5. First Saturdays of Five (or more) Consecutive Months.
On the first Saturday of five consecutive months, confess, assist at Holy Mass, receive Holy Communion, pray five decades of the Rosary, and meditate 15 minutes, undisturbed, focused on one or more of the Blessed Mysteries of the Rosary which follow relating to the Birth, Life, Passion, Death, and Resurrection of Jesus Christ, and the special role of Mary, now Queen of Heaven. Perform all with the sincere intention of making reparation to the Immaculate Heart of Mary, Mother of God, in order to console Her for the painful thorns which surround Her Immaculate Heart because of the offenses of men.

6. Rosary. “Each day recite the prayers of the Rosary, five decades at least — meditating on the Mysteries — to make reparation for sin.”

7. Consecration. Consecrate yourself to the Sacred Heart of Jesus and the Immaculate Heart of Mary. This means entrusting yourself to Their care and protection. Wear the Brown Scapular as a sign of this consecration.

Testimony of Dr. Stephen Rinehart

Following is Dr. Stephen Rinehart’s commentary on the subject of the Hiroshima atomic bomb blast. “A quick calculation says at 1 kilometer the bulk temperature was in excess of 20,000 to 30,000 degrees F (transients in microseconds greater than 100,000 F, perhaps as high as 1,000,000 F within 1 kilometer — depends on construction details and whether you are inside the fireball) and the blast wave would have hit at sonic velocity with pressures on buildings (at one kilometer) greater than 600 psi (i.e. 600 pounds of pressure per square inch). If the Jesuits (at one kilometer from the geometric epicenter) were outside the atomic bomb’s “plasma”, their residence should still have been utterly destroyed (temperature > 2000 F and air blast pressures > 100 psi). “Unreinforced masonry or brick walls (representative of commercial construction) are destroyed at 3 psi (pounds per square inch), which will also cause ear damage and burst windows. At ten psi, a human will experience severe lung and heart damage, burst eardrums; and at 20 psi your limbs can be blown off; at 40 psi your head will be blown off, and no human would be alive because your skull would be crushed. “All the cotton clothes would be on fire at 350 F and your lungs would be inoperative within a minute breathing air (even for a few seconds) at these temperatures. No way any human could have survived, nor should anything have been left standing at one kilometer. “At ten times the distance, about ten to fifteen kilometers, I saw the brick walls standing from an elementary school and I think there were a few badly burned survivors; all died within fifteen years of some form of cancer. Examining pictures taken from a panoramic view from the epicenter of the blast at Shima Hospital, looking for the Jesuits’ house, one did show some kind of two-story house totally intact, at least from what I could make out, and it looked to me the windows were in place! Also there was a church with walls still standing but roof gone a few hundred yards away! The Department of Defense never commented officially on this, and I suspect it was classified and never discussed in open literature. I think it is possible the Jesuits were asked not to say anything either at the time.”

Biblical Precedent:
Dan 3:19 Then Nebuchadnezzar was full of fury, and the expression of his face was changed against Shadrach, Meshach, and Abednego. He ordered the furnace heated seven times more than it was wont to be heated.
Dan 3:20 And he ordered certain mighty men of his army to bind Shadrach, Meshach, and Abednego, and to cast them into the burning fiery furnace.
Dan 3:21 Then these men were bound in their mantles, their tunics, their hats, and their other garments, and they were cast into the burning fiery furnace.
Dan 3:22 Because the king’s order was strict and the furnace very hot, the flame of the fire slew those men who took up Shadrach, Meshach, and Abednego.
Dan 3:23 And these three men, Shadrach, Meshach, and Abednego, fell bound into the burning fiery furnace.
Dan 3:24 And they walked about in the midst of the flames, singing hymns to God and blessing the Lord.

Testimonies of 8 Hiroshima Survivors

The following commentary was given by Dr. Stephen A. Rinehart, one of the scientific experts consulted on the "nuclear option" for the BP Gulf Oil Spill.

The Evidence:

During the Second World War atomic bombs were dropped on two Japanese cities: Hiroshima and Nagasaki. An extraordinary thing happened at both sites. A unique group of men survived a nuclear blast that killed nearly all other people even at distances over ten times further away from the blast. It was reproducible. It happened twice: at the bombing of both Hiroshima and Nagasaki. Both sets of survivors were Catholic religious. Their circumstances were extraordinary and ordinary at the same time. The survivors were examined by scientists over 200 times over the next 30 years with no ill effects found.
The Event:

In Hiroshima, a small community of Jesuit Fathers lived in a church house near the parish church, situated only eight blocks from the center of the bomb blast. When Hiroshima was destroyed by the atomic bomb, all eight members of the small Jesuit community escaped unscathed, while every other person who was within a radius of roughly one and a half kilometers from the center of the explosion died immediately. The church house where the Jesuits lived was still standing, while the buildings in every direction from it were leveled. This coincides with the bombing of Nagasaki where St. Maximilian Kolbe had established a Franciscan Friary which was also unharmed and also had no effects from the Nagasaki bomb. Polish Fr. Kolbe, born in 1894, took a series of missions to Japan between 1930 and 1936, where he founded a monastery at the outskirts of Nagasaki, a Japanese newspaper, and a seminary. Kolbe died at Auschwitz in 1941, after volunteering to die in the place of a stranger at the Nazi concentration camp where he also was a prisoner.

Testimony of the most well-known Hiroshima Survivor:

Father Hubert Schiffer was one of these eight Jesuit survivors. He was 30 when the atomic bomb exploded at Hiroshima and he afterwards lived another 33 years in good health. He recounted his experiences at Hiroshima during the Eucharistic Congress held in Philadelphia (USA) in 1976. At that time, all eight members of the Jesuit community were still alive. Fr. Schiffer recounted that, on the morning of August 6, 1945, he had just finished Mass, went into the rectory and sat down at the breakfast table; he had just sliced a grapefruit, and had just put his spoon into the grapefruit when there was a bright flash of light. His first thought was that it was an explosion in the harbor (this was a major port where the Japanese refueled their submarines). Then, in the words of Fr. Schiffer: “Suddenly, a terrific explosion filled the air with one bursting thunder stroke. An invisible force shook me, battered me, whirled me ‘round and round like a leaf in a gust of autumn wind.’ The next thing he remembered, he opened his eyes and he was lying on the ground. He looked around and there was nothing in any direction: the railroad station and buildings in all directions were leveled to the ground. The only physical harm to himself was that he could feel a few pieces of glass in the back of his neck. As far as he could tell, there was nothing else physically wrong with him. After the end of the war, American army doctors and scientists explained to Fr. Schiffer that his body would begin to deteriorate because of the intense radiation to which he had been exposed. But to the doctors’ continued amazement, Fr. Schiffer’s body, when tested, contained no radiation or ill-effects from the bombing. Not only did all “The Hiroshima 8” survive with (at most) relatively minor injuries, but they all lived well past that awful day with no radiation sickness, no loss of hearing, or any other visible long-term defects or maladies. Naturally, they were interviewed numerous times (Fr. Schiffer said over 200 times) by scientists and health care people about their remarkable experience.

Conclusion of the Survivors Themselves:

The eight Jesuits issued the following statement: “We believe that we survived because we were living the Message of Fatima. We lived and prayed the Rosary of Our Lady daily in that church house.” Fr. Schiffer felt that he received a protective shield from the Blessed Mother which protected him from all radiation and ill-effects. He attributed this to devotion to the Blessed Mother which protected him from all radiation and ill-effects. He attributed his belief that he survived to the Rosary of Our Lady daily in that church house. “In that house, the Holy Rosary was recited together every day.” Over 50 years later, scientists still cannot provide a plausible scenario to explain the missionaries’ unique escape from the hellish power of that bomb. From a scientific viewpoint, what happened to those Jesuits at Hiroshima still defies all human logic and the laws of physics.

How Does One Live the Fatima Message?

1. **People must first convert:** turn away from sin and go back to God. This entails the usual demands of the Christian life, such as prayer, reading Scripture, obedience to the commandments, concern for others. Beyond that, there are special requests from Our Lord Jesus Christ with regard to devotion to the Virgin Mary.

2. **Daily Offering.** Offer up each day whatever prayers, works, and sufferings which God requests of you personally ... for the conversion of sinners and reparation for sin.

3. **Reparation.** Pray, fast, and make sacrifices for your sins and for the sins of all sinners and unbelievers.

4. **Eucharist.** Frequent prayer, adoration and reparation before Jesus in the Blessed Sacrament, where He is fully present in Body and Blood, through the miracle of Transubstantiation, following His teaching in the Gospel of John, Chapter 6.