

EXERCISES AND PRAYERS

IN HONOR OF

Our Lady of Seven Dolors

The Crown or Rosary

OF THE

Seven Dolors of our Lady

An Act of Contrition

O MY most loving Savior, behold me before Thy divine presence, full of confusion for the many offences I have committed against Thee. I repent of them from my whole heart, and detest them above all evils, because they offend Thine infinite goodness; and I firmly purpose to wash my soul in the Sacrament of Penance, and never to offend Thee again. Forgive me, my crucified Savior, in Thine infinite mercy. And thou, most tender Virgin, Refuge of Sinners, do thou, by thy bitter pains, obtain for me the pardon of all my sins, and grace never to crucify thy Son again.

Come, O Holy Spirit, fill the hearts of Thy faithful, and kindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

V. Remember Thy congregation.

R. Which Thou hast possessed from the beginning.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

Let us pray

ENLIGHTEN our minds, we beseech Thee, O Lord, with the light of Thy brightness, that we may see what we ought to do, and be able to do what is

right. Through Jesus Christ our Lord. Amen.

I. THE FIRST SORROW of our Blessed Lady was when, having presented Jesus, her Divine Son, in the Temple, she heard the words of holy Simeon, "Thy own soul a sword shall pierce;" by which he foretold the Passion and Death of her Son Jesus.

Our Father, once. *Hail Mary*, seven times.

II. THE SECOND SORROW of our Blessed Lady was when she was obliged to flee into Egypt, because King Herod was seeking the Child to destroy Him.

Our Father, once. *Hail Mary*, seven times.

III. THE THIRD SORROW of our Blessed Lady was when, returning from Jerusalem after the feast of the Pasch, she lost her beloved Son Jesus, and for three days, with St. Joseph, sought Him sorrowing.

Our Father, once. *Hail Mary*, seven times.

IV. THE FOURTH SORROW of our Blessed Lady was when she met on the way to Calvary her dear Son Jesus, carrying on His bruised shoulders a heavy cross, whereon He was to be crucified for our salvation.

Our Father, once. *Hail Mary*, seven times.

V. THE FIFTH SORROW of our Blessed Lady was when she saw her Divine Son nailed to the cross, shedding blood from all parts of His sacred Body, and after three hours' agony beheld Him die.

Our Father, once. *Hail Mary*, seven times.

VI. THE SIXTH SORROW of our Blessed Lady was when a soldier with a spear opened the sacred Side of Jesus, and when His sacred Body, being taken down from the cross, was laid on her most pure bosom.

Our Father, once. *Hail Mary*, seven times.

VII. THE SEVENTH SORROW of our Blessed Lady was when she saw the most sacred Body of her Son Jesus laid in the sepulchre.

Our Father, once. *Hail Mary*, seven times.

Let us now say three *Hail Marys*, in honor of the tears which our Lady shed in her Dolors, that we may obtain a true sorrow for our sins and gain the holy indulgences.

Hail Mary, three times.

The Stabat Mater

S T A B A T Mater dolorosa, Juxta crucem lacrymosa, Dum pendebat Filius. Cujus animam gementem, Contristatam et dolentem, Pertransivit gladius. Oh, quam tristis et afflicta Fuit illa benedicta Mater Unigeniti! Quæ mœerebat et dolebat, Pia Mater, dum videbat, Nati pœnas inclyti. Quis est homo, qui non fleret, Matrem Christi si videret In tanto supplicio?	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. Oh, 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?
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Quis non posset contri- stari, Christi Matrem contem- plari Dolentem cum Filio? Pro peccatis suæ gentis Vidit Jesum in tormentis, Et flagellis subditum. Vidit suum dulcem Natum Moriendo desolatum, Dum emisit spiritum. Eja 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	Can the human heart re- frain From partaking in her pain, In that Mother's pain un- told? 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 desola- tion, 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
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Cordi meo valide.	Of my Saviour crucified.
Tui Nati vulnerati,	Let me share with thee
Tam dignati pro me pati,	His pain
Pœnas mecum divide.	Who for all my sins was slain,
	Who for me in torment died.
Fac me tecum pie flere,	Let me mingle tears with thee,
Crucifixo condolere,	Mourning Him who mourned for me,
Donec ego vixero.	All the days that I may live.
Juxta crucem tecum stare,	By the cross with thee to stay,
Et me tibi sociare	There with thee to weep and pray,
In planctu desidero.	Is all I ask of thee to give.
Virgo virginum præclara,	Virgin of all virgins best,
Mihi jam non sis amara,	Listen to my fond request:
Fac me tecum plangere.	Let me share thy grief divine.
Fac ut portem Christi mortem,	Let me to my latest breath,
Passionis fac consortem,	In my body bear the death,
Et plagas recolere.	Of that dying Son of thine.
Fac me plagis vulnerari,	Wounded with His every wound,

Fac me cruce inebriari,	Steep my soul till it hath swooned
Et cruore Filii.	In His very Blood away.
Flammis ne urar succensus	Be to me, O Virgin, nigh,
Per te, Virgo, sim defensus	Lest in flames I burn and die,
In die judicii.	In His awful judgment-day.
Christe, cum sit hinc exire,	Christ, when Thou shalt call me hence,
Da per Matrem me venire	Be Thy Mother my defence;
Ad palmam victoriæ.	Be Thy cross my victory.
Quando corpus morietur,	While my body here decays,
Fac ut animæ donetur,	May my soul Thy goodness praise,
Paradisi gloria. Amen. ¹	Safe in Paradise with Thee. Amen. ¹
	V. Pray for us, most sorrowful Virgin.
	R. That we may be made worthy of the promises of Christ.

¹ 100 DAYS, each time the *Stabat Mater* is said.—N.B. In some churches it is customary to divide the *Stabat Mater* in three parts, as below, pp. 209, 211, and 213, and to repeat the verse *Stabat* after each verse. The first part is then said on Sundays, Mondays, and Thursdays, the second on Tuesdays and Fridays, and the third on Wednesdays and Saturdays. But the indulgence of the *Stabat* is not gained by such practice.

Let us pray

GRANT, we beseech Thee, O Lord Jesus Christ, that the most blessed Virgin Mary, Thy Mother, whose most holy soul was pierced with the sword of sorrow in the hour of Thy Passion, may intercede for us before the throne of Thy mercy, now and at the hour of our death. Through Thee, Jesus Christ, Savior of the world, who, with the Father and the Holy Ghost, livest and reignest world without end. Amen.

Let us say one *Pater, Ave, and Gloria* in honor of the Seven Holy Founders, who were so devoted to our Blessed Lady.

Our Father. Hail, Mary. Glory be to the Father.

Let us say a *Salve Regina* for our benefactors, living and dead, and for those who practise this devotion.

Hail, holy Queen.

Lastly, let us invoke our Lady of Sorrows for the Sovereign Pontiff, the wants of Holy Church, and for all our necessities, spiritual and temporal.

V. Virgin most sorrowful, pray for us. *Three times.*

V. May the sorrowful Virgin Mary. *R.* Bless us with her loving Child.

N. B.—The *Stabat Mater* and the prayers which follow, though generally added when the Crown is said in public, are not necessary to gain the indulgences; it is enough, after the three *Hail Marys*, to say the *V.* Pray for us, and the prayer, Grant, we beseech. The act of contrition, in the beginning, must express the purpose of going to confession, unless one has already been. Any form may be used for it. The indulgences attached to the recitation of the Crown of the Seven Dolours will be found at the end of the MANUAL.

MONTH OF THE HOLY ROSARY

By an Indult of the Holy See, the Crown of the Seven