says, 'Where is the guestroom where I might eat my Passover with my disciples?' He will show you a large upper room, furnished and all in order. There you will prepare a place for us." The disciples went off. When they arrived at the city, they found it exactly as Jesus said and they prepared the Passover supper.

While they were eating, Jesus took bread, blessed it, broke and gave it to them saying, "Take this. This is my body." Taking the chalice and giving thanks, he gave it to them. They all drank from it. He said to them, "This is my blood, the blood of the covenant, which shall be shed for many. Amen I say to you, that I will no more drink of the wine until that day when I drink it anew in the Kingdom of God." After singing a hymn, they went out to the Mount of Olives.

Prayer: O Jesus, prepare my heart for Holy Communion.

Imagination: Picture Jesus at the Last Supper with his apostles.

Context:

Jesus entered Jerusalem on Palm Sunday and preached there during Holy Week. Knowing that he would be crucified, he gathers his apostles for his Last Supper. Then, he gives his greatest gift, his own Body and Blood as their food and drink.

Thoughts:

1. The Passover is the most important night, the greatest moment.
2. The special preparations are a sign of the importance of this meal.
3. The Upper Room becomes very holy – the place of the Eucharist, of appearances by the Risen Jesus and of the descent of the Spirit. What a room!
4. It is large and well furnished, worthy of its greatness in history.

5. Jesus' giving is total. He gives his body, his blood, his life, his soul, and his divinity, all are present in the Eucharist.
6. This meal inaugurates the Kingdom. A covenant of blood exists between God and man.
7. This covenant is heavenly, looking forward to the new wine of the Kingdom.
8. The night ends with singing and then that fateful walk to the Garden of Gethsemane.

Affections:

1. O Jesus, I will prepare my heart. It will become a large room, furnished with the greatest of virtues.
2. O Jesus, you give yourself totally. I will give myself totally to you.
3. In this Eucharist, You come. You are in our midst.
4. You make a covenant with me, a pledge of eternal life in your Kingdom.
5. O Jesus, I must sing. My heart overflows at this banquet.
6. Prepare me for my suffering and death.

Resolutions:

1. I will attend Mass as often as possible, even daily.
2. I will offer my body and blood to Jesus.

Thought for today:

Take and eat. Take and drink.

THE SORROWFUL MYSTERIES

FIRST SORROWFUL MYSTERY – THE AGONY IN THE GARDEN (LK 22:39-46)

Gospel for Today:

Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him. When he arrived at the place he said to them, “Pray that you may not undergo the test.” After withdrawing about a stone’s throw from them and kneeling, he prayed, saying, “Father, if you are willing, take this cup away from me; still, not my will but yours be done.”

And to strengthen him an angel from heaven appeared to him. He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground. When he rose from prayer and returned to his disciples, he found them sleeping from grief. He said to them, “Why are you sleeping? Get up and pray that you may not undergo the test.”

Prayer: Come Holy Spirit. Help me to accept always the Father’s plan for me.

Imagination: Picture Jesus on His knees, sweating blood and accepting this cup of suffering.

Context: Jesus has just celebrated the Last Supper. His ministry is complete. Now, he must face the inevitable. His actions, teachings and popularity have led him to this moment. Soon, Judas and the soldiers will come to capture Him.

Thoughts:

1. This garden was Jesus’ favorite place to be alone with His Father. In this moment of agony, He seeks it out again.
2. Even in this moment, Jesus thinks first of his disciples. They, too, will be put to the test.
3. Now, Jesus must withdraw, even from them. He must use all the powers of his mind and soul to prepare for the next 18 hours.
4. Sweating blood can happen in intense emotional moments. Heaven responds with a strengthening angel.
5. The disciples fail Jesus completely. They won’t be ready for their greatest test.

Affections:

1. O Jesus, you always knew that this hour of agony would come.
2. You prepare for the trial the only way – as always, you seek the Father’s help and choose the place where you have spoken with Him.
3. You lived for this hour when you would redeem the world.
4. O Jesus, teach me to seek the Father in my times of agony.
5. Jesus, You want only the Father’s will, even if it means death.
6. Jesus, let me remain with you, always faithful to prayer.
7. The drops of your blood are redeeming me. How can I thank you?

Resolutions:

1. I will give myself totally to God's will.
2. I will be faithful in my times of prayer.

Thought for Today:

Father, not my will but yours be done.

**SECOND SORROWFUL MYSTERY – THE SOURGING
(Mk 15:6-15)**

Gospel for Today:

Pilate asked, "Do you want me to release to you the king of the Jews?" But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate again said to them in reply, "Then what do you want me to do with the man you call the king of the Jews?" They shouted again, "Crucify him". Pilate said to them, "Why? What evil has he done?" They only shouted the louder, "Crucify him." So Pilate, wishing to satisfy the crowd, released Barabbas to them and had Jesus scourged.

Prayer: O Jesus, you sacrificed your entire body to save me.

Imagination: Picture the soldiers scourging Jesus.

Context: Pilate wants to release Jesus and uses the custom of releasing a prisoner at the Passover. The crowd, however, was led to choose Barabbas (his name means "Son of the father") and to crucify Jesus. Pilate gives in and the scourging begins.

Thoughts:

1. The crowds have turned against Jesus, because their hearts were so easily led.
2. The deepest sins lay with the chief priests, filled with envy and anger.
3. Jesus listens. He sees himself rejected. No surprise. He had accepted God's will.
4. Jesus watches the guilty Barabbas receive his freedom.
5. Jesus accepts the scourging to set us free from eternal death.
6. The scourging is merciless, and Mark makes no attempt to describe the blood that was shed. We can only image the scene.

Affections:

1. O Jesus, how can anyone cry out, "crucify him"? I blush at my sins.
2. O Jesus, how fickle am I. One day I serve you. The next day, I forget you.
3. O Jesus, I am weak but never let me be evil.
4. What goes on in my heart, Jesus? Would I abandon you? Am I swayed by the crowd?
5. How horrible was your scourging. Every drop was shed for me.
6. Help me, Jesus, to suffer with you in my agonies.

Resolution:

1. Today, I will thank Jesus for suffering for me.
2. I will be staunch in my friendship with Jesus.

Thought for Today:

Wishing to satisfy the crowd, Pilate released Barabbas and had Jesus scourged.

**THIRD SORROWFUL MYSTERY – THE CROWNING WITH THORNS
(MK 15:16-20)**

Gospel for Today:

The soldiers led him away inside the palace, that is, the praetorium, and assembled the whole cohort. They clothed him in purple and, weaving a crown of thorns, placed it on him. They began to salute him with, “Hail, King of the Jews!” and kept striking his head with a reed and spitting upon him. They knelt before him in homage. And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes, and led him out to crucify him.

Prayer: Come, Holy Spirit. Open my mind to your wisdom.

Imagination: Picture the soldiers crowning Jesus with thorns.

Context: Jesus submits his entire body to this suffering. His back (by the scourging) and his head (by this crowning) are the first parts to accept the physical pain.

Thoughts:

1. The soldiers’ cruelty really comes from being Satan’s instruments.
2. Jesus accepts this crown of thorns so He can gain a crown of glory for us.
3. For these moments, he wears a fool’s crown. One day, he will wear a crown of glory.
4. His sinless mind accepts the full punishment which we deserve.
5. The soldiers knelt before him in jest. One day, they will kneel before him as King of Kings.
6. Jesus teaches us to accept the fool’s crown on earth to gain our heavenly crown.

Affections:

1. O Jesus, King of Kings, you accept this suffering crown for me.
2. How painful are these wounds in your head. You spare nothing to redeem me.
3. O Jesus, you are my king. I accept any crown of suffering which you send me.
4. O Jesus, guard my thoughts against anger, hatred, jealousy, ambition and pride.
5. You stand before me as my King even though your crown is made of thorns.
6. Help me to accept all my disappointments. Do not let me complain.

Resolution:

1. I will put a guard around my thoughts today.
2. I will thank Jesus, who has gained for me a crown of glory.

Thought for Today:

1. They knelt before him in homage.
2. They clothed Jesus in purple and placed a crown of thorns upon his head.

**FOURTH SORROWFUL MYSTERY – JESUS CARRIES HIS CROSS
(LK 23-26-31)**

Gospel for Today:

As they led him away, they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, “Blessed are the barren, the wombs that never bore and the breasts that never nursed.”

Prayer: Come, Holy Spirit. Teach me to carry the cross behind Jesus.

Imagination: Picture Jesus with Simon carrying the cross and the women of Jerusalem weeping for Jesus.

Context: Luke pictures Simon carrying the cross “behind Jesus”, a picture of a true disciple. The women weeping gives Jesus a chance to speak about the destruction of Jerusalem which will happen because the leaders did not listen to him.

Thoughts:

1. Jesus frequently prophesied this moment when he would be “led away” and powerless.
2. Simon was on the scene quite by chance. He accepted the cross, and became a disciple with his two sons. (Alexander and Rufus).
3. The women seek only to console Jesus and share his sorrows. They do not fear the soldiers.
4. In this moment of agony, Jesus tries to console the women and prepare them for the destruction of Jerusalem.
5. Jesus’ heart is broken. He foresees the future suffering of these women and their families.
6. Jesus sees the whole future of the world. He carries all human suffering in His heart.
7. Jesus is helpless. He can only say “the days are coming.”

Affections:

1. Jesus, be with me in my hour of agony.
2. Jesus, what a privilege to carry the cross behind you.
3. O Jesus, I will follow you wherever you go. I will pay any price to be with you.
4. Let me cry over my sins. Because of them, you had to carry the cross.
5. O Jesus, I do not know what lies ahead for me. My future is in your hands.
6. Do you always think of me? Do you weep for my sufferings? Who is like you?
No one has greater love.

Resolutions:

1. I will accept all the suffering of this day.
2. Like Jesus, I will try to think of others.

Thought for Today:

Daughters of Jerusalem, do not weep for me.

**FIFTH SORROWFUL MYSTERY – THE DEATH OF JESUS
(Lk 23:44-49)**

Gospel for Today:

About noon, darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, “Father, into your hands I commend my spirit”; and when he had said this he breathed his last. The centurion who witnessed what had happened glorified God and said, “This man was innocent beyond doubt.” When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts. All his acquaintances stood at a distance, including the women who had followed him from Galilee and saw these events.

Prayer: Holy Spirit, help me to be faithful to Jesus until my death.

Imagination: Picture Jesus on the cross, surrounded by Mary, the Beloved Disciple and the holy women.

Context: Luke always stresses the reactions of the people. The centurion speaks the important words, “Jesus is innocent”. The people experience great remorse. The wonderful women stay to the very end. The tearing of the veil signifies a new era in human history.

Thought:

1. The eclipse is a symbol of spiritual darkness gripping Jerusalem.
2. The veil symbolizes the Old Covenant which gives way to the New.
3. Jesus’ agony is over. He completes the redemption of the human race. The Father receives back His obedient Son.
4. An eyewitness, a Gentile centurion, proclaims to all the world that Jesus was innocent.
5. The people sorrow over their leaders’ actions. They remain innocent.
6. The holy women stay until the end, their hearts fixed on Jesus. For three years, they have faithfully followed Jesus.

Affection:

1. O Jesus, my life is darkness without you.
2. Tear away all my sins. Bring your new life now.
3. Teach me, Jesus, to place my life into the Father’s hands.
4. Jesus, you are innocent, holy, the spotless lamb. You live for love alone.
5. Jesus, please keep me innocent in this world of darkness.
6. I will stay to the end. I will not walk away from you. To whom else can I go?

Resolutions:

1. I will thank Jesus today for dying for me.
2. I will pray for God's help to remain with Jesus to my dying breath.

Thought for Today:

Father, into your hands I commend my spirit.

THE GLORIOUS MYSTERIES

THE FIRST GLORIOUS MYSTERY – THE RESURRECTION - (Jn 20:11-18)

Gospel for Today:

After the two left, Magdalene remained at the tomb, weeping. When she looked into the tomb, she saw two angels dressed in white. They said to her, “Woman, why are you weeping?” She said, “Because they have taken away my Lord and I do not know where they have placed him.” Turning around, she saw Jesus standing there, but did not know it was he. Jesus said, “Woman, why are you weeping? Whom are you looking for?” Thinking he was the gardener, she said, “Sir, if you have taken him, tell me where you have put him and I will take him away.”

Jesus said to her “Mary”. She replied, “Master”. Jesus said “Do not hold on to me, for I have not yet ascended to my Father. Go to my brothers and tell them, I am ascending to my Father and to your Father, to my God and your God.” Mary went and told the disciples, “I have seen the Lord and these are the things he has told me.”

Prayer: Jesus, fill me with Magdalen’s love to you.

Imagination: Picture Magdalen at the tomb with Jesus.

Context:

Peter and John return to the Upper Room. Magdalen’s great love forces her to remain at the tomb and she becomes the first person to see the Risen Jesus. Until Jesus reveals who He is, Magdalen is filled with confusion thinking that Jesus’ body has been stolen. By ascending to the Father, Jesus creates a new relationship between the Father and the disciples. God is their Father and Jesus is their brother.

Thoughts:

1. Magdalen has a love greater than Peter and John. She alone stays at the tomb.
2. She listens only to her heart, which seeks only Jesus.
3. She sees angels but doesn’t question why they are standing in the tomb. Love often does not think clearly.
4. Her physical eyes do not recognize Jesus because his glorified body has transformed His appearance.
5. Jesus the Shepherd uses her name and she recognizes His voice.
6. Everything is new. The disciples are now Jesus’ brothers and sisters, and God is their Father.
7. Magdalen becomes the Apostle to the Apostles – telling them all that she saw and heard.

Affections:

1. Where are you Lord? I am searching for you.
2. Let my tears prepare for your coming.
3. Fill my heart with great desires.
4. I embrace you Jesus. I will never let you go.
5. You are ascending so that I can ascend with you and be in heaven forever.

6. Jesus, call me by name. Be my Shepherd.
7. O Jesus, because of your Resurrection, God is now my Father.
8. Make me an apostle. I will tell the whole world about you.

Resolution:

1. I will ask for Magdalene's total love.
2. I will listen so I can hear Jesus call me by name.

Thought for Today:

They have taken away my Lord and I do not know where they have placed him.

**SECOND GLORIOUS MYSTERY – THE ASCENSION INTO HEAVEN
(LK 24:50-53) (Acts 1:6-12)**

Gospel for Today:

Jesus led the disciples out to the Mount of Olives, telling them not to depart from Jerusalem but to await the promise of the Father, "You shall receive power when the Holy Spirit comes upon you and you will be my witnesses in Jerusalem, Judea, Samaria and the whole world.

As they looked on, he was lifted up. They watched until a cloud took him from their sight. While they were still gazing upward, two men in white garments said, "Men of Galilee, why do you stand here looking up to heaven. Jesus, who is taken from you, will come just as you saw him going to heaven." So, they returned to Jerusalem. They devoted themselves to prayer, together with some women and Mary, the mother of Jesus.

Prayer: O Jesus, take my heart to heaven with you.

Imagination: Picture the disciples gathered together as Jesus ascends into heaven.

Context: Luke describes the Ascension in two places (at the end of his gospel and at the beginning of his Acts of the Apostles). The Ascension event is the bridge between the ministry of Jesus in Israel and the ministry of the Holy Spirit in the Church.

Thoughts:

1. This is the greatest of the Easter visions. Soon, the final age of the Spirit will begin.
2. The apostles want to remain on this hillside. Their hearts are empty. Jesus has ascended.
3. Their hearts go to heaven with Jesus.
4. The angel has to promise them, "He will return just as you saw him."
5. Jesus gave clear instructions to return to Jerusalem and await the Holy Spirit.
6. What a journey for the apostles! Three years ago, they began to follow Jesus. Now, they know that He is God and will soon send the Spirit of the Father.
7. Mary is present. At the Annunciation, the Holy Spirit came down upon her. Now, He will come again.

Affections:

1. O Jesus, my heart is empty when you leave me.
2. Where can I find you? Will you not come for me?
3. Jesus, I believe that you will return and take me with you.
4. O Jesus, if I obey you, your plans for me will come true.
5. Send your Holy Spirit, and I will be your witness to all.
6. O Lord, you will “return just as you ascended.” I will await your coming.
7. Mary, draw me close to yourself. The Spirit comes wherever you are present.

Resolutions:

1. Today, I will think of my heavenly home.
2. I will take some quiet moments to receive the Spirit.

Thought for Today:

“This Jesus will come back just as you saw him going to heaven.”

**THIRD GLORIOUS MYSTERY – THE DESCENT OF THE HOLY SPIRIT
(Acts 2:1-4)**

Gospel for Today:

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

Prayer: Come, Holy Spirit. Fill me with your fire.

Context: The famous Upper Room is where Jesus celebrated the Last Supper, where the disciples hid from fear and where Jesus appeared a number of times. The obedient disciples gather with Mary. Jesus rewards their faith. A new era begins, the final hour of the Spirit.

Imagination: Picture yourself with Mary and all the disciples. Experience their joy.

Thoughts:

1. Although the disciples had seen the Risen Jesus, something was still missing.
2. They had full faith but lacked the holy fire of heaven.
3. They could receive this new fire because they were together, of one mind and heart.
4. All receive from the same fire, exactly that portion which they need. No one is left empty.
5. They receive the Pentecostal gift and are totally filled with God’s Holy Spirit.
6. They all spoke in tongues. No one could doubt that Jesus had sent His Spirit.

Affections:

1. O Jesus, how I need your Holy Spirit.
2. O Lord, I lack the heavenly Fire. Send Your Spirit, now.
3. Keep me bonded to the Church and close to all who follow you.
4. Totally claim my attention. Never let my thoughts and feelings wander from you.
5. Jesus, send your fire. I thirst for your divine love.
6. Fill me and I will serve you. Consume me and I will sacrifice everything.
7. Let me praise you in unknown tongues, so the Spirit can use my lips.
8. Let your fire fall upon me.

Resolution:

1. All day long, I will ask the Holy Spirit to come.
2. I will open my whole being to Jesus' Spirit.

Thought for Today:

They were all filled with the Holy Spirit.

**FOURTH GLORIOUS MYSTERY – THE ASSUMPTION OF THE
BLESSED VIRGIN MARY
(LK 1:46-55)**

Gospel for Today:

Mary prayed, "My soul magnifies the Lord and my Spirit rejoices in God my Saviour. For he who is mighty has done great things for me and holy is his name. His mercy is from generation to generation on those who fear him. He has shown the might of his arm. He has scattered the proud in their conceit. He has put down the mighty from their thrones and has exalted the humble. He has filled the hungry with good things and has sent the rich away empty. He has blessed Israel, his servant, being mindful of his mercy. Just as he promised Abraham and his descendants forever."

Prayer: O Mary, may my soul be like yours.

Imagination: Picture Mary being assumed body and soul into heaven.

Context: The gospel at Mass on the feast of the Assumption is Mary's prayer at the Visitation. At that moment, she foresees all the blessings of her entire life. How appropriate is this prayer for this final day of her life, when she has completed her tasks.

Thoughts:

1. Mary is immersed in the greatest of all mysteries.
2. She understood the mystery because she believed what was told her.
3. In her mystical vision, Mary sees herself guiding all of history.
4. Mary foresees the Kingdom where the rich become poor and the poor, rich. The powerful will grow helpless and the little ones gain strength.
5. Mary herself is at the center of this total, worldwide upheaval.

6. Each generation will enjoy Mary's favors, but only when they call her "blessed".
7. When God assumes her into heaven, He completes His favor.
8. All the blessed ones will follow in her path.

Affections:

1. You, Mary are the easy way, the short way, the sure way into the Kingdom.
2. Guide my steps. Enlighten my mind. You always safeguard me.
3. O Mary, flood my heart with God's favors so I can serve the Kingdom.
4. Let me be poor, little, empty and hungry in this life, so I can be blessed in the age to come.
5. Mary, share with me your mystical visions. Show me the Kingdom, and all that God plans for me.
6. With you, I will rejoice in God's favors.
7. You are the chosen one and, in you, I am chosen.

Resolutions:

1. I will renew my devotion to Mary.
2. I will read St. Louis de Montfort's book "True Devotion to Mary."

Thought for Today:

He who is mighty has done great things for me.

**FIFTH GLORIOUS MYSTERY – THE CROWNING OF MARY,
QUEEN OF HEAVEN & EARTH
(Rev: 12:1-4)**

Book of Revelation (C12)

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was with child and wailed aloud in pain as she labored to give birth. Then another sign appeared in the sky; it was a huge red dragon, with seven heads and ten horns, and on its heads were seven diadems. Its tail swept away a third of the stars in the sky and hurled them down to the earth. Then the dragon stood before the woman about to give birth, to devour her child when she gave birth.

Prayer: O Holy Spirit, reveal to me the role of Mary, the Woman.

Context: This text in the Book of Revelation reveals Mary having cosmic powers. She is the Queen of heaven and earth. She rules the saints with love. She comforts those in purgatory and she is the general of the Church militant.

Imagination: Picture Our Lady, clothed with the Sun and the moon under her feet and stars around her head.

Thoughts:

1. Mary is the powerful woman, guiding all history.
2. Jesus gave her this title, calling her “woman” at Cana and at the cross.
3. “Woman” means that Mary is filled with power.
4. Clothed with the Sun shows her worldwide powers.
5. The moon under her feet means a complete victory.
6. The twelve stars show she is a queen.
7. She needs all of these powers. She will lead the Church into a battle lasting until the final day.

Affections:

1. O Mary, how I love your comings to earth. When you appear, you remove the veils that cover over heaven.
2. Be my queen. Rule my heart. I want to live with you forever.
3. Use your power to conquer me. Then, I will join you in your battle.
4. O Mary, you are a woman with cosmic powers. I trust you to guide my life.
5. If I will fight in your battles, I will gain the victory.
6. Your power is everywhere, Mary. Use your power to conquer my heart for Jesus.
7. O Lady, what would I do without you?
8. Who else but you should be my queen? Reign forever in my heart.

Resolutions:

1. I will serve only one queen – the Woman.
2. I will seek Our Lady’s help in all my difficulties and have unswerving hope in my Queen.

Thought for Today:

I saw a woman clothed with the sun, the moon under her feet and on her head a crown of twelve stars.

APPENDIX

The Devout Life

Our Lady's request that you pray every First Saturday contains a deeper invitation to lead a Devout Life (a phrase popularized by St. Francis de Sales in his book, "Introduction to the Devout Life"). St. Francis saw that many good Catholic laypeople believed that a truly devout life demanded that a person enter a monastery or a convent. He wrote that anyone, a soldier, a married person, a laborer, could and should lead a devout life. Since then, thousands of laity have accepted his invitation.

What is a Devout Life?

The saints call it a "road to perfection" (don't be overwhelmed) and teach the three stages of that road. The person begins by a desire. They lead a good life but they also experience a yearning, a conversion to leave behind the worldly aspects of their life and seek a closer union.

The Secret – Mental Prayer

One daily activity is essential – a time every day to pray mentally. (These 20 meditations help you to begin). Walking this road demands 2 legs – prayer and goodness, just as flying to heaven requires 2 wings.

As you learn progress in prayer, you also change your life, and learn to practice virtues.

The Science of the Devout Life

The Devout Life is called "The science of the saints" and the Church has safeguarded their special teachings. We call this "Catholic Spirituality", which any young person learns when they enter religious life.

This science has many parts, all helping you to move quickly and easily. The Devout Life teachings are a map which helps you not to get lost and which shows you how much progress you have made.

Why Not Begin?

Right now, make your decision. "Dear Jesus and Mary, you want me to be 'perfect like the heavenly Father is perfect.' I have delayed long enough. Right now, I make the most important decision of my life. I will follow you along the path of perfection." Amen

What Now?

That is easy to answer. Just go to www.devoutlifelibrary.org and read the Devout Life teachings. They can also be found on www.flameoflove.us. Remember, you are not alone. Thousands walk with you. Find a few and gather with them.

IMPORTANT QUOTES FROM FLAME OF LOVE DIARY

UNITY PRAYER

(Jesus revealed this to Elizabeth)

My Adorable Jesus,
May our feet journey together,
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to
the silence together.
May our glances
profoundly penetrate each other.
May our lips pray together to
gain mercy From the Eternal Father.
Amen.

Jesus promised:

“Through this prayer, Satan will be blinded and souls will not be led into sin.” (May 4, 1962)

EJACULATORY PRAYER

Jesus said to Elizabeth:

“Pray constantly to the Blessed Virgin with this prayer,

“Our Mother, spread the effect of grace of your Flame of Love over all of humanity. Amen” (1963)

Our Lady said:

“My Flame of Love is so great that I can no longer keep it within me. It leaps out at you with explosive force.” (1963)

Flame of Love Movement (Elizabeth Kindelmann 1913 – 1985)

This Movement flows from the locutions of Jesus and Mary given to Elizabeth Kindelmann between 1962 and 1966. These locutions and all her writings were accepted by Cardinal Erdo (Budapest, Hungary – 2009). The Flame of Love is Jesus Himself, a fire burning in Mary’s Immaculate Heart, which causes her to suffer until she finds human hearts into which she can pour this Flame of Love.

The Important Request

On April 13, 1962, Our Lady was sobbing over the sins committed in Hungary. Elizabeth asked, “My Mother, why do you not work miracles like you did at Fatima so people may believe in you?” Our Lady responded, “the greater the miracles, my little one, the fewer are those who believe in me. I asked for the First Saturdays and they never heeded my request.”

Our Response

Because Our lady’s Fatima request is embedded deeply in the Flame of Love revelations, we have undertaken the ministry of spreading devotion to the First Saturdays.

A Forgotten Element

Besides reciting the Rosary, the faithful must spend 15 minutes in meditation upon one of the mysteries, (a duty so often unknown). Flame of Love joyfully distributes this little booklet to awaken you to the importance of the First Saturday devotion and to help you make your 15 minute meditation.

Visit the website: WWW.FLAMEOFLOVE.US

