

(and you yourself a sword will pierce) so
that the thoughts of many hearts may be
revealed.”

OUR LADY
OF SORROWS

Parish of the Resurrection

Church of St. Michael

252 Ninth St. (Fr. Fitzgerald Way)

Jersey City, NJ 07302



The Rosary of the Seven Sorrows consists of forty-nine *Hail Marys*, divided into seven groups of seven. Each group of seven is begun with an *Our Father*, as in the regular Rosary. Some people start the Rosary with an *Act of Contrition*, since the devotion has a penitential character.

Also like the regular Rosary, the groups of seven *Hail Marys* are an occasion for meditation on "Mysteries"; in this case, the Seven Sorrows of Mary, listed below.

PRAYER TO OUR LADY OF SORROWS

O Mother of Sorrows,
with strength from above
you stood by the cross
sharing in the sufferings of Jesus,
and with tender care
you bore Him in your arms
mourning and weeping.

We praise you for your faith,
which accepted the life God
planned for you.
We praise you for your hope,
which trusted that He would do
great things through you.
We praise you for your love,

in bearing, with Jesus,
the sorrows of His passion.

Holy Mary,
may we follow your example
and stand by all your children
who need comfort and love.

Mother of God,
stand by us in our trials
and care for us in our many needs.
Pray for us now
and at the hour of our death.
Amen.

FIRST SORROW OF MARY

THE FLIGHT INTO EGYPT

¹³ When they had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him."

¹⁴ Joseph rose and took the child and his mother by night and departed for Egypt.

¹⁵ He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, "Out of Egypt I called my son."

¹⁶ When Herod realized that he had been deceived by the magi, he became

furious. He ordered the massacre of all the boys in Bethlehem and its vicinity two years old and under, in accordance with the time he had ascertained from the magi.

¹⁷ Then was fulfilled what had been said through Jeremiah the prophet:

¹⁸ “A voice was heard in Ramah, sobbing and loud lamentation; Rachel weeping for her children, and she would not be consoled, since they were no more.”

¹⁹ When Herod had died, behold, the angel of the Lord appeared in a dream to Joseph in Egypt

²⁰ and said, “Rise, take the child and his mother and go to the land of Israel, for those who sought the child’s life are dead.”

²¹ He rose, took the child and his mother, and went to the land of Israel.

Mt 2:13-21



Dear Lord you revealed through a dream the danger to the Christ child. Mary and Joseph protected the gift entrusted to them by hiding Him in Egypt. Help me to recognize the dangers in my life that will destroy the gift you have placed in my person. Help me to know when to step away from my life and dwell in your presence. For in your arms I am healed and made whole. In your love I am made new and can return to my life with a new strength and courage to face any danger with you that comes my way. Amen.

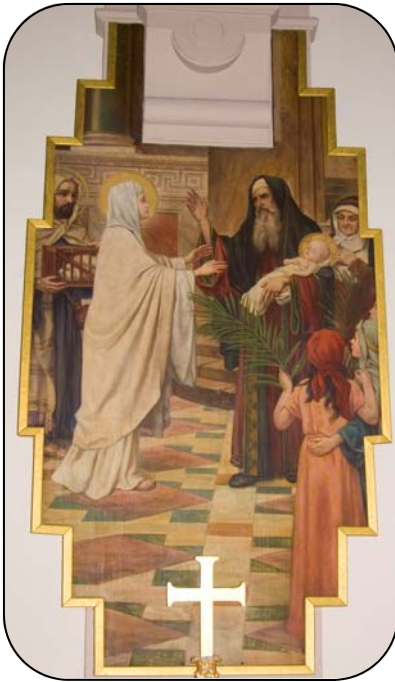
Stabat Mater Dolorosa

At the cross her station keeping
stood the mournful Mother weeping,
close to Jesus to the last.

Through her heart, His sorrow sharing,
all His bitter anguish bearing
now at length the sword had passed.

SECOND SORROW OF MARY

THE PROPHECY OF SIMEON



²² When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord,

²³ just as it is written in the law of the Lord, “Every male that opens the womb shall be consecrated to the Lord,”

²⁴ and to offer the sacrifice of “a pair of turtledoves or two young pigeons,” in accordance with the dictate in the law of the Lord.

²⁵ Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him.

²⁶ It had been revealed to him by the holy Spirit that he should not see death before he had seen the Messiah of the Lord.

²⁷ He came in the Spirit into the temple; and when the parents brought in

the child Jesus to perform the custom of the law in regard to him,

²⁸ he took him into his arms and blessed God, saying:

²⁹ “Now, Master, you may let your servant go

in peace, according to your word,

³⁰ for my eyes have seen your salvation,

³¹ which you prepared in sight of all the peoples,

³² a light for revelation to the Gentiles,

and glory for your people Israel.”

³³ The child’s father and mother were amazed at what was said about

him; ³⁴ and Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted ³⁵ (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.”

Lk 2:22-35

Dear Lord as Simeon grew into his old age, he trusted in your promise to reveal to him the fulfillment of the promised Messiah. He saw the promise and recognized him as the gift of your Love. Help me to trust in the prom-

ises you have made to me in Baptism to be your Child an heir to your kingdom. Never let me become discouraged but always able to recognize you presence in my life. Amen

Stabat Mater Dolorosa

Oh, how sad and sore distressed
was that Mother highly blessed,
of the sole-begotten One!
Christ above in torment hangs,
she beneath beholds the pangs
of her dying, glorious Son.

Is there one who would not weep,
'whelmed in miseries so deep,
Christ's dear Mother to behold?

THIRD SORROW OF MARY

THE LOSS OF JESUS IN THE TEMPLE

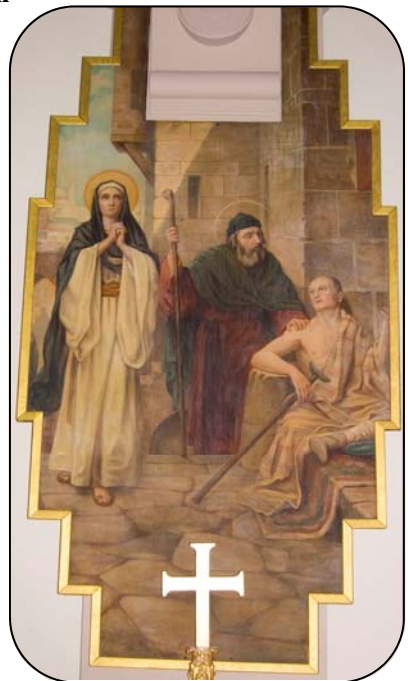
Each year his parents went to Jerusalem for the feast of Passover,⁴² and when he was twelve years old, they went up according to festival custom.

⁴³ After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it.

⁴⁴ Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances,⁴⁵ but not finding him, they returned to Jerusalem to look for him.

⁴⁶ After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions,⁴⁷ and all who heard him were astounded at his understanding and his answers.

⁴⁸ When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us?"



Your father and I have been looking for you with great anxiety.”⁴⁹ And he said to them, “Why were you looking for me? Did you not know that I must be in my Father’s house?”⁵⁰ But they did not understand what he said to them.

Lk 2:41-50

Dear Lord, there are times like Mary and Joseph I do not understand your ways. Teach me your ways. Help me to know and do your will. May I always conform my life to your will and walk in your ways. Amen.

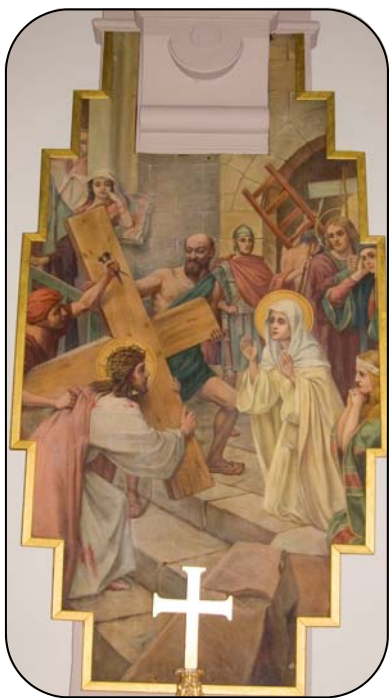
Stabat Mater Dolorosa

Can the human heart refrain
from partaking in her pain,
in that Mother's pain untold?

Bruised, derided, cursed, defiled,
she beheld her tender Child
All with scourges rent.

FOURTH SORROW OF MARY

MARY MEETS JESUS ON THE WAY OF THE CROSS



¹⁶ Then he handed him over to them to be crucified. So they took Jesus,¹⁷ and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.²⁶ As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus.

²⁷ A large crowd of people followed Jesus, including many women who mourned and lamented him.

²⁸ Jesus turned to them and said, “Daughters of Jerusalem, do not weep

for me; weep instead for yourselves and for your children,²⁹ for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.'

³⁰ At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' ³¹ for if these things are done when the wood is green what will happen when it is dry?" ³² Now two others, both criminals, were led away with him to be executed.

John 19:16-17; Luke 23:26-32;

Dear Lord in your innocence you are condemned to death. You are told to take up your cross and carry your pain and humiliation to Golgotha where you bring redemption for all. Mary walked with you in your pain and suffering and could do nothing to stop it. Help me to understand your cross and be willing to take up my cross. Mary as you met Jesus on the way so walk with me and give me courage and strength on my journey. Amen.

Stabat Mater Dolorosa

For the sins of His own nation,
saw Him hang in desolation,
Till His spirit forth He sent.

O sweet Mother! fount of love!
Touch my spirit from above,
make my heart with thine accord.

FIFTH SORROW OF MARY

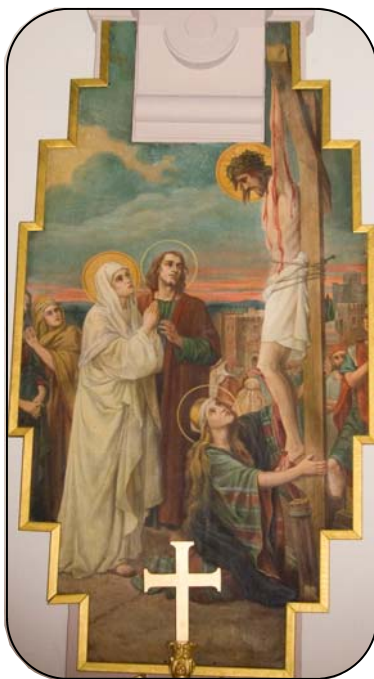
JESUS DIES ON THE CROSS

25 Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

26 When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son."

27 Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

28 After this, aware that everything was now finished, in order that the scripture



might be fulfilled, Jesus said, "I thirst." 29 There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. 30 When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

John 19: 25-30;

Dear Lord how you love me. You are willing to go to such extremes. No sin of yours deserved the cross but I can not say the same. But no sin I have committed can keep me from your love. Only I can keep me from your love. Lord help me to be open to your forgiveness to rejoice in your healing power and begin my life anew, cleansed by your love. Amen.

Stabat Mater Dolorosa

Make me feel as thou hast felt;
make my soul to glow and melt
with the love of Christ, my Lord.

Holy Mother! pierce me through,
in my heart each wound renew
of my Savior crucified.

SIXTH SORROW OF MARY



JESUS IS TAKEN DOWN FROM THE CROSS

31 Now since it was preparation day, in order that the bodies might not remain on the cross on the Sabbath, for the Sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. 32 So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. 33 But when they came to Jesus and saw that he was already dead, they did not break his legs, 34 but one soldier thrust his lance into his side, and immediately blood and water flowed out. 38 After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of

the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body.

John 19:31-34, 38; Lam 1:12

¹²“Come, all you who pass by the way, look and see Whether there is any suffering like my suffering, which has been dealt me

Lamentations 1:12

Dear Lord you cry out “it is finished” but yet it was just beginning. Beneath the cross the seeds of the church is gathered. From your wounded side grace flows and renews the world. Help me to stand with Mary and John beneath the Cross and not despair but trust it is not finished but just beginning. Amen.

Stabat Mater Dolorosa

Let me share with thee His pain,
who for all our sins was slain,
who for me in torments died.

Let me mingle tears with thee,
mourning Him who mourned for me,
all the days that I may live.

SEVENTH SORROW OF MARY

JESUS IS LAID IN THE TOMB

59 Taking the body, Joseph wrapped it
(in) clean linen

39 Nicodemus, the one who had first
come to him at night, also came bringing
a mixture of myrrh and aloes weighing
about one hundred pounds.

40 They took the body of Jesus and
bound it with burial cloths along with
the spices, according to the Jewish burial
custom.

41 Now in the place where he had been



crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried.

42 So they laid Jesus there because of the Jewish preparation day; for the tomb was close by. 46 Having bought a linen cloth, he took him down, wrapped him in the linen cloth and laid him in a tomb that had been hewn out of the rock. Then he rolled a stone against the entrance to the tomb.

55 The women who had come from Galilee with him followed behind, and when they had seen the tomb and the way in which his body was laid in it, 56 they returned and prepared spices and perfumed oils. Then they rested on the Sabbath according to the commandment.

Matthew 27:59; John 19:39-42; Mark 15:46; Luke 23:55-56

The tomb, my greatest fear. Death the one moment when I can no longer call the shots but I must trust in your unending love. Help me to trust that the tomb is empty and holds no power over me. May I like Simeon cry out with all my heart ²⁹ “Now, Master, you may let your servant go in peace, according to your word, ³⁰ for my eyes have seen your salvation, ³¹ which you prepared in sight of all the peoples, ³² a light for revelation to the Gentiles, and glory for your people Israel.” Amen.

Stabat Mater Dolorosa

By the Cross with thee to stay,
there with thee to weep and pray,
is all I ask of thee to give.

Virgin of all virgins blest!,
Listen to my fond request:
let me share thy grief divine;

LITANY OF OUR LADY OF SEVEN SORROWS

Lord, have mercy on us.

Lord, have mercy on us. Christ, hear us.

God, the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Mary, Mother of God,

Holy Virgin of virgins,

Mother of the Crucified,

Sorrowful Mother,

Mournful Mother,

Christ, have mercy on us.

Christ, graciously hear us.

Have mercy on us.

Have mercy on us.

Have mercy on us.

pray for us.

pray for us.

pray for us.

pray for us.

Pearl of Virgins,
Comfort of Widows,
Joy of all Saints,
Queen of thy Servants,
Holy Mary, who alone art unexampled,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

Pray for us, most Sorrowful Virgin,

That we may be made worthy of the promises of Christ.

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. Amen.

Stabat Mater Dolorosa

Let me, to my latest breath,
in my body bear the death
of that dying Son of thine.

Wounded with His every wound,
steep my soul till it hath swooned,
in His very Blood away;

Be to me, O Virgin, nigh,
lest in flames I burn and die,

in His awful Judgment Day.
Christ, when Thou shalt call me
hence,
by Thy Mother my defense,
by Thy Cross my victory;

While my body here decays,
may my soul Thy goodness praise,
safe in paradise with Thee. Amen.

