

Route with Sister Lucia of Jesus

Pilgrimage with Sister Lucia
of Jesus starting from the Parish
Church of Nossa Senhora
da Assunção



ISANTUÁRIO DE FÁTIMA
SHRINE OF FATIMA



JMJ
LISBOA
2023

I. Preparing and Living the Pilgrimage

1. External preparation

1. Get to know the various options of routes and adapt the route to the pilgrims' time availability and physical ability (taking into account the distance, length, orography and ground).

2. Preparations and precautions:

- prepare a small backpack with water and some food reinforcement, according to the duration and time of the pilgrimage (fruit, biscuits, cereals...);
- take a rosary;
- use sunscreen;
- wear comfortable shoes and clothes;
- avoid the hottest hours of the day;
- if necessary, ensure that a car is available at a short distance in case of an emergency; avoid accompanying the pilgrims along the route.

2. Inner willingness

What is pilgrimage?

Pilgrimage is a way of searching, of moving forward, of looking at the horizon, that line where the Earth and Heaven touch. To go on a pilgrimage is to undertake a journey. It is also a way of looking inwards.

(From the Directory on Popular Piety and the Liturgy, No. 286.)

Pilgrimage helps us see **life as a journey** towards a goal, which is now a shrine situated in space and time, but in the end will be the shrine of eternity, life in God.

The difficulties, the overcoming of obstacles and the personal effort make us understand that this effort is necessary also in life, to overcome evil, temptation, addictions and sin.

The joy, conviviality, friendship and spontaneity that are part of the journey, just as they are part of life, are signs of the festive encounter with God in daily life.

The pilgrimage is **a journey of prayer**. In each of its stages, prayer should enliven the pilgrim and the Word of God will be his light and guide, his nourishment and support. It is challenging to walk physically, but also spiritually, living well the times of reflection, prayer and sharing.

Pilgrimage is **a proclamation of faith**: pilgrims become itinerant heralds of Christ; their passage is a witness to others.

The pilgrim journeys **with companions**, but also with the Lord himself who journeys with the pilgrim, with the community of origin, with all those who pray in the shrine, with all humankind and with all creation.

3. For the pilgrimage to Fatima: knowing the event

The events that are at the origin of what we live today in Fatima began with the apparitions of the Angel of Peace, in 1916, and continued with the apparitions of Our Lady, in 1917. These events were lived by three shepherd children: Lucia de Jesus, aged 10, and her cousins Francisco Marto, aged 9, and Jacinta Marto, aged 7, siblings. The events took place in the parish of Fatima, in the municipality of Vila Nova de Ourém, now the diocese of Leiria – Fatima.

The event begins with the apparitions of the Angel to the three seers, three times, in the year 1916 – the first one in spring, the second in summer and the third in autumn. The first and the last took place in Loca do Cabeço (or Loca do Anjo), in the

area of Mount Valinhos; the second took place near the well in the backyard of Lucia's house, known as Poço do Arneiro, in the village of Aljustrel (where they lived). Introducing the Little Shepherds to a dynamic of ever deeper prayer, the Angel was for them a pedagogue in their relationship with God and in their attention to the needs of others. In this way they were also being prepared for the surprising meeting that was to take place the following year.

On May 13, 1917, the three children were pasturing a small flock in Cova da Iria. Around midday, after praying the Rosary, as they usually did, they were amusing themselves building a small house of loose stones, on the spot where the Basilica of Our Lady of the Rosary of Fatima stands today, when suddenly they saw an unexpected and brilliant light. Thinking it was lightning, they decided to leave, for fear that it might rain; however, just below, another flash illuminated the space and they saw on top of a small holm oak (which was located where the statue of Our Lady now stands in the Chapel of the Apparitions), «a Lady, dressed all in white, more brilliant than the sun» (*Memoirs of Lucia de Jesus*).

The Lady told the little Shepherds that much prayer was necessary and invited them to return to the Cova da Iria for another five consecutive months, also on the 13th day and at that same hour. The children did so, and on the 13th of June, July, September and October, the Lady appeared to them again and spoke to them in Cova da Iria. In August, the meeting took place on the 19th, in the village of Valinhos, about 500 metres from the village of Aljustrel, because on the 13th the children had been taken by the Council Administrator to Vila Nova de Ourém.

At the last apparition, on 13 October, with about 70,000 people present, attracted by the spread of the news, the Lady told them that she was the «Lady of the Rosary» and asked that a chapel be built there in her honour. After the apparition, those present

were able to witness the miracle promised to the three children in July and September (as proof that they were speaking the truth): the sun, resembling a silver disc, could be looked at without difficulty and rotated on itself like a wheel of fire, seeming to precipitate down upon the earth.

Later, when Lucia was already a religious of Saint Dorothy, Our Lady appeared to her again, in Spain (on 10 December 1925 and 15 February 1926, in the Convent of Pontevedra, and on the night of 13 to 14 June 1929, in the Convent of Tuy) requesting the devotion of the five First Saturdays (to pray the Rosary, meditate on the mysteries of the Rosary, confess and receive Holy Communion, in reparation for the sins committed against the Immaculate Heart of Mary) and the consecration of Russia to the same Immaculate Heart. Our Lady had already announced this request on July 13, 1917.

Since 1917, thousands upon thousands of pilgrims from all over the world have never ceased to come to Cova da Iria, first on the 13th day of each month, then during the summer and winter holiday months, and now more and more at weekends and on a daily basis, with an average number of about five million per year.

The six pilgrimage routes proposed to the young pilgrims of WYD Lisbon 2023 who come to Fatima have different starting points and different thematic and spiritual proposals, but the same destination and the same goal, in the Shrine of Fatima: the encounter with Christ, through Mary, who maternally continues, in Fatima, to help us welcome the Gospel message.

If you wish to know more about the event and the message of Fatima, you can read the Memoirs of Lucia de Jesus. There you will come into contact with what happened through the words of the person who lived it.

4. To bear fruit in life: celebrate Reconciliation

If you have the opportunity and wish to do so, complete your pilgrimage by going to a priest for confession. You can do this in the Chapels of Reconciliation of the Shrine, located on the ground floor of the Basilica of the Most Holy Trinity.

II.

**On Pilgrimage
with Sister
Lucia de Jesus**

1. Before starting the pilgrimage

Hymn

Meet the travelling companion: Lucia de Jesus

Lucia was one of the three children to whom Mary appeared at Fatima. Lucia was the interlocutor of Our Lady, whom she saw and heard and with whom she spoke (while Jacinta was only allowed to see and hear and Francisco only to see), becoming as it were the spokesperson of the three children and assuming a natural protagonism that resulted from this wider intervention in the apparitions.

She was born on March 22, 1907, in Aljustrel. A few years after the period of the apparitions, she left her hometown: on June 17, 1921, she entered the Asilo of Vilar (Porto), a college run by the Sisters of Saint Dorothy. She then went to Pontevedra and then to Tuy, where she took the habit, under the name of Maria Lucia das Dores. She professed temporary vows on October 3, 1928, and perpetual vows on October 3, 1934. On March 25, 1948, she entered the Carmel of St. Teresa in Coimbra, taking the name Sister Maria Lucia de Jesus e do Coração Imaculado. On May 31, 1949, she made her solemn profession of vows. Sister Lucia came to Fatima several times.

She died in that same Carmel on February 13, 2005. On February 19 of the following year, her body was transferred to the Basilica of Our Lady of the Rosary in the Shrine of Fatima, where she was entombed beside her cousin, Jacinta Marto.

Lucia was a young woman and later a woman of great fidelity. She lived in fidelity, first of all, to the message she had received and to its testimony: she listened to the message of the Virgin Mary, humbly welcomed it into her heart, carrying out all the instructions of the Mother of Heaven, and lived

to bear witness to it. She assumed this fidelity also in her exemplary love for the Church, living in obedience to God's will, discerned at every moment in fidelity to the Holy Father and to the diocesan bishop.

Predisposing life to journey

With Mary, Lucia learned to be a pilgrim, walking with determination and confidence the ups and downs of life, in a persevering and faithful response to God's fidelity.

Before beginning the journey:

1. Place before yourself and before God what you want to take with you on this pilgrimage. That aspect of your life that you most desire to place before Jesus so that He may enlighten and strengthen you.
2. Take with you today the local Church to which you belong: your parish, your diocese... Offer yourself also as a member of the Church. Make this journey a prayer for Pope Francis, as he has asked since day one: "pray for me". Choose a member of the Church you want to take with you: the Pope, your bishop, the parish priest, another priest or consecrated person, a member of your community, group or movement... Keep them in mind throughout your pilgrimage.

Whether you are going on pilgrimage as an individual, or as a group, take some time in silence to reflect.

Hymn

Praying together

Mary, Mother of Pilgrims,
Lady of the Way,
who made your life a journey with God and for God,
who walked with the People of Israel in hope of a saviour,
who climbed the mountain in haste
to give Elizabeth the joyful proclamation of the Incarnation
of the Word,
who went on pilgrimage to Jerusalem to praise and adore the Lord,
who on the way of the Cross have found and supported your
Son Jesus
who at Fatima offered the world your own immaculate heart,
refuge and secure path to God,
be our encouragement and support,
comfort and help,
protect and guide our steps,
on this path we are about to share
towards the heart of God.

Hail Mary.

Hymn

There's a rush in the air [Official theme song of WYD Lisbon 2023]

2. Along the way

In the various apparitions at Fatima, Mary insistently recommended praying the Rosary, which thus became the prayer of the Fatima pilgrims. If and when it seems appropriate, pray the Rosary while meditating on the luminous mysteries of Jesus' life:

- 1st Mystery | The baptism of Jesus in the Jordan River (Mt 3:13-17)
- 2nd Mystery | The revelation of Jesus at the wedding feast of Cana (Jn 2:1-11)
- 3rd Mystery | The proclamation of the Kingdom of God with the invitation to conversion (Mk 1:14-15)
- 4th Mystery | The transfiguration of the Lord (Lk 9:28-36)
- 5th Mystery | The institution of the Eucharist (Lk 22:14-20)

3. Meeting with Jesus, welcomed by the Mother

At the top of the Prayer Area of the Shrine, in front of the Basilica of the Most Holy Trinity, gather with your group and recall what each one brought in particular on this journey to entrust to Mary.

On the very spot where the Statue of Our Lady of Fatima stands, there was the small holm oak tree — a typical tree of this area — on which Mary appeared to Lucia, Francisco and Jacinta. Next to the statue is the small chapel built to mark the apparitions; it was the first construction made on this site. In a gesture that conveys the strength of walking together, as Church, join hands with your companions and walk to the Little Chapel of the Apparitions, placing at Mary's feet the intentions of your journey, so that she may take them to her Son Jesus.

When you arrive at the Chapel (in the surrounding area, outside), say your personal prayer and say a Hail Mary with your group. (Be careful not to disturb the prayers of other pilgrims or any other celebrations that are taking place.)

4. To complement

You can take the opportunity, by yourself or as a group, to follow the Young Pilgrim Itinerary that the Shrine offers to all young pilgrims.

Visit the tombs of Lucia and Saints Francisco and Jacinta Marto, in the Basilica of Our Lady of the Rosary of Fatima. There, entrust to them the young people of the whole Church.

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