



DAILY STEPS

#pilgrimbytheheart



SANTUÁRIO DE FÁTIMA
SHRINE OF FATIMA



2.

Do not be afraid.

Do you want to be free?

This May, Fatima challenges you to go on a more essential pilgrimage: an inner path that may take you far away within yourself, towards the shrine in your innermost where God is present for you. Making yourself a pilgrim by the heart is trying to live inwardly what the pilgrimage experience causes and fulfils. Fatima is calling you. Despite not being able to come to the Shrine this May, come with us on this inner pilgrimage, day by day. And place a lit candle by your window every night.

Let us follow, line for line, the story of the apparition of May 13, so that you can live it deeply, as a pilgrim by the heart. Today, do not be afraid. Open up your freedom to God.

This May, Fatima invites you to be a Pilgrim by the heart. Do not be afraid. Do you want to be free?

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.

Since travelling and gatherings are impossible, this May challenges you to an inner pilgrimage. Fatima invites you to make yourself a pilgrim by the heart, educating in it the great attitudes of faith that any pilgrimage allows to foster. Yes, the heart is to be educated, it cannot be left to its nature, because there are many innate shadows and many suffered wounds on it. We are the children of Adam and Eve. To go on a pilgrimage is the most suitable experiment to educating the heart. Begin by going down into your heart. Try to silence your inner self. Silence. The one who knows you better than yourself and who loves you more than anyone else inhabits within you. Look for him in your heart. He is more intimate to you than yourself. Do not be afraid. When we shut up and fall into ourselves we may feel fear, fear of what we already lived and fear of that which expects us. Are you afraid of your thoughts, of your feelings and passions? Afraid of the many voices that invade you, afraid even of listening to the voice of your conscience, the voice of God?

You will listen to the account of the first moments of the first apparition of Our Lady, on May 13 – the one we are preparing to celebrate –, such as Lucia tells in her Memoirs.



[...] when we saw another flash of lightning. We had only gone a few steps further when, there before us on a small holmoak, we beheld a Lady all dressed in white. She was more brilliant than the sun and radiated a light more clear and intense than a crystal glass filled with sparkling water, when the rays of the burning sun shine through it. We stopped, astounded, before the Apparition. We were so close, just a few feet from her, that we were bathed in the light which surrounded her, or rather, which radiated from her.

Then Our Lady spoke to us:

- Do not be afraid. I will do you no harm.
- Where are you from
- I am from Heaven.
- What do you want of me?»

Do not be afraid are the first words of Our Lady to the little shepherds. And it is as if God would come to Cova da Iria to answer the first words that man said to him in the garden of paradise: I was afraid and hid myself when I heard your steps in the garden. Do not be afraid, says the mother of the one who pulled out the roots of fear when he was buried dead in the womb of the earth, and resuscitated alive in the dawn of the garden of Easter.

Do not be afraid, said the Lady. And Lucia, hearing Her say she was from Heaven, that is, coming from God, immediately asked the question of questions, the most crucial of the questionings of men before God: what do you want of me? What do you want of me, oh God?

Only when a heart released from fear by the light of Easter opens to His will, can God enter the story, that the freedom of men, in Adam and Eve, has closed to Him. If you really want to be a pilgrim by the heart, as Fatima addresses you in this closed May, let this questioning open your heart. Doing it is the most radical way of opening yourself. It opens everything. It opens this May and opens all of time. Do you want to open your own life, to open yourself to God by this questioning: what do you want of me?

You are a pilgrim by the heart. This is the first step, the decisive step, because it is this questioning that transforms the believer into a pilgrim, each day of his life, all the days of his life. If you make this questioning, an infinite path of pilgrimage shall open before you, not settling in the

realization of what you see and know already, of what you think and want by yourself and for yourself in the phase of life where you are at. Rather, by questioning you will be able to know what God wants from you and may accomplish what you listen from Him. Pilgrimage, more than a movement through space – which may or may not be possible, this year it isn't –, pilgrimage is to move in life, get unsettled, progress. Pilgrimage is a change of life and therefore only pilgrimage by the heart is a real pilgrimage. To dare this degree of freedom towards yourself, to dare responding in an act of full detachment, it is necessary for you to embrace in the secret of your pilgrim heart the words of the Lady to the little shepherds: do not be afraid. You, do not be afraid. Make yourself a pilgrim by the heart.

Listen to the Gospel of Luke | 6,12-13



²⁶In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, ²⁷to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. ²⁸And coming to her, he said, "Hail, favored one! The Lord is with you". ²⁹But she was greatly troubled at what was said and pondered what sort of greeting this might be. ³⁰Then the angel said to her: "Do not be afraid, Mary, for you have found favor with God. ³¹Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. ³⁵The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore, the child to be born will be called holy, the Son of God". ³⁸Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word". Then the angel departed from her.»

The one that had been promised in the garden of paradise, the one who would crush the serpent's head, became man. For that, a virgin is called to answer freely to the call to be his mother, the new Eve, the new mother of all the living. Everything she knew about herself and wished for her own life is called into question. God wants a completely new path for her. In the dialogue with the Angel, after being saluted, she listened, directed to

herself, to the word which in Fatima she addressed the children: do not be afraid. It is necessary not to be afraid to open your own will to the will of God. And Mary does it, she opens herself entirely to the will of God for her, for the world. Just like Lucia, Francisco and Jacinta.

To make yourself a pilgrim by the heart is to search for the root of your fear, of all your fears, and there, in that bleak place within yourself, listen to the word of light that the Virgin heard from the angel and as Lady of Fatima addressed to the little shepherds: do not be afraid! What are you afraid of?

Do not be afraid! Open up your heart to God and ask Him: what do you want of me?



My God, You inhabit the innermost of my heart
and You call me to open this closed May, to become a pilgrim by
the heart and to meet You there.

I listen to the Mother of Your Son telling me: do not be afraid!

To live as a pilgrim by the heart

I want to vanquish my fear, I have so many fears.

Listen to my voice and release me from fear.

Release me so that, free, I can ask you just like Lucia:
what do you want of me?

I want to open up my freedom to your will
and break through, by my freedom opened up to your will,
a path in which you can come to the history of the world to offer
grace and mercy,

redemption of your children's freedom in the light of Easter.

I am a pilgrim by the heart, lead me wherever You want, without
fear.

I want to go on a pilgrimage by the heart
into Your mother's heart, mother of mine, Our Lady of the
Rosary of Fatima.

In Her heart, You will be waiting for my heart
and this May, away from the Little Chapel,

I make myself a pilgrim by the heart: I shall follow my heart
and in Mother's immaculate heart I shall listen to the merciful
beating of Your heart. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Mother of Heaven, be attentive to the supplications of a world facing tribulation. Answer the cry of the poor and the sick, give comfort and hope to all those who suffer, give strength and compassion to all those who care for and work. Bring peace to the world. In your immaculate heart, be for all your children a refuge and a way to God.

Our Lady of the Rosary of Fatima, pray for us.

Saints Francisco and Jacinta Marto, pray for us.

Place a lit candle in your window tonight, let it be a sign that in your home lives a pilgrim of Fatima by the heart. Our Lady watches over you along the way. Do not be afraid. See you tomorrow.