

"The Sorrowful Mother Stood"

Virgin Most Sorrowful,
Pray for us.

Saint Anne Catholic Church
Ruskin, Florida

SORROWFUL MOTHER 7-DAY MEDITATION OR NOVENA

September 8 – September 14

September is the month dedicated to
Our Lady of Sorrows...

The Feast of Our Lady of Sorrows
is September 15th





This traditional Sorrowful Mother Novena is both a meditation on the role that Mary played in our salvation and a plea for her intercession so that we may follow her example in following Christ her Son.

Each verse of the novena recalls one event of sorrow in Mary's life and asks for her intercession so that we may develop a particular virtue.

Each verse, too, asks for a particular gift of the Holy Spirit; the seven verses cover all seven gifts of the Holy Spirit.

The complete reading may be done each day for 9 days beginning September 6. Alternatively, you may begin September 8 and ponder on one "Sorrow" each day until the feast day.

**✠ In the name of the Father and of the Son and of the Holy Spirit.
Amen.**

V. O God, hasten to my aid.
R. O Lord, make haste to help me.

V. Glory be to the Father and to the Son and to the Holy Spirit
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

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

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.

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.

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.

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;

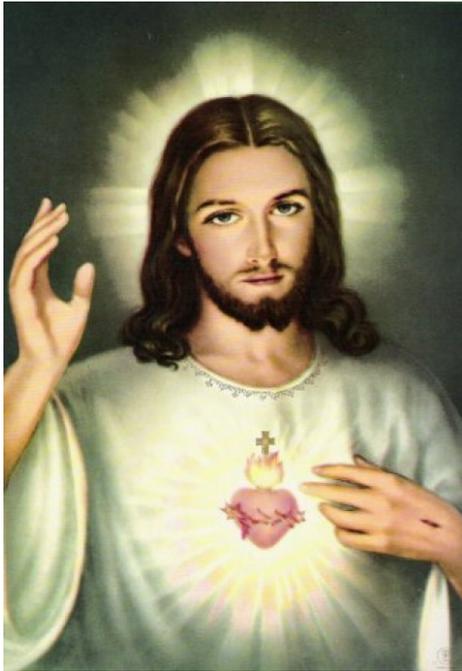
Let me, to my latest breath, In my body bear the death
Of that dying Son of thine.

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.



Let us pray.

Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the hour of our death.

By 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, Savior of the world, Who with the Father and the Holy Spirit lives and reigns world without end. 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.

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?

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

Simeon's prophecy at the presentation of Jesus at the temple, that a sword would pierce Mary's heart.



The prophecy of Simeon (Luke 2:25-35)

Sorrow as sharp as a sword shall pierce Mary's heart because of her Child. Mary is in the Temple, having come with Joseph to present the Child to God. They meet Simeon, the holy man, and Anna, the prophetess. Simeon takes the Baby in his arms, saying he will now die in peace because he has seen Christ, then he foretells the sorrow to come.

Day 1

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 thy heart so afflicted, obtain for me the virtue of humility and the Gift of the holy Fear of God.

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 death. Amen.

V. Virgin Most Sorrowful,
R. Pray for us. *

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The Holy Family had to flee to Egypt to escape the murderous wrath of King Herod.



The flight into Egypt (Matthew 2:13-15)

Soon the sword of sorrow strikes. Herod the King seeks to kill the Child. Warned in sleep by an angel, Joseph takes Jesus and His Mother, Mary, setting out for Egypt, where they lived in obscurity and poverty until it was safe to return to Nazareth.

Day 2

I grieve for you, O Mary most sorrowful, in the anguish of thy most affectionate heart during the flight into Egypt and your sojourn there.

Dear Mother, by your heart so full of anguish, obtain for me the virtue of generosity, especially toward the poor, and the Gift of Piety.

Hail Mary, full of Grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

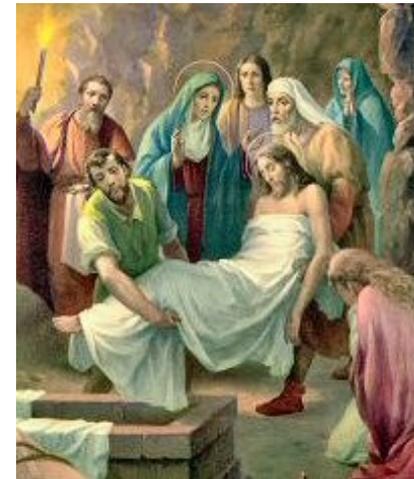
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Jesus is placed in the tomb.



The burial of Jesus

(Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47)

Hastily the Body is wrapped in a clean linen cloth. Nicodemus has brought myrrh and aloes, and the Body is bound in the Shroud with them. Nearby is a new tomb, belonging to Joseph of Arimathea, and there they lay Jesus. Mary and John and the holy women follow them and watch as the great stone to the sepulchre is rolled. It is the end.

Day 7

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 thy heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the Gift of Wisdom.

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 death. Amen.

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** continue page 10*

Jesus is taken down from the Cross and placed in His Blessed Mother's arms.



*The body of Jesus being taken from the Cross
(Psalm 130; Luke 23:50-54; John 19:31-37)*

It is over. Dark clouds have appeared in the sky and upon the world. Jesus is dead. Joseph of Arimathea and Nicodemus take down the Body from the Cross and Mary receives It in her arms. She is filled with a sadness that no human heart has known. This is her Son. Once she had cradled Him in her arms, listened to His voice, watched Him working at the carpenter's bench. Now He is dead. She does not weep; her grief is too great for tears.

Day 6

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was pierced by a 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, 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 death. Amen.

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The Child Jesus is lost for three days until He is found in the temple.



Loss of the Child Jesus for three days (Luke 2:41-50)

When Jesus is twelve, He is taken to Jerusalem for the Feast of Passover. On the return journey Joseph and Mary find at the end of the first day that Jesus is not with them. Racked with anxiety, they search for Him. Nobody in the streets, not even the beggars, can tell them where He is. Not till the third day do they find Him, in the Temple.

Day 3

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your dear Jesus in the Temple.

Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the Gift of Knowledge.

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 death. Amen.

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Mary and Jesus meet on the way to Calvary when He is carrying His cross.



*Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)
Mary has known fear and sorrow, but none so great as seeing her beloved Son stumbling under the weight of the Cross. She hears the jeering shouts from the crowd and has no power to help Him. Pity and love are in her eyes as she gazes at His blood-stained face. To many around her He is no better than a criminal, and her heart is breaking as she follows Him to Golgotha.*

Day 4

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, 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 death. Amen.

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The Crucifixion of our Lord when Mary stood at the foot of the cross.



*Crucifixion and Death of Jesus (John 19:25-30)
With John, Mary stands at the foot of the Cross. "A sword shall pierce thy soul," Simeon told her. Truly her heart is pierced with sorrow. Her beloved Son is dying and she shares in His suffering. She does not ask God to take away this agony. She is His Mother, so close to Him that His pain is hers, too. And now He speaks from the Cross: "Woman, behold thy son." Jesus gives His Mother to John, and to us. For all eternity she is our Mother.*

Day 5

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony on the Cross.

Dear Mother, by your afflicted heart, obtain for me the virtue of temperance and the Gift of Counsel.

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 death. Amen.

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