

Traditional Form First Method of Recitation

ROSARY
OF
OUR LADY OF SORROWS

I

**WE CONTEMPLATE THE MYSTERY
OF YOUR SORROW, HOLY MARY**

INTRODUCTION

L. In the name of the Father,
and of the Son
and of the Holy Spirit.
A. Amen.

L. We praise and we bless you, O Lord.
A. Because you willed that the Virgin Mother
share in the work of salvation.

L. We contemplate your sorrow, holy Mary.
A. May we follow you in the pilgrimage of faith.

RECALLING THE SORROWS OF THE BLESSED VIRGIN

1. MARY ACCEPTS IN FAITH THE PROPHECY OF SIMEON

Our Father.
Seven Hail Marys.

2. MARY FLEES INTO EGYPT WITH JESUS AND JOSEPH

Our Father.
Seven Hail Marys.

3. MARY SEEKS JESUS LOST IN JERUSALEM

Our Father.

Seven Hail Marys.

4. MARY MEETS JESUS ON THE WAY TO CALVARY

Our Father.

Seven Hail Marys.

5. MARY STANDS NEAR THE CROSS OF HER SON

Our Father.

Seven Hail Marys.

6. MARY RECEIVES THE BODY OF JESUS TAKEN FROM THE CROSS

Our Father.

Seven Hail Marys.

7. MARY PLACES THE BODY OF JESUS IN THE TOMB, AWAITING THE RESURRECTION

Our Father.

Seven Hail Marys.

PRAYER FOR RECONCILIATION AND PEACE

After the last group of Hail Marys, three more may be said to ask the gifts of reconciliation and peace for the Church and world.

CONCLUSION

L. We praise you, Holy Mary.

A. Faithful Mother at the cross of your Son.

ACCLAMATION

Blessed are you, Queen of Martyrs:
united to the passion of Christ,
you became our Mother
and a sign of hope in our life.

SEQUENCE OR LITANY

The acclamation may be followed by the singing or recitation of the *Stabat Mater*. A shorter form of the *Stabat Mater* begins with the stanza *Holy Mother, pierce me through.

The *Stabat Mater* may be substituted by any hymn with similar content or by the Litany of Our Lady of Sorrows.

If the *Stabat Mater* and Litany are omitted, the prayer immediately follows the acclamation.

SEQUENCE

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.

O 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?

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 sweet Mother! font of love,
Touch my spirit from above,
Make my heart with yours accord.

Make me feel as you have 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 you his pain,
Who for all our sins was slain,
Who for me in torments died.

Let me mingle tears with you,
Mourning him who mourned for me,
All the days that I may live.

By the cross with you to stay,
There with you to weep and pray,
Is all I ask of you to give.

Virgin of all virgins blest!
Listen to my fond request:
Let me share your grief divine.

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

Wounded with his every wound,
Steep my soul till it has 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 you shall call me hence,
Be your Mother my defense,
Be your cross my victory.

While my body here decays,
May my soul your goodness praise,
Safe in heaven eternally.

LITANY OF OUR LADY OF SORROWS

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Christ, hear us.
Christ, graciously hear us.

God the Father in heaven, have mercy on us.
God the Son, Redeemer of the world,

Holy Spirit, Paraclete,
Holy Trinity, One God,

Mother of the Crucified, pray for us.
Mother of the pierced heart,
Mother of the Redeemer,

Mother of the redeemed,
Mother of all the living,
Mother of disciples,

Obedient Virgin,
Prayerful Virgin,
Faithful Virgin,

Virgin of silence,
Virgin of forgiveness,
Virgin of contemplation,

Woman of exile,
Woman of strength,
Woman of courage,

Woman of sorrow,
Woman of the new covenant,
Woman of hope,

New Eve,
Disciple of the Redeemer,
Servant of reconciliation,

Defense of the innocent,
Courage of the persecuted,
Strength of the oppressed,

Hope of sinners,
Consolation of the afflicted,
Refuge of the poor,

Comfort of exiles,
Support of the weak,
Relief of the sick,

Queen of martyrs,
Glory of the Church,
Virgin of Easter,

Lamb of God,
who takes away the sins of the world,
forgive us, Lord.

Lamb of God,
who takes away the sins of the world,
hear us, Lord.

Lamb of God,
who takes away the sins of the world,
have mercy on us.

PRAYER

O God,
when your Son was raised on the cross
you willed that his sorrowing Mother
be near to him.
Like her, may we be united to the Passion of Christ
and share in the glory of his resurrection.
He lives and reigns forever and ever.
Amen.

Or:

O God,
you willed that the life of the Blessed Virgin
be marked by the mystery of suffering.
Grant that we journey with her on the way of faith
and unite our sufferings to the passion of Christ
so that they become occasions of grace
and the promise of future resurrection.
We ask this through Christ our Lord.
Amen.

DISMISSAL

L. May the Virgin Mary protect us
and lead us kindly on life's journey.
A. Amen.

Second Method of Recitation

WE MEDITATE ON THE MYSTERY
OF YOUR SORROW, HOLY MARY

INTRODUCTION

L. In the name of the Father,
and of the Son
and of the Holy Spirit.

A. Amen.

L. We praise and we bless you, O Lord.

A. Because you willed that the Virgin Mother
share in the work of salvation.

L. We contemplate your sorrow, holy Mary.

A. May we follow you in the pilgrimage of faith.

RECALLING THE SORROWS OF THE BLESSED VIRGIN

In this second method of recitation, only the biblical part of the Hail Mary is said (see Introduction, no. 80): the Leader repeats the angelic salutation (“Hail Mary, full of grace, the Lord is with you”) and the Assembly responds with Elizabeth’s blessing (“Blessed are you among women, and blessed is the fruit of your womb, Jesus”) followed by a short phrase that recalls the sorrow being contemplated. After the seventh Hail Mary, the ecclesial invocation “Holy Mary” is said by all in the usual manner or in the way proposed for each sorrow which relates the particular sorrow to our condition as sinners (for example, “...pray for us sinners unwilling to carry the cross”).

I

MARY ACCEPTS IN FAITH THE PROPHECY OF SIMEON

Woe to me, mother, that you gave me birth!
Object of strife and contention in all the land!
(Jer 15: 10)

WORD OF GOD

R. From the Gospel according to Luke 2: 34-35

Simeon blessed them
and said to Mary his mother:

“This child is destined to be the downfall
and the rise of many in Israel,
a sign that will be opposed-
and you yourself shall be pierced with a sword-
so that the thoughts of many hearts
may be laid bare.”

Silent pause.

THE LORD’S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,
1. whom you presented in the temple.
2. first-born male consecrated to God.
3. the Word that reveals the thoughts of many hearts.
4. the light to enlighten the pagans.
5. the glory of Israel's people.
6. Saviour of the world.
7. the Anointed of the Lord.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
late in recognizing the Lord. Amen.*

II

MARY FLEES INTO EGYPT WITH JESUS AND JOSEPH

When Israel was a child I loved him,
out of Egypt I called my son.
(Hos 11:1)

WORD OF GOD

R. From the Gospel according to Matthew 2:13-14

The angel of the Lord suddenly appeared in a dream to Joseph with the command.

“Get up, take the child and his mother,

and flee to Egypt.

Stay there until I tell you otherwise.

Herod is searching for the child to destroy him.”

Joseph got up and took the child and his mother and left that night for Egypt.

Silent pause.

THE LORD’S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,*

1. your son and Saviour.

2. adored by the Magi.

3. king of kings.

4. of Nazareth, King of the Jews.

5. whom you saved from persecution.

6. new Moses on the way to Egypt.

7. exiled in a foreign land.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

A. Holy Mary, Mother of God,

pray for us sinners,

far from the path of the Kingdom. Amen.

III

MARY SEEKS JESUS
LOST IN JERUSALEM

I sought him whom my heart loves -
I sought him but I did not find him.

I will rise then and go about the city;
in the streets and crossings I will seek
Him whom my heart loves.
(Sg 3: 1-2)

WORD OF GOD

R. From the Gospel according to Luke 2:43-45

At the end of the feast,
the child Jesus remained behind
unknown to his parents.
Thinking he was in the party,
they continued their journey for a day,
looking for him among their relatives
and acquaintances.
Not finding him,
they returned to Jerusalem in search of him.

Silent pause.

THE LORD'S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,*

- 1. whom you anxiously sought.*
- 2. the one your heart loves.*
- 3. among the doctors of the Law.*
- 4. living Word of wisdom.*
- 5. busy with his Father's affairs.*
- 6. intent on fulfilling God's will.*
- 7. the new Temple.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
forgetful of the glory of God. Amen.*

IV

MARY MEETS JESUS ON THE WAY TO CALVARY

Abraham took the wood for the holocaust
and laid it on his son Isaac's shoulders,
while he himself carried the fire
and the knife.
(Gn 22: 6)

WORD OF GOD

R. From the Gospel according to Luke 23:26-27

As they led him away,
they laid hold of one Simon the Cyrenean
who was coming in from the fields.
They put a cross beam on Simon's shoulders
for him to carry along behind Jesus.
A great crowd of people followed him,
including women who beat their breasts
and lamented over him.

Silent pause.

THE LORD'S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,
1. man of sorrows who knew true suffering.
2. persecuted in the cause of right.
3. whom you followed on the way to Calvary.
4. loving face of the Father.
5. your Lord and Master.
6. who carries the sins of the world.
7. who opens the gateway to the Father.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

A. Holy Mary, Mother of God,
pray for us sinners,
unwilling to carry the cross. Amen.

V

MARY STANDS NEAR THE CROSS
OF HER SON

They shall look on him
whom they have thrust through,
and they shall mourn for him
as one mourns for an only son,
and they shall grieve over him
as one grieves over a first-born.
(Zec 12: 10)

WORD OF GOD

R. From the Gospel according to John 19: 25-27

Near the cross of Jesus there stood his mother,
his mother's sister,
Mary the wife of Clopas, and Mary Magdalene.
Seeing his mother there
with the disciple whom he loved,
Jesus said to his mother,
"Woman, there is your son."
In turn he said to the disciple,
"There is your mother."

Silent pause.

THE LORD'S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

L. Hail Mary, full of grace,
the Lord is with you.

A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,
1. *crucified with robbers.*
2. *whom you never abandoned.*

3. *who gave you to us as mother.*
4. *who loves the faithful disciples.*
5. *the lamb sacrificed for our salvation.*
6. *the Christ who gave his spirit to the Church.*
7. *whom you saw die on the cross.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

A. Holy Mary, Mother of God,
pray for us sinners,
frightened at the thought of death. Amen.

VI

MARY RECEIVES THE BODY OF JESUS TAKEN DOWN FROM THE CROSS

Come, all you who pass by the way,
look and see
Whether there is any suffering
like my suffering.
(*Lam 1: 12*)

WORD OF GOD

R. From the Gospel according to Mark 15:42-46

As it grew dark
(it was Preparation Day, that is,
the eve of the sabbath),
Joseph from Arimathea arrived –
a distinguished member of the Sanhedrin.
He was bold enough to seek an audience with Pilate
and urgently requested the body of Jesus.
Pilate released the corpse to Joseph.
Then, having bought a linen shroud,
Joseph took him down.

Silent pause.

THE LORD'S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,
1. who came to serve and to give his life for us.
2. taken from the cross and placed in your arms.
3. whom you received lovingly in your arms.
4. the piercing word for your own soul.
5. the Son of Man.
6. the Lord of the Sabbath.
7. the Light of the world.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
fearful of aiding the persecuted. Amen.*

VII

MARY PLACES THE BODY OF JESUS IN THE TOMB AWAITING THE RESURRECTION

A grave was assigned him
among the wicked
and a burial place with evildoers,
Though he had done no wrong
nor spoken any falsehood.
Because of his affliction
he shall see the light
in fullness of days.
(Is 53: 9, 11)

WORD OF GOD

*R. From the Gospel according to John 19: 40-42
They took Jesus' body,
and in accordance with Jewish burial custom,
bound it up in wrappings of cloth
with perfumed oils.
In the place where he had been crucified
there was a garden,
and in the garden a new tomb
in which no one had ever been buried.*

Because of the Jewish Preparation Day
they buried Jesus there,
for the tomb was close at hand.

Silent pause.

THE LORD'S PRAYER

Our Father.

BIBLICAL PRAYER TO THE BLESSED VIRGIN

Seven times:

*L. Hail, Mary, full of grace,
the Lord is with you.*

*A. Blessed are you among women
and blessed is the fruit of your womb, Jesus,
1. whom you entrusted to the tomb in faith.
2. dead, yet fruitful seed.
3. the new Adam back in the garden of God.
4. first among the risen.
5. your Lord and your God.
6. living Word of the Father.
7. who came to call us from death to life.*

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
uncertain in our faith. Amen.*

PRAYER FOR RECONCILIATION AND PEACE

After the last group of Hail Marys, three more may be said to ask the gifts of reconciliation and peace for the Church and world.

CONCLUSION

*L. We praise you, Holy Mary.
A. Faithful Mother at the cross of your Son.*

ACCLAMATION

Blessed are you, Queen of Martyrs:

united to the passion of Christ,
you became our Mother
and a sign of hope in our life.

SEQUENCE OR LITANY

The acclamation may be followed by the singing or recitation of the *Stabat Mater*. A shorter form of the *Stabat Mater* begins with the stanza *Holy Mother, pierce me through.

The *Stabat Mater* may be substituted by any hymn with similar content or by the Litany of Our Lady of Sorrows. If the *Stabat Mater* and Litany are omitted, the prayer immediately follows the acclamation.

SEQUENCE

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.

O 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?

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 sweet Mother! font of love,
Touch my spirit from above,
Make my heart with yours accord.

Make me feel as you have 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 you his pain,
Who for all our sins was slain,
Who for me in torments died.

Let me mingle tears with you,
Mourning him who mourned for me,
All the days that I may live.

By the cross with you to stay,
There with you to weep and pray
Is all I ask of you to give.

Virgin of all virgins blest!
Listen to my fond request:
Let me share your grief divine.

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

Wounded with his every wound,
Steep my soul till it has 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 you shall call me hence,
Be your Mother my defense,
Be your cross my victory.

While my body here decays,
May my soul your goodness praise,
Safe in heaven eternally.

LITANY OF OUR LADY OF SORROWS

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.
God the Father in heaven, have mercy on us.

God the Son, Redeemer of the world,
Holy Spirit, Paraclete,
Holy Trinity, One God,

Mother of the Crucified, pray for us.
Mother of the pierced heart,
Mother of the Redeemer,

Mother of the redeemed,
Mother of all the living,
Mother of disciples,

Obedient Virgin,
Prayerful Virgin,
Faithful Virgin,

Virgin of silence,
Virgin of forgiveness,
Virgin of contemplation,

Woman of exile,
Woman of strength,
Woman of courage;

Woman of sorrow,
Woman of the new covenant,
Woman of hope,

New Eve,
Disciple of the Redeemer,
Servant of reconciliation,

Defense of the innocent,
Courage of the persecuted,
Strength of the oppressed,

Hope of sinners,
Consolation of the afflicted,
Refuge of the poor,

Comfort of exiles,
Support of the weak,
Relief of the sick,

Queen of martyrs,
Glory of the Church,
Virgin of Easter,

Lamb of God,
who takes away the sins of the world,
forgive us, Lord.

Lamb of God,
who takes away the sins of the world,
hear us, Lord.

Lamb of God,
who takes away the sins of the world,
have mercy on us.

PRAYER

O God,
when your Son was raised on the cross
you willed that his sorrowing Mother
be near to him.
Like her, may we be united to the passion of Christ
and share in the glory of his resurrection.
He lives and reigns forever and ever.
Amen.

Or:

O God,
you willed that the life of the Blessed Virgin
be marked by the mystery of suffering.
Grant that we journey with her on the way of faith
and unite our sufferings to the passion of Christ
so that they become occasions of grace
and the promise of future resurrection.
We ask this through Christ our Lord.
Amen.

Dismissal

L. May the Virgin Mary protect us
and lead us kindly on life's journey.
A. Amen.

Note: All Bible texts are taken from: The New American Bible <http://www.vatican.va/archives/>