

NOVENA TO
OUR LADY OF SORROWS



Patroness of the Congregation of Holy Cross



INTRODUCTION

“Standing by the cross of Jesus were his mother and his mother’s sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home.”

~ John 19: 25-27 ~

Mary, standing at the foot of the Cross, is a foundational image in the spirituality of the Congregation of Holy Cross. As men with hope to bring, we, like Mary, anchor that hope in the Cross of Jesus Christ.

Each year, on September 15, the Congregation of Holy Cross celebrates our patronal feast, the Solemnity of Our Lady of Sorrows. This novena, a prayer of nine days, is an opportunity to enter more deeply into the preparation for that celebration. While able to be prayed at any time of the year, if it is begun on September 7, the novena will then conclude on September 15, the day of the feast. Using lines from the 8th Constitution of the Congregation of Holy Cross, entitled ‘The Cross, Our Hope’, this novena invites each person who prays it to reflect more deeply on the sorrows and sufferings in our world, to acknowledge them, and to pray that Mary will carry these prayers to her Son. We trust that, in the Cross, Death, and Resurrection of Jesus Christ, we will find an end to pain and sorrow. As the Constitutions of Holy Cross say, ‘we walk by Easter’s first light, and we long for its fullness’.

May Mary, Our Lady of Sorrows, continue to pray for us. May she always intercede on our behalf before Jesus, that our prayers may be brought before the Lord, and that, at the end of all things, we may be brought to the joy and glory of the Resurrection.

DAY 1

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

*“There stood by the cross of Jesus his mother Mary, who knew grief
and was a Lady of Sorrows.”*

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For those who suffer needlessly.

Reflection: Blessed Mary, in your life you knew suffering and sorrow. You walked with your Son on his way to Calvary, to a suffer a death for crimes of which he was innocent. Be with all those who suffer needlessly this day. Hold them close to your Immaculate and Sorrowful Heart, that they may find comfort in your prayers.

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 2

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

“The Lord Jesus loved us and gave up His life for us. Few of us will be called to die the way He died. Yet all of us must lay down our lives with Him and for Him.”

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For those who offer their lives for the sake of others.

Reflection: Blessed Mary, you were willing to accept God’s plan of salvation, bearing within you the Christ child, the Lord Jesus, who, by his Cross and Resurrection, brought healing to the world. Be with all those who offer their lives to a cause greater than their own, that their work and dedication may bring goodness and peace to the world. May your Immaculate and Sorrowful heart bring them strength and grace through your prayers before the throne of God.

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 3

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

“The face of every human being who suffers is for us the face of Jesus who mounted the cross to take the sting out of death. Ours must be the same cross and the same hope.”

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For the poor and most abandoned in our world.

Reflection: Blessed Mary, you watched your Son suffer the indifference of the crowd as he walked to Calvary, carrying the heavy burden of the Cross. Be with those who suffer from such indifference in our world, that they may know your love and your prayers. Through your Immaculate and Sorrowful Heart, help them know that they are seen and loved by God.

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 4

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

“Whether it be unfair treatment, fatigue . . . , a lapse of health, tasks beyond talents, seasons of loneliness, bleakness in prayer, the aloofness of friends; or whether it be the sadness of our having inflicted any of this on others . . . there will be dying to do on our way to the Father.”

~ Constitutions of the Congregation of Holy Cross:

Constitution 8 – The Cross, Our Hope ~

Petition: For those who suffer with health: mentally, spiritually, and physically.

Reflection: Blessed Mary, you knew the anxiety and fear brought on by watching your Son die on the Cross, a sorrow that must have seemed unending. Help those who find themselves burdened by anxiety, fear, depression, and sorrow to know they do not carry this burden alone but are entrusted to the love of your Immaculate and Sorrowful heart, offering your prayers on their behalf before Christ, your Son.

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 5

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

*“If we, like Him encounter and accept suffering in our discipleship,
we will move without awkwardness among others who suffer.”*

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For those who suffer persecution for their faith.

Reflection: Blessed Mary, Mother of the Persecuted Christ, you saw how the soldiers taunted Jesus on his way to Calvary. Comfort those who suffer persecution for their faith, for their discipleship. Let your Immaculate and Sorrowful Heart fill them with strength in these challenging times, that they may remain faithful in their discipleship.

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the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 6

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

“There is no failure the Lord’s love cannot reverse, no humiliation He cannot exchange for blessing, no anger He cannot dissolve, no routine He cannot transfigure.”

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For those who suffer from the humiliation of failure.

Reflection: Blessed Mary, Mother of Jesus, the one who died a humiliating death at the hands of the authorities, you never doubted God’s plan, even when all seemed lost at the foot of the Cross. Be with those who are filled with sorrow and shame. Let your Immaculate and Sorrowful Heart give them courage to try again, to remain steadfast in their lives and work.

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the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

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

DAY 7

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

“To struggle for justice and meet only stubbornness, to try to rally those who have despaired, to stand by the side of misery we cannot relieve, to preach the Lord to those who have little faith or do not wish to hear of him ... our ministry will hint to us of Jesus’ suffering for us.”

~ Constitutions of the Congregation of Holy Cross:

Constitution 8 – The Cross, Our Hope ~

Petition: For those who suffer oppression and despair.

Reflection: Blessed Mary, you were born without Original Sin, a foretaste of the salvation that Christ offers through his Cross. May your prayers lift up the voices of those who find themselves oppressed by sin and misery. Let your Immaculate and Sorrowful Heart bring them comfort and freedom, a freedom found only in the redemption offered by your Son, our Lord Jesus Christ.

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the Lord is with thee.
Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
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now and at the hour of our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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

DAY 8

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

“If we would be faithful to the gospel, we must take up our cross daily and follow Him.”

~ Constitutions of the Congregation of Holy Cross:

Constitution 8 – The Cross, Our Hope ~

Petition: For those who care for the sick and the suffering.

Reflection: Blessed Mary, Simeon prophesied that your heart would be pierced with a sword, one that became a Cross. Be with those whose care for others has become a Cross, a heavy and unspeakable burden. Let your Immaculate and Sorrowful Heart fill them comfort and peace in their care, that they may have the strength to take up that daily Cross and continue on their way.

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

Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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DAY 9

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

*“There stood by the cross of Jesus his mother Mary, who knew grief
and was a Lady of Sorrows.”*

~ Constitutions of the Congregation of Holy Cross:
Constitution 8 – The Cross, Our Hope ~

Petition: For all those who mourn and know grief and sorrow.

Reflection: Blessed Mary, Mother of the Risen Lord, you knew the agony of the Cross as only a mother could. How immense must have been your joy then on Easter Sunday when Jesus emerged from the tomb, risen and alive forever. Be with all those who mourn the loss of loved ones, comfort them in their grief. Enfold them in the love of your Immaculate and Sorrowful Heart, that they may know that the Lord Jesus, risen to die no more, welcomes all the Faithful Departed into his merciful light.

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.

Mary, Our Lady of Sorrows, pray for us.

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



*The priests and brothers of the Congregation of Holy Cross have faithfully served at the University of Portland since 1902. During that time, the entire University community has been entrusted to the prayers of **Mary, Our Lady of Sorrows**.*

*Like Mary, we place our trust in the **Cross of Jesus Christ** as the only hope for the world.*

AVE CRUX SPES UNICA!

The symbol of the Cross and Anchors that adorns many of our buildings at the University of Portland embodies the motto of the Congregation of Holy Cross – Hail the Cross, Our Only Hope (“Ave Crux Spes Unica” in Latin)

Anchors are a symbol of hope, and thus the seal of the Congregation of Holy Cross features two anchors flanking the Cross. Holy Cross religious will often wear the symbol of the Cross and Anchors around their neck as a sign of their religious profession in the Congregation.