



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/>



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9 Day Novena 8th - 14th September FEAST DAY OF

OUR LADY OF SORROWS 15th September



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Feast of Our Lady of Sorrows



The feast dates back to the 12th century. It was especially promoted by the Cistercians and the Servites, so much so that in the 14th and 15th centuries it was widely celebrated throughout the Catholic Church. In 1482 the feast was added to the Missal under the title of "Our Lady of Compassion." Pope Benedict XIII added it to the Roman Calendar in 1727 on the Friday before Palm Sunday. In 1913, Pope Pius X fixed the date on September 15. The title "Our Lady of Sorrows" focuses on Mary's intense suffering during the passion and death of Christ. "The Seven Dolors," the title by which it was celebrated in the 17th century, referred to the seven swords that pierced the Heart of Mary. The feast is like an octave for the birthday of Our Lady on September 8th. — Excerpted from Our Lady of Sorrows by Fr. Paul Haffner (Inside the Vatican, September 2004)

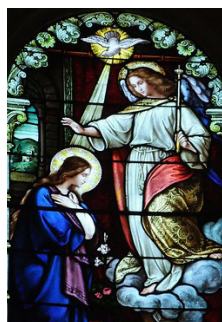
This feast is dedicated to the spiritual martyrdom of Mary, Mother of God, and her compassion with the sufferings of her Divine Son, Jesus. In her suffering as co-redeemer, she reminds us of the tremendous evil of sin and shows us the way of true repentance. May the numerous tears of the Mother of God be conducive to our salvation; with which tears Thou, O God, art able to wash away the sins of the whole world.

As Mary stood at the foot of the Cross on which Jesus hung, the sword of sorrow Simeon had foretold pierced her soul.

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.

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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.

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Fr. Donald Calloway Prays the Seven Sorrows of Mary

You Tube <https://youtu.be/yx5R42yJiXI>

Litany of Our Lady of Seven Sorrows Complete

You Tube <https://youtu.be/Fna6Su3Plwo>

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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.

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.

Prayer to Our Lady of Sorrows

You Tube https://youtu.be/x_OPcCljvik

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vimeo

<https://vimeo.com/stmichaeljlmj>



PRAYER REQUEST

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Our Lady of Sorrows Novena

Our Lady of Sorrows Novena – Day 1

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

On the Cross her Son was dying. Mary stood beneath Him crying, Sharing in His saving cross. As He hangs, her soul is grieving, and a sword her heart is cleaving and she weeps the bitter loss. O Mother of Sorrows, through thy First Sorrow, the Prophecy of Holy Simeon, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore (**mention your special request**)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 2

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

O, the sad, afflicted Mother of the Son beyond all others: only Son of God most high. Full of grief, her heart is aching; watching Him, her body, quaking, trembles as her offspring dies. O Mother of Sorrows, through thy Second Sorrow, the Flight into Egypt, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore (**mention your special request**)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 3

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Who would see Christ's mother crying at the bitter crucifying without tears of sympathy? Who could see her depth of feeling thoughts of many hearts revealing and not share her agony? O Mother of Sorrows, through thy Third Sorrow, the Loss of the Child Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore (**mention your special request**)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 4

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face

Daily Prayer Pardon for our sins entreating, She saw Him endure the beating. All our guilt on Him was cast. She stood by in contemplation When her Son, in desolation Breathed His spirit forth at last. O Mother of Sorrows, through thy Fourth Sorrow, meeting thy Jesus on His Way to Calvary, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore (**mention your special request**)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 5

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer Font of love, O Blessed Mother, lend me tears to mourn my Brother. Never let my ardor dim. Let my heart be burning freely, Christ my God be pleased to see me all on fire with love for Him. O Mother of Sorrows, through thy Fifth Sorrow, standing beneath thy dying Son on Mt. Calvary, the Flight into Egypt, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore (**mention your special request**)

Recite once

Our Father... Hail Mary... Glory Be...



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Our Lady of Sorrows Novena – Day 6

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

This I ask, O Holy Mary, that His wounds I too may carry: fix them deeply in my heart. Mine the burden He was bearing; let me in His pain be sharing; of His suffering take a part. O Mother of Sorrows, through thy Sixth Sorrow, thy Jesus is laid in thy Arms, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore

(mention your special request)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 7

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily prayer

Let me join in your lamenting, through my life weep unrelenting tears for Jesus Crucified. Let me stand and share your weeping, all the day death's vigil keeping, glad to stand close by your side. O Mother of Sorrows, through thy Seventh Sorrow, the Burial of thy Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favour I implore

(mention your special request)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 8

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the

sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Queen of all the virgin choir, judge me not when I aspire your pure tears to emulate. Let me share in Christ's affliction; death by bitter crucifixion; and His wounds commemorate. We give God thanks for the exaltation of His holy Cross, and ask dear Mother of Sorrows that you pray for us

(mention your special request)

Recite once

Our Father
Hail Mary
Glory Be

Our Lady of Sorrows Novena – Day 9

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favour upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Let me taste the pains He offered, drunk with love for Him who suffered. May His wounds become my own. On the day of Christ's returning may my heart be lit and burning. Virgin, aid me at His throne. May His Cross be interceding and His death my victory pleading. May He hold me in His grace. When my flesh by death is taken, may my soul to glory waken and in heaven take a place. Amen. Blessed Mother, on this last day of our novena to you we entrust ourselves to your heart, pierced with love for your Divine Son **(mention your special request)**

Recite once

Our Father
Hail Mary
Glory Be

Our Lady Of Sorrows Explained (Catholic)

YouTube <https://youtu.be/DogalHONuS0>

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