

“PRAY, PRAY A LOT”

At the end of our itinerary of adoration, during which we have recalled the Apparitions of the Angel to the three Little Shepherds, the Messenger of God leaves us with a clear challenge: “Pray, pray a lot!” Leave this part of the leaflet in the indicated places as a sign of your walk; as a commitment to accept the invitation to pray, to adore; as an “act of reparation for the sins with which God is offended and supplication for the conversion of sinners”.

My prayer at the end of this Itinerary

Lined area for writing a prayer.

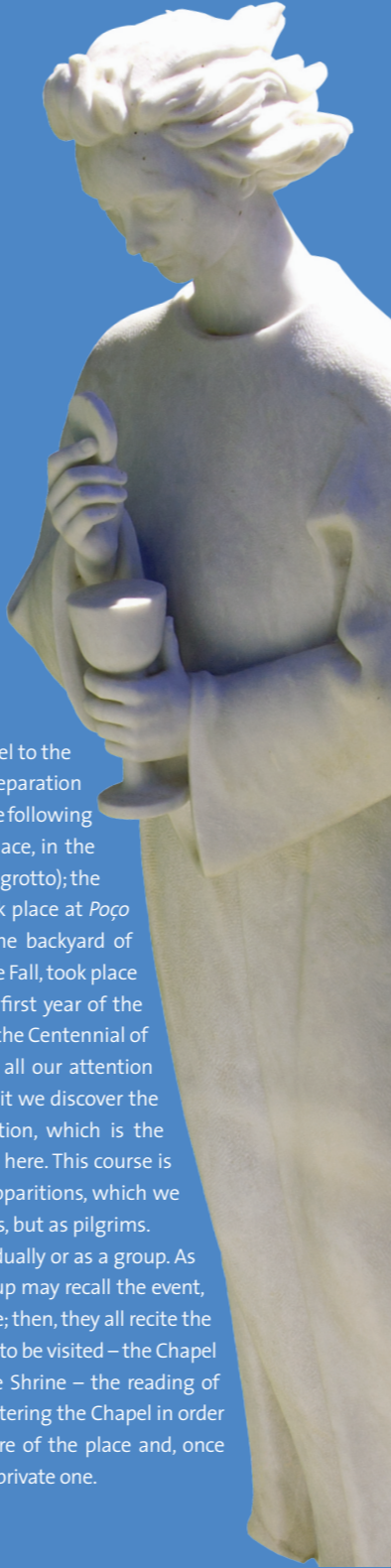
Age ___ | Sex M ___ F ___ | I reside at _____

Tear off and deposit in the indicated places.

PILGRIM'S ITINERARY APPARITIONS OF THE ANGEL MOST HOLY TRINITY I ADORE YOU PROFOUNDLY



The three apparitions of the Angel to the Little Shepherds in 1916 were a preparation for the apparitions of Our Lady the following year. The first apparition took place, in the Spring, at Loca do Cabeço (hilltop grotto); the second one, in the Summer, took place at Poço do Arneiro (Arneiro's Well), in the backyard of Lucia's home; the third one, in the Fall, took place again at Loca do Cabeço. In this first year of the walk towards the celebration of the Centennial of the Apparitions we concentrate all our attention on the Message of the Angel. In it we discover the fundamental attitude of adoration, which is the guide for the course we propose here. This course is made up of the sites of these apparitions, which we are invited to visit, not as tourists, but as pilgrims. This course can be walked individually or as a group. As a group, one member of the group may recall the event, by reading the text in a loud voice; then, they all recite the proposed prayer. At the last place to be visited – the Chapel of the Blessed Sacrament, at the Shrine – the reading of the text must be made before entering the Chapel in order to preserve the silent atmosphere of the place and, once inside, the prayer must be only a private one.



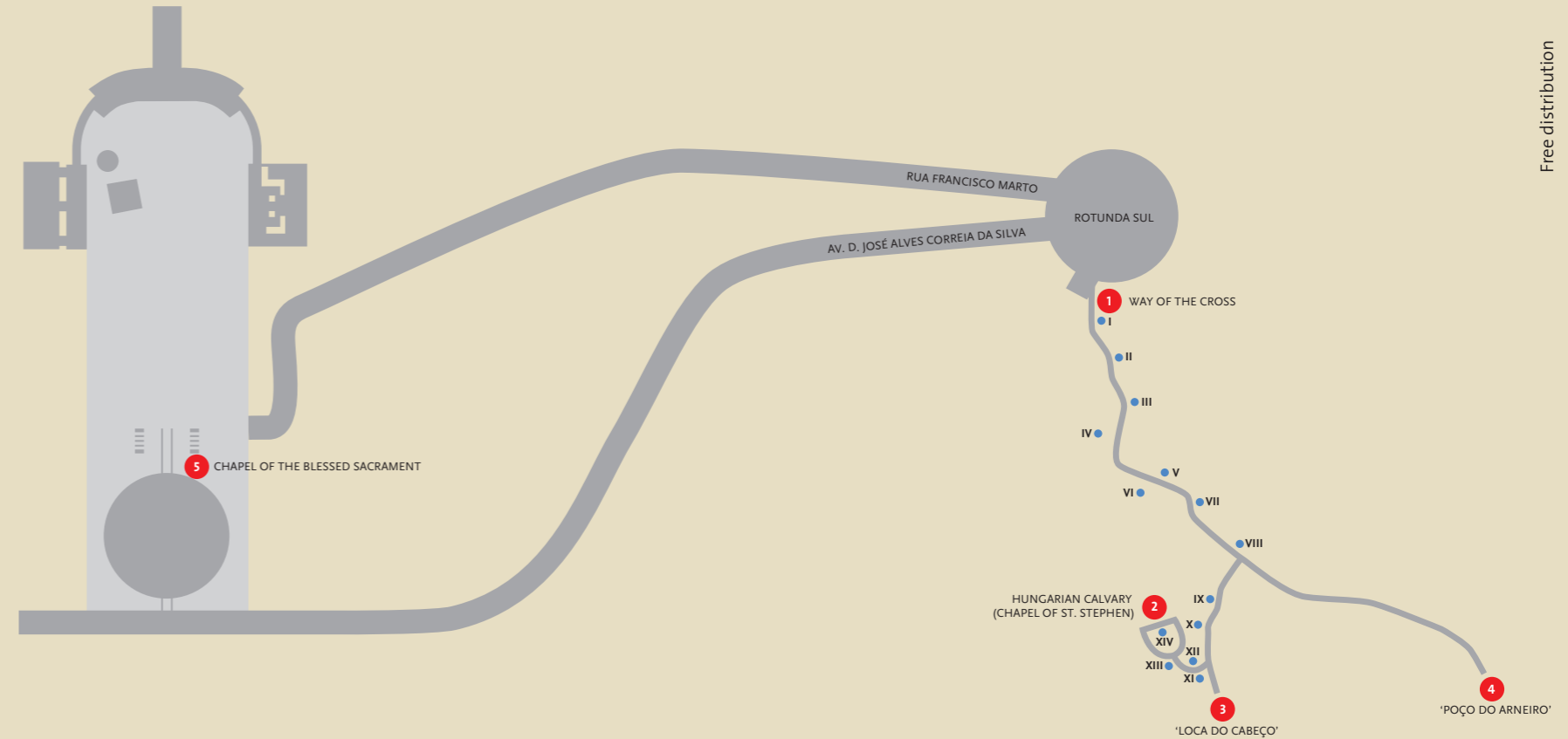
1. WAY OF THE CROSS OF VALINHOS

I meditate on the way of love which brought us Salvation in Jesus Christ through the exercise of the Stations of Cross, by contemplating the mysteries of His Passion, Death and Resurrection.



2. HUNGARIAN CALVARY (CHAPEL OF ST. STEPHEN)

In silence, I walk towards Loca do Cabeço, while preparing the arrival at the place of the first apparition of the Angel.



Free distribution

3. 'LOCA DO CABEÇO'

Recalling the First apparition of the Angel

Evocation

In the Spring of 1916, the three Little Shepherds were keeping watch over the flock near *Loca do Cabeço*. They were playing when they saw a figure approaching them. Sister Lucia describes this figure as "a young man, about fourteen or fifteen years old, whiter than snow, transparent as crystal when the sun shines through it, and of great beauty". Lucia tells us:

"On reaching us, he said:

Do not be afraid! I am the Angel of Peace. Pray with me!

Kneeling on the ground, he bowed down his head until his forehead touched the ground, and made us repeat these words three times:

"My God, I believe, I adore, I hope and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You!"

Then, rising, he said: "Pray thus! The Hearts of Jesus and Mary are attentive to the voice of your supplications".

His words engraved themselves so deeply on our minds that we could never forget them. From then on, we used to spend long periods of time, prostrated like the Angel, repeating his words, until sometimes we fell exhausted."

Sister Lucia, *II Memoir*, 1937

Prayer

Bowing down, kneeling or prostrated on the ground, in an attitude of adoration, I pray as taught by the Angel:

My God, I believe, I adore, I hope and I love You!

I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You! (Repeat 3 times)

Now I head towards the place of the second apparition, *Poço do Arneiro*, at the home of Lucia. While walking through these places, intimately connected with the three Little Shepherds, who used to pray here the **Rosary**, I grab my beads and joyfully meditate on the events of the childhood of Jesus Christ, the **Joyful Mysteries**.



4. 'POÇO DO ARNEIRO'

Recalling the second apparition of the Angel

Evocation

Lucia recalls:

"Some time passed, and Summer came, when we had to go home for siesta. One day, we were playing on the stone slabs of the well down at the bottom of the garden belonging to my parents, which we called the *Arneiro*. (...) Suddenly, we saw besides us the same figure, or rather Angel, as it seemed to me.

"What are doing?" he asked. "Pray, pray very much! The Most Holy Hearts of Jesus and Mary have designs of mercy on you. Offer prayers and sacrifices constantly to the Most High."

"How are we to make sacrifices?" I asked.

"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. I am its Guardian Angel, the Angel of Portugal. Above all, accept and bear with submission the suffering the Lord will send you".

Sister Lucia, *II Memoir*, 1937

Prayer

Bowing down, kneeling or prostrated on the ground, in an attitude of adoration, I pray:

My God, I believe, I adore, I hope and I love You!

I ask of You pardon for those who do not believe, do not adore, do not hope and do not love You!

My God, I believe that You are the Only true God, the Creator of all that exists, the only Lord of Heaven and Earth, the only One worthy of being served, adored and loved. Because I believe that all goods come from You, I adore You and hope in You, I abandon myself in Your arms of Father and I trust in Your love, because You are my Savior. I love You because You are the only One worthy of my love, and I wish I could pay You back with the same love You have for me.

I head back now towards the Shrine through the trail many times traveled by Francisco, Jacinta and Lucia, when they walked to Cova da Iria. I follow their example and pray the **Rosary**, meditating on the Luminous and the Glorious Mysteries of the life of Christ.



5. HALL OF THE CHAPEL OF THE BLESSED SACRAMENT (GALILEE OF THE APOSTLES PETER AND PAUL, AT THE COMPLEX OF MOST HOLY TRINITY CHURCH)

Recalling the third apparition of the Angel

Evocation

The third apparition took place at *Loca do Cabeço*. Lucia recounts:

"As soon as we arrived there, we knelt down, with our foreheads touching the ground, and began to repeat the prayer of the Angel: «My God, I believe, I adore, I hope and I love You...»

I don't know how many times we had repeated this prayer, when an extraordinary light shone upon us. We sprang up to see what was happening, and beheld the Angel. He was holding a chalice in his left hand, with the Host suspended above it, from which some drops of blood fell into the chalice. Leaving the chalice suspended in the air, the Angel knelt down beside us and made us 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 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.»

Then, rising, he took the chalice and the Host in his hands. He gave the Sacred Host to me, and shared the Blood from the chalice between Jacinta and Francisco, saying as he did so:

«Take and drink the Body and Blood of Jesus Christ, horribly outraged by ungrateful men! Make reparation for their crimes and console your God!»

Once again he prostrated himself on the ground and repeated with us, three times more, the same prayer «Most Holy Trinity...», and then disappeared.

We remained a long time in this position, repeating the same words over and over again. When at last we stood up, we noticed that it was already dark, and, therefore, time to return home."

Sister Lucia, *II Memoir*, 1937

Now I enter the Chapel of the Blessed Sacrament and, before Jesus Christ in the Eucharist, pray in silence (5 to 10 minutes).

Prayer

Bowing down, kneeling or prostrated on the ground, in an attitude of adoration, I pray:

My God, I believe, I adore, I hope and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope 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.

On exiting the chapel, I leave my prayer, which I previously filled out on the leaflet, in the receptacle destined for that purpose.

PILGRIM'S ITINERARY

MOST HOLY
TRINITY
I ADORE YOU
PROFOUNDLY

APPARITIONS OF THE ANGEL

