

II

Alternative form

ROSARY OF OUR LADY OF SORROWS

First Method of Recitation

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. JESUS, THE SON OF GOD
IS BORN IN A CAVE:
THERE WAS NO ROOM FOR HIS MOTHER
AT THE INN

Our Father.
Seven Hail Marys.

2. JESUS, SAVIOR OF HUMANKIND,
IS A KING OF CONTRADICTION

Our Father.
Seven Hail Marys.

3. JESUS, THE NEW-BORN MESSIAH,
IS PERSECUTED BY HEROD

Our Father.
Seven Hail Marys.

4. JESUS, BROTHER OF ALL,
IS REJECTED BY HIS NEIGHBORS

Our Father.
Seven Hail Marys.

5. JESUS, THE HOLY ONE OF GOD,
IS ARRESTED BY THE HIGH PRIESTS
AND ABANDONED BY HIS DISCIPLES

Our Father.
Seven Hail Marys.

6. JESUS, THE JUST ONE,
DIES ON THE CROSS

Our Father.
Seven Hail Marys.

7. JESUS, MASTER AND LORD,
IS PERSECUTED IN HIS DISCIPLES

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.

S. 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, *weak in the hour of trial*”).

I

JESUS THE SON OF GOD,
IS BORN IN A CAVE:
THERE WAS NO ROOM FOR HIS MOTHER
AT THE INN

*My family is the weakest in Manassah,
and I am the most insignificant
in my father's house.
(Jgs 6: 15)*

WORD OF GOD

R. From the Gospel according to Luke 2: 6-7

While they were in Bethlehem
the days of Mary's confinement were completed.
She gave birth to her first-born son
and wrapped him in swaddling clothes
and laid him in a manger,
because there was no room for them
in the place where travellers lodged.

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,
born in a cave*

or:

whom you placed in a manger.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
reluctant to accept the poor. Amen.*

II

JESUS, SAVIOR OF HUMANKIND,
IS A SIGN OF CONTRADICTION

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

WORD OF GOD

R. From the Gospel according to Luke 2: 33-35

The child's father and mother were marveling
at what was being said about him.
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,
sign of contradiction

or:

whom you offered to the Father.

ECCLESIAL INVOCATION

After the seventh Hail Mary

A. Holy Mary, Mother of God,

pray for us sinners,
fearful of the cross. Amen.

III

JESUS, THE NEW-BORN MESSIAH, IS PERSECUTED BY HEROD WORD OF GOD

In Ramah is heard the sound of moaning,
of bitter weeping!
Rachel mourns her children,
she refuses to be consoled
because her children are no more.
(Jer 31: 15)

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,
persecuted by Herod

or:

whom you saved from persecution.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
frightened by the demands of the Kingdom. Amen.*

IV

JESUS, BROTHER OF ALL,
IS REJECTED BY HIS NEIGHBORS

My brethren have withdrawn from me,
and my friends are wholly estranged.
My kinsfolk and companions neglect me,
and my guests have forgotten me.
(Jb 19: 13-14)

WORD OF GOD

R. From the Gospel according to Luke 4:28-29

At these words of Jesus,
the whole audience in the synagogue
was filled with indignation.
They rose up and expelled him from the town,
leading him to the brow of the hill
on which it was built.

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,
rejected by his neighbors*

or:

whom you saw rejected by his relatives.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

*A. Holy Mary, Mother of God,
pray for us sinners,
hesitant to accept the word of Christ. Amen.*

V

JESUS, THE HOLY ONE OF GOD, IS ARRESTED BY THE HIGH PRIESTS AND ABANDONED BY HIS DISCIPLES

Alas, we are being punished
because of our brother,
we saw the anguish of his heart
when he pleaded with us,
yet we paid no heed.
(Gn 42: 21)

WORD OF GOD

R. From the Gospel according to Matthew 26:49-50, 56

Judas immediately went over to Jesus,
said to him, "Peace, Rabbi,"
and embraced him.
Jesus answered,
"Friend, do what moment, they stepped forward
to lay hands on Jesus and arrested him.
Then all the disciples deserted him and fled.

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,
betrayed by a friend*

or:
whom you saw abandoned by his disciples.

ECCLESIAL INVOCATION

After the seventh Hail Mary:
*A. Holy Mary, Mother of God,
pray for us sinners,
weak in the hour of trial. Amen.*

VI

JESUS, THE JUST ONE, DIES ON THE CROSS

Indeed many dogs surround me,
a pack of evildoers closes in upon me;
they have pierced my hands and my feet,
I can count all my bones.
(Ps 22: 17-18)

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,
crucified between two criminals

Or:

whom you followed to Calvary.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

A. Holy Mary, Mother of God,
pray for us sinners,
unresponsive to oppression of the just.

VII

JESUS, MASTER AND LORD, IS PERSECUTED IN HIS DISCIPLES

It is my choice to die at the hands
of men with the God-given hope
of being restored to life by him.
(2 Mc 7: 14)

WORD OF GOD

R. From the Acts of the Apostles 12:1-3, 5

During that period,
King Herod started to harass
some of the members of the Church.
He beheaded James the brother of John,
and when he saw
that this pleased certain of the Jews,
he took Peter into custody too,
while the Church prayed fervently to God
on his behalf.

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,
reward and crown of martyr

or:

whom you saw persecuted in his disciples.

ECCLESIAL INVOCATION

After the seventh Hail Mary:

A. Holy Mary, Mother of God,
pray for us sinners,
insensitive to the sufferings of the Church. 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 wiled 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/>