



*You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.*

*Mk 12:30*

# BLESS MY FAMILY BLESS MY CHURCH

**St. Michael Center for the Blessed Virgin Mary**



P.O. Box 8461, Honolulu, HI 96830-8461  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



**JESUS  
I TRUST  
IN YOU !**

SCAN ME



**SEPTEMBER 15<sup>th</sup>**

## OUR LADY OF SORROWS



<https://saintmichaelusa.org/0915-Our-Lady-Of-Sorrows/>



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StMichaelCenter](https://www.facebook.com/StMichaelCenter)

### Prayer to Our Lady of Sorrows



O most holy Virgin, Mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and death of your divine Son, look upon me with eyes of compassion, and awaken in my heart a tender commiseration for those sufferings, as well as a sincere detestation of my sins, in order that being disengaged from all undue affection for the passing joys of this earth, I may sigh after the eternal

Jerusalem, and that henceforth all my thoughts and all my actions may be directed towards this one most desirable object. Honor, glory, and love to our divine Lord Jesus, and to the holy and immaculate Mother of God. Amen.

### Prayer to Our Lady of Sorrows



Our 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 God would do great things in 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!

### A Prayer to Our Lady of Sorrows



O holy Mother, most afflicted by the bitter sorrow which you endured at the foot of the cross during the three hours' agony of Jesus: we implore you, the children of your sorrows, in our last agony, that through your intercession we may pass from the bed of death to form a crown for you in heaven.

**Pray 3 Our Fathers**

**Pray 3 Hail Marys.**

O Mary, Mother of grace, Mother of mercy, protect us from the enemy and receive us at the hour of death.

From sudden or unprovided death,

O Lord, deliver us.

From the snares of the devil,

O Lord, deliver us.

From everlasting death,

O Lord, deliver us.

Let us pray. O God, who for the salvation of mankind gave an example and a help in the Passion and Death of your Son: grant, we beseech you, that in the hour of our death, we may experience the effects of this, your charity, and deserve to be partakers in the glory of Him, our Redeemer, through the same Jesus Christ, our Lord. Amen.

Jesus, Mary, and Joseph,

I give you my heart and my soul.

Jesus, Mary, and Joseph,

Assist me in my last agony.

Jesus, Mary, and Joseph,

May I breathe forth my soul in peace with you. Amen.

**Read your bible  
Pray everyday**

**SPEND MORE TIME IN DAILY PRAYER.  
INVITE FAMILY MEMBERS & FRIENDS  
TO GO TO SUNDAY MASS.**

**Pray Everyday ! Go to Daily Mass if you can !  
Volunteer for the Church ! God Bless You !**

**SEND A PRAYER REQUEST WE PRAY FOR YOU**

<https://saintmichaelusa.org/prayer-request/>



Text Your Prayer Request with your name and email

**(808)203-7467**





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## SEVEN PRAYERS IN HONOR OF THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY



**V.** O God, come to my assistance

**R.** O Lord, make haste to help me

**V.** Glory be to the Father, and to the Son, and to the Holy Ghost.

**R.** As it was in the beginning, is now, and ever shall be, world without end. Amen  
(The Hail Mary is prayed a total of eight times, including once after each of the seven prayers.)

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

### [For the First Sorrow - The Prophecy of Simeon:]

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

### [For the Second Sorrow – The Flight into Egypt:]

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

### [For the Third Sorrow – The Loss of the Child Jesus in the Temple:]

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

### [For the Fourth Sorrow- Mary Meets Jesus on the Way to Calvary:]

I grieve for thee, O Mary most sorrowful in the consternation of thy heart at meeting Jesus as he carried His Cross. Dear Mother, by thy heart so troubled, obtain for me the virtue of patience and the gift of fortitude.  
Hail Mary, etc.

### [For the Fifth Sorrow- Jesus Dies on the Cross:]

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



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### [For the Sixth Sorrow- Mary Receives Jesus:]

I grieve for thee, O Mary most sorrowful, in the wounding of thy compassionate heart, when the side of Jesus was struck by the lance and His Heart was pierced before His body was removed from the Cross. Dear Mother, by thy heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.  
Hail Mary, etc.

### [For the Seventh Sorrow- Jesus is Placed in the Tomb:]

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

**V.** Pray for us, O Virgin most sorrowful

**R.** That we made be worthy of the promises of Christ

### Let us Pray

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

SCAN ME



### Our Lady of Sorrows ~ Fr Ripperger

[YouTube https://youtu.be/tDSsFn-JaXY](https://youtu.be/tDSsFn-JaXY)

### Our Lady of Sorrows & The 7 Hail Marys Devotions

[YouTube https://youtu.be/33XNmW8msfM](https://youtu.be/33XNmW8msfM)

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### THE SEVEN SORROWS OF OUR BLESSED MOTHER THE VIRGIN MARY THE MOTHER OF GOD | 4K VIDEO

[YouTube https://youtu.be/BRKzzer34CU](https://youtu.be/BRKzzer34CU)

### Our Lady Of Sorrows Explained (Catholic)

[YouTube https://youtu.be/DogaIHONuS0](https://youtu.be/DogaIHONuS0)

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### Our Lady of Sorrows

[YouTube https://youtu.be/fzddYkwh5jg](https://youtu.be/fzddYkwh5jg)



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