



The Blessed Virgin Mary, Our Lady of Sorrows

*(from a sermon by Basil Moreau on the Heart
of Mary, February 8, 1841)*

“**YOU ALL** know what we mean when we speak of a mother’s love, the love a mother has for the children she bore, a love that makes her think constantly about them and to work for this happiness. What is more tender, stronger, more generous, and more heroic? This is only a feeble image of what Mary’s heart feels for each of us and of the love that burns there for us since she became our mother and adopted us as her children. It is here that you can glimpse the excess of her tenderness as you witness everything she suffered to make us happy for all eternity.”

96. *MEMORARE*

Remember, O most gracious Virgin Mary,
that never was it known

that anyone who fled to thy protection,
implored thy help,
or sought thy intercession
was left unaided.

Inspired by this confidence
I fly unto thee, O Virgin of virgins, my Mother.
To thee do I come,
before thee I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

97. SUB TUUM PRÆSIDIUM

We fly to thy protection,
O holy Mother of God;
despise not our petitions in our necessities,
but deliver us always from all dangers,
O glorious and blessed Virgin.

98. AN ANCIENT PRAYER TO OUR LADY

O Mother of God,
we take refuge in your loving care.

Let not our plea to you pass unheeded
in the trials that beset us,
but deliver us from danger,
for you alone are truly pure,
you alone are truly blessed.

99. *TOTA PULCHRA ES*

You are all beautiful, Mary,
and there is no original stain in you.

100. CONSECRATION TO THE BLESSED VIRGIN MARY
(1859 Directory)

O my Mother and Patroness, Holy Mary,
I deliver myself to your faithful protection and your
special care,
now, for every day, and at the hour of my death.
I seek refuge in the bosom of your mercy,
and I entrust my body and soul to you.
I entrust all my hopes and consolations,
all my sufferings and miseries, my life and its end,
that through your most holy intercession and your merits
all my works may be directed and performed
according to your will and that of your Son.

O my Lady! O my Mother!
I wholly offer myself to you, and to give you a
proof of my love,
I now consecrate to you my eyes, my mouth, my
ears, my heart, and in a word my whole being.
Since therefore I am yours, O Good Mother,
preserve and defend me as your own possession.
Amen.

101. VOCATION PRAYER TO MARY,
MOTHER OF SORROWS

Hail Mary, full of grace, all generations call you
blessed.

Hail Mary, Mother of Sorrows,
upon hearing the prophecy of Simeon, a sword
pierced your heart.

Comfort those discerning God's call,
that to follow your Son as a Holy Cross priest,
brother, or sister
is not just demanding, but joy filled.

Hail Mary, Mother of Sorrows,
you made the journey to Egypt with Joseph
to ensure your Son's safety.

Give courage and perseverance to those
who find the journey of discernment unsettling.
Assure them that God will eventually lead them
safely home.

Hail Mary, Mother of Sorrows,
you searched for your Son, Jesus, in the Temple.
Be with those who search for God's truth in their lives.
Lead them to the light of his will.

Hail Mary, Mother of Sorrows,
on the road to Calvary your eyes of compassion
lovingly looked upon your Son.
Turn your gentle gaze upon those contemplating
his footsteps.
May they be inspired by the example and witness
of a "great band of men" in Holy Cross
who walk side by side in their following of the
Lord.

Hail Mary, Mother of Sorrows, at the foot of the Cross,
you witnessed your Son's total giving of self to the Father.
Strengthen those who wish to abandon all in his
holy name.

Hail Mary, Mother of Sorrows,
you lovingly embraced the lifeless body

of your Son, Jesus Christ, after his crucifixion.
Hold close to your heart those in the Congregation
whose vocations suffer from listlessness and apathy.

Hail Mary, Mother of Sorrows,
you were present when Jesus' body was laid in the tomb.
Encourage those discerning religious life in Holy Cross
to lay their fears at the feet of your Son,
confident in the hope and promise of new life.

Hail Mary, full of grace,
may future generations of Holy Cross religious call
you blessed.
Amen.

102. THE CHAPLET OF OUR LADY OF SORROWS

Father Moreau entrusted to his beloved daughters, the Marianites of Holy Cross, the daily recitation of the Chaplet of Our Lady of the Seven Dolors. Although Moreau did not entrust this practice to his beloved sons, he invited them in meditating on the Stations of the Cross to “follow Mary in the sorrowful way, sympathizing with her afflicted heart” (1859 *Directory*). As we draw near to our patroness in her way of sorrow, we ask that our hearts might

be opened to all whose daily lives bear the marks of suffering and who yearn for the redemption won for all by the Cross of Christ.

The Rosary of Our Lady of the Seven Sorrows consists of seven mysteries. Each mystery begins with a brief scripture passage recounting a sorrow of Mary. The Our Father (on the medal that depicts the mystery) is said, followed by seven Hail Marys. After the completion of the seven mysteries, three Hail Marys are prayed in memory of her tear-filled sorrows.

I. The Prophecy of Simeon

(for those who carry hidden and difficult burdens)

“This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.” (Lk 2:34)

Our Father, seven Hail Marys (after each scripture reflection)

II. The Flight into Egypt

(for refugees, migrant workers, and immigrants)

“Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you, for Herod is about to search for the child, to destroy him.” (Mt 2:13b)

III. The Loss of the Child Jesus in the Temple

(for children who are victimized and abused)

“When they did not find him, they returned to Jerusalem to search for him.” (Lk 2:45)

IV. Mary Meets Jesus Carrying the Cross

(for those who accompany the suffering with compassion)

“A great number of the people followed him, and among them were women who were beating their breasts and wailing for him.” (Lk 23:27)

V. Mary at the Foot of the Cross

(for victims of violence, war, and capital punishment)

“When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, ‘Woman, here is your son.’ Then he said to the disciple, ‘Here is your mother.’” (Jn 19:26–27)

VI. Mary Receives the Body of Jesus in Her Arms

(for those who mourn)

“My soul melts away for sorrow; strengthen me according to your word.” (Ps 119:28)

VII. The Burial of Jesus

(for the gift of hope for the despairing)

“So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock.” (Mt 27:59–60)

Following the usual Our Father and seven Hail Marys, a final three Hail Marys are said in memory of Mary’s tear-filled sorrows.

103. THE ROSARY OF THE BLESSED VIRGIN MARY

In calling the members of the Congregation to the daily praying of the Rosary, Basil Moreau emphasized the necessity of meditating upon its mysteries by calling to mind the “life of Jesus Christ” and the usefulness of asking for “a grace or a virtue corresponding to the mystery which ought to be meditated” (1859 *Directory*). The virtues ascribed to the

Joyful, Sorrowful, and Glorious Mysteries are those suggested by Father Moreau in the *1859 Directory*. The Luminous Mysteries were added by Pope John Paul II in 2002.

The Rosary begins with the Sign of the Cross, followed by the Apostles' Creed.

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Joyful Mysteries (Monday and Saturday)

I

The Annunciation

(Humility)

“Here am I, the servant of the Lord, let it be done with me according to your word.” (Lk 1:38)

II

The Visitation

(Fraternal Charity)

“And why has this happened to me, that the mother of my Lord comes to me?” (Lk 1:43)

III

The Nativity

(Love of Poverty)

“And she gave birth to her first-born son and wrapped him in bands of cloth, and laid him in a manger because there was no place for them in the inn.” (Lk 2:7)

IV

The Presentation in the Temple

(Fidelity to Chastity)

“For my eyes have seen your salvation, which you have prepared in the presence of all people, a light

for revelation to the Gentiles and for glory to your people Israel.” (Lk 2:30–31)

V

The Finding of the Child Jesus in the Temple

(Zeal for Souls)

“Why were you searching for me? Did you not know that I must be in my Father’s house.” (Lk 2:49)

Sorrowful Mysteries (Tuesday and Friday)

I

The Agony in the Garden

(Gift of Meditation and Contrition)

“Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial.” (Mk 14:37b–38a)

II

The Scourging

(Patience)

“So Pilate, wishing to satisfy the crowds, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.” (Mk 15:15)

III**The Crowning with Thorns***(Mortification)*

“After twisting some thorns into a crown, they put it on him. And they began saluting him, ‘Hail, King of the Jews.’” (Mk 15:17b–18)

IV**The Carrying of the Cross***(Grace to Bear One’s Cross)*

“After mocking him, they stripped him of his purple cloak and put his own clothes on him. Then they led him out to crucify him.” (Mk 15:20)

V**The Crucifixion***(Obedience)*

“He saved others, he cannot save himself. Let the Messiah, the King of Israel, come down from that cross now, so that we may see and believe.” (Mk 15:31b)

Glorious Mysteries (Wednesday and Saturday)

I

The Resurrection

(Renewal of the Interior Life)

“Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.” (Mt 28:10)

II

The Ascension

(Indifference to Worldly Things)

“Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way you saw him going into heaven.” (Acts 1:11)

III

The Descent of the Holy Spirit

(Love of Solitude)

“Divided tongues, as of fire, appeared among them, and a tongue rested on each of them.” (Acts 2:3)

IV**The Assumption of Mary***(Desire for Heaven)*

“If for this life only we have hope in Christ, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died.” (1 Cor 15:19–20)

V**The Coronation of Mary***(Final Perseverance)*

“A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.” (Rv 12:1)

Luminous Mysteries (Thursday)**I****The Baptism of Jesus***(Reverence for All God’s Beloved Children)*

“And a voice from heaven said, ‘This is my Son, the Beloved, with whom I am well pleased.’” (Mt 3:17)

II

The Proclamation of the Kingdom of God

(Growth as an Educator in the Faith)

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Mt 5:6)

III

The Wedding Feast at Cana

(Fidelity to the Vowed Life)

“His mother said to the servants, ‘Do whatever he tells you.’” (Jn 2:5)

IV

The Transfiguration

(Sanctification of All the Members of the Family of Holy Cross)

“‘This is my Son, the Beloved, with him I am well pleased!’ When the disciples heard this they fell to the ground and were overcome by fear. But Jesus came and touched them saying, ‘Get up and do not be afraid.’” (Mt 17:5b–7)

V

The Institution of the Eucharist

(Building Up of Christ’s Body, the Church)

“This is my body, which is given for you. Do this in remembrance of me.” (Lk 22:19b)

After the mysteries have been recited, the Hail, Holy Queen is said together with the concluding prayer.

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement! O loving! O sweet Virgin Mary!

Pray for us, O Holy Mother of God,

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

Let us pray.

O God,
whose only-begotten Son,
by his life, death, and resurrection,
has purchased for us the rewards of eternal life,
grant we beseech you,
that, meditating upon the mysteries
of the most holy Rosary of the Blessed Virgin Mary,

we may imitate what they contain
and obtain what they promise,
through the same Christ, our Lord.
Amen.

104. *ANGELUS*

The angel of the Lord declared unto Mary.
—*And she conceived by the Holy Spirit.*

Hail Mary, full of grace, the Lord is with you;
Blessed are you among women;
and blessed is the fruit of your womb, Jesus.
—*Holy Mary, Mother of God,
pray for us sinners, now and at the
hour of our death. Amen.*

Behold the handmaid of the Lord.
—*Be it done unto me according to your word.*

Hail, Mary...

And the Word was made flesh.
—*And dwelt among us.*

Hail, Mary...

Pray for us, O holy Mother of God.

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

Let us pray.

Pour forth, we beseech you, O Lord,
your grace into our hearts,
that we, to whom the Incarnation of Christ, your
Son,
was made known by the message of an angel,
may, by his Passion and Cross,
be brought to the glory of his Resurrection,
through the same Christ our Lord.
Amen.

105. MARIAN ANTHEMS

Alma Redemptoris Mater

(from the First Sunday of Advent until the Presentation of the Lord)

*Alma Redemptoris Mater, quæ pervia cæli
porta manes, et stella maris, succurre cadenti,
surgere qui curat, populo: tu quæ genuisti,*

*natura mirante, tuum sanctum Genitorem,
Virgo prius ac posterius, Gabrielis ab ore,
sumens illud Ave, peccatorum miserere.*

Loving Mother of the Redeemer,
gate of heaven, star of the sea,
assist your people who have fallen
yet strive to rise again.
To the wonderment of nature you bore your Creator,
yet remained a virgin after as before.
You who received Gabriel's joyful greeting,
have pity on us poor sinners.

Ave Regina Cælorum

*(from the Presentation of the Lord until Wednesday of
Holy Week)*

*Ave, Regina cælorum,
ave, Domina angelorum,
salve, radix, salve, porta,
ex qua mundo lux est orta.*

*Gaude, Virgo gloriosa,
super omnes speciosa;
vale, o valde decora,
et pro nobis Christum exora.*

Hail, Queen of heaven;
Hail, Mistress of the Angels;
Hail, root of Jesus;
Hail, the gate through which
the Light rose over the earth.

Rejoice, Virgin most renowned
and of unsurpassed beauty,
and pray for us to Christ.

Regina Cæli

(from Easter Sunday until Trinity Sunday)

*Regina cæli lætare, alleluia:
Quia quem meruisti portare, alleluia,
Resurrexit, sicut dixit, alleluia.
Ora pro nobis Deum, alleluia.*

Queen of Heaven, rejoice, alleluia;
for he whom you were chosen to bear, alleluia,
has risen as he said, alleluia;
pray for us to God, alleluia.

Salve Regina

(from Monday after Pentecost until the beginning of Advent)

*Salve, Regina, Mater misericordiæ,
vita, dulcedo, et spes nostra, salve.
Ad te clamamus exsules filii Evæ,
ad te suspiramus, gementes et flentes
in hac lacrimarum valle.*

*Eia, ergo, advocata nostra, illos tuos
misericordes oculos ad nos converte;
et Iesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O clemens, O pia, O dulcis Virgo Maria.*

Hail, holy Queen, Mother of mercy,
our life, our sweetness, and our hope.
To you do we cry, poor banished children of Eve;
to you we send up our sighs,
mourning and weeping in this vale of tears.

Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

Faithful Virgin	pray for us
Mirror of justice	pray for us
Throne of wisdom	pray for us
Cause of our joy	pray for us
Shrine of the Spirit	pray for us
Glory of Israel	pray for us
Vessel of selfless devotion	pray for us
Mystical Rose	pray for us
Tower of David	pray for us
Tower of ivory	pray for us
House of gold	pray for us
Ark of the covenant	pray for us
Morning Star	pray for us
Health of the sick	pray for us
Refuge of sinners	pray for us
Comfort of the troubled	pray for us
Help of Christians	pray for us
Queen of angels	pray for us
Queen of patriarchs and prophets	pray for us
Queen of apostles and martyrs	pray for us
Queen of confessors and virgins	pray for us
Queen of all saints	pray for us
Queen conceived without sin	pray for us
Queen assumed into heaven	pray for us
Queen of the Rosary	pray for us
Queen of families	pray for us
Queen of peace	pray for us

Lamb of God, you take away
the sins of the world have mercy on us

Lamb of God, you take away
the sins of the world have mercy on us

Lamb of God, you take away
the sins of the world have mercy on us

Let us pray.

Eternal God,
let your people enjoy constant health
in mind and body.

Through the intercession of the Virgin Mary
free us from the sorrows of this life
and lead us to happiness in the life to come.

Grant this through Christ our Lord.

Amen.