

Memorial of Our Lady of Sorrows

Third Sunday in September

On September 15, the Catholic Church commemorates the Memorial of Our Lady of Sorrows, a day to reflect upon the sorrows Mary experienced as the mother of Christ and how we can follow her example. Even though Mary experienced the pain of seeing her beloved son crucified, she never stopped trusting in God.

Reflecting on the feast, Pope Francis has said, "Mary, Mother of Sorrows, remains at the foot the cross. She simply stands there. She does not run away, or try to save herself, or find ways to alleviate her grief. Here is the proof of true compassion: to remain standing beneath the cross."



The Seven Sorrows of Our Lady

1. The prophecy of Simeon. (St. Luke 2:34, 35)
2. The flight into Egypt. (St. Matthew 2:13, 14)
3. The loss of the Child Jesus in the temple. (St. Luke 2: 43-45)
4. Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)
5. The Crucifixion. (John 19:25-30)
6. The taking down of the Body of Jesus from the Cross. (Luke 23:50-54; John 19:31-37)
7. The burial of Jesus. (Luke 23:50-56; John 19:38-42; Mark 15:40-47)

For full set of Prayers for Our Lady of Sorrows go to:

<https://www.discerninghearts.com/catholic-podcasts/our-lady-of-sorrows-2/>