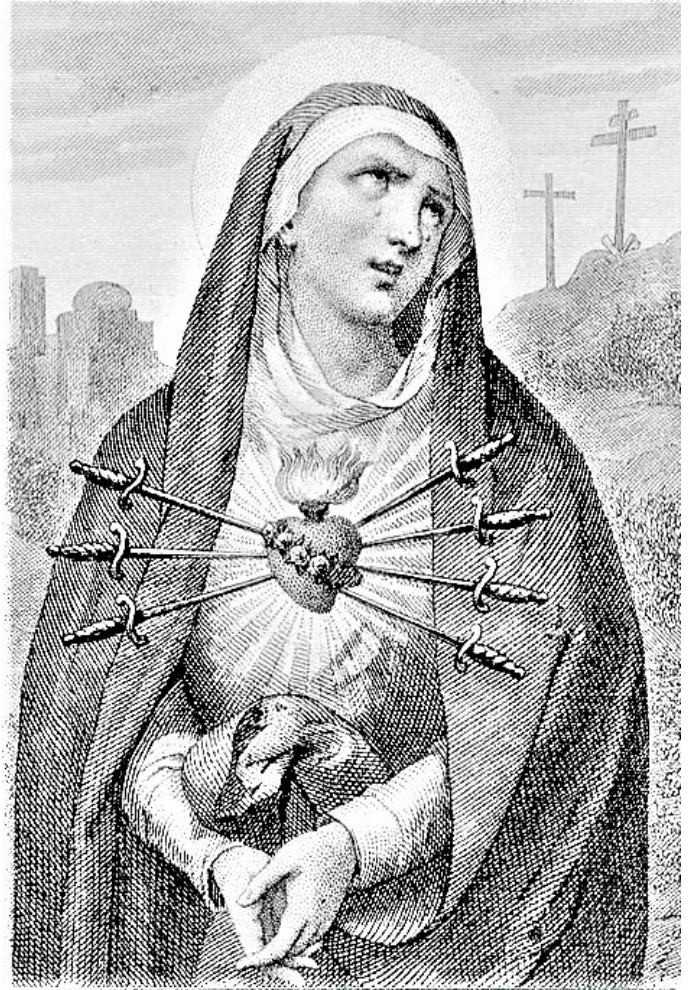


# The Seven Sorrows of Mary

## SEPTEMBER

Catholics have honored Our Lady of Sorrows since the twelfth century by recognizing seven events in the life of Mary that caused her immense (great) sorrow. Our Holy Mother is often depicted with seven swords piercing her Immaculate Heart, each representing one of her seven sorrows:

1. The prophecy of Simeon at the Presentation of our Lord – Luke 2:25-35
2. The flight into Egypt – Matthew 2:13-15
3. Loss of the Child Jesus in the temple for three days – Luke 2:41-50
4. Mary meets Jesus on the way to Calvary – John 19:17, 25-27
5. Crucifixion and Death of Jesus – John 19:25-37; Mark 15:25
6. The body of Jesus being taken from the Cross and placed in our Lady's arms – Luke 23:50-54; John 19:31-37
7. The burial of Jesus in the sepulcher (tomb) – Luke 23:50-56; John 19:38-42; Mark 15:40-47



Traditionally, there are two days a year when we honor the Seven Sorrows of the Blessed Virgin Mary. The first is during Lent on Passion Friday (i.e. the Friday before Palm Sunday). The second is on September 15<sup>th</sup>, the day after the Feast of the Exaltation of the Holy Cross. Unfortunately, the Novus Ordo calendar omits the Lenten Passion Friday occurrence.

In the 14<sup>th</sup> century, our Blessed Mother revealed to Saint Bridget of Sweden seven promises (graces) to the faithful who honor her (Mary) daily by saying seven Hail Marys while meditating on her tears and sorrows:

1. "I will grant peace to their families."
2. "They will be enlightened about the divine Mysteries."
3. "I will console them in their pains and I will accompany them in their work."
4. "I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls."
5. "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
6. "I will visibly help them at the moment of their death; they will see the face of their mother."
7. "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolours will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy."

"And thy own soul a sword shall pierce,  
that, out of many hearts, thoughts may be revealed."

Prepared by: Nicole Flusche

# The Seven Sorrows of Mary

SEPTEMBER



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## SEPTEMBER

### STABAT MATER DOLOROSA

Based on the prophecy of Simeon during the Presentation of the Lord that a sword was to pierce the heart of His mother, Mary (Lk 2:35), the *Stabat Mater Dolorosa* originated in the 13<sup>th</sup> century during the height of devotion to the crucified Jesus. This hymn has been attributed to Pope Innocent III and Saint Bonaventure, but it is most commonly attributed to Jacopone da Todi (1230-1306). This hymn is often associated with the Stations of the Cross. However, in 1727 it was prescribed as a Sequence (song during Mass) for the Mass of the Seven Sorrows of Mary, which occurs on September 15<sup>th</sup>, and it is still used today. The *Stabat Mater* is also used for the Office of the Readings, Lauds, and Vespers for this memorial. Fun Fact: There is a “mirror” hymn to the *Stabat Mater*, called the *Stabat Mater Speciosa*, which recounts the joys of the Blessed Virgin Mary during the Nativity (birth) of Jesus.



*Stabat Mater dolorosa  
in xta Crucem lacrimosa,  
dum pendeat Filius.*

*Cuius animam gementem,  
contristatam et dolentem  
pertransiit gladius.*

*O quam tristis et afflicta  
fuit illa benedicta,  
mater Unigeniti!*

*Quae maerebat et dolebat,  
pia Mater, dum videbat  
nati poenas incliti.*

*Quis est homo qui non fleret,  
matrem Christi si videret  
in tanto supplicio?*

*Quis non posset contristari  
Christi Matrem contemplari  
dolentem cum Filio?*

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 has passed.

O how sad and sore distressed  
was that Mother, highly blest,  
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?

# The Seven Sorrows of Mary

## SEPTEMBER

*Pro peccatis suae gentis  
vidit Iesum in tormentis,  
et flagellis subditum.*

*Vidit suum dulcem Natum  
moriendo desolatum,  
dum emisit spiritum.*

*Eia, Mater, fons amoris  
me sentire vim doloris  
fac, ut tecum lugeam.*

*Fac, ut ardeat cor meum  
in amando Christum Deum  
ut sibi complaceam.*

*Sancta Mater, istud agas,  
crucifixi fige plagas  
cordi meo valide.*

*Tui Nati vulnerati,  
tam dignati pro me pati,  
poenas mecum divide.*

*Fac me tecum pie flere,  
crucifixo condolere,  
donec ego vixero.*

*Iuxta Crucem tecum stare,  
et me tibi sociare  
in planctu desidero.*

*Virgo virginum praeclara,  
mibi iam non sis amara,  
fac me tecum plangere.*

*Fac, ut portem Christi mortem,  
passionis fac consortem,  
et plagas recolor.*

*Fac me plagis vulnerari,  
fac me Cruce inebriari,  
et cruore Filii.*

*Flammis ne urar succensus,  
per te, Virgo, sim defensus  
in die iudicii.*

*Christe, cum sit hinc exire,  
da per Matrem me venire  
ad palmam victoriae.*

*Quando corpus morietur,  
fac, ut animae donetur  
paradisi gloria. Amen.*

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

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

O thou 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 my 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.