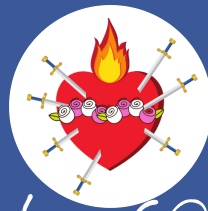




Feast day: September 15th



Our Lady of Sorrows

"This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."
Luke 2:34-35

The title "Our Lady of Sorrows" focuses on the intense pain and suffering Our Lady felt during the Passion and Death of Jesus. Mary's suffering was not just limited to these events, but to seven sorrows which Simeon foretold when Mary and Joseph presented Jesus in the temple as a child. (Luke 2:34-35)

"Mary is our Spiritual Mother, and the mother always understands her children and consoles them in their troubles. Then, she has that specific mission to love us, received from Jesus on the Cross, to love us only and always, so as to save us! Mary consoles us above all by pointing out the Crucified One and Paradise to us!" - St John Paul II -

MEDITATING ON THE SEVEN SORROWS OF MARY

AUTHOR UNKNOWN

V: O God, come to my assistance;
R: O Lord, make haste to help me
V: Glory be to the Father.....
R: As it was in the beginning....



1. THE PROPHECY OF SIMEON

I grieve for you, O Mary, most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

Hail Mary...



2. THE FLIGHT INTO EGYPT

I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Hail Mary...



3. THE LOSS OF JESUS FOR THREE DAYS IN JERUSALEM

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the lost of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

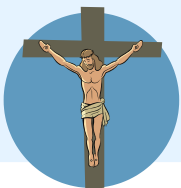
Hail Mary...



4. MEETING JESUS ON THE WAY TO CALVARY

I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He carried His cross. Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

Hail Mary...



5. THE CRUCIFIXION AND DEATH OF JESUS

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear Mother, by your afflicted heart, obtain for me the virtue of temperance and the gift of counsel.

Hail Mary...



6. JESUS BEING TAKEN DOWN FROM THE CROSS

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the cross. Dear Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

Hail Mary...



7. JESUS BEING LAID IN THE TOMB

I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

Hail Mary...

Let Us Pray: Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the Hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, O Jesus Christ, Saviour of the world, Who with the Father and the Holy Spirit lives and reigns world without end. Amen.