Manual of devotions, for the use of the members of the Confraternity

by
London St. Patrick's
Soho
confraternity of our Lady of sorrows
Mary

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List Price: $7.99 USA

Title ID: 1499 - Edition ID: 1494 - Request ID: 1699
This title was processed on: 2009-09-30T13:55:06-04:00
MANUAL
OF THE
SORROWS

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Manual of Devotions,

FOR THE USE OF

THE MEMBERS OF THE CONFRATERNITY

OF

Our Lady of Sorrows,

ESTABLISHED AT

ST. PATRICK'S, SOHO.

"O! all ye that pass by the way, attend and see, if there be any Sorrow like to my Sorrow."

LONDON:
SOLD AT THE CATHOLIC REPOSITORY,
34, HENRIETTA STREET, COVENT GARDEN,
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PREFACE.

The devotion to the Sorrows of our Blessed Lady dates from Calvary. The Apostolic Church clung round her whom Jesus had given to be its Mother; and ever remembered that it was amid the pains, the Blood, and the agonies of the Passion, that it had become the child of Mary; literally "the child of her Sorrows." The chief characteristic then of the Church's first love to Our Lady was a deep, tender, loving, and childlike devotion to her Sorrows, and the Apostolic age bequeathed this exquisite feeling to succeeding times. But it was reserved for the thirteenth
century, in many respects the grandest period in the history of religion, to develop this intuitive affection, by giving it, as it were, a form, and uniting those most attached to this devotion in a confraternity, strongly recommended by the Church, and richly endowed with indulgences, and other favours by the Supreme Pontiffs.

It was in the year 1234 that seven holy men of Florence, retiring from that city into the cloister, founded a religious order, under the name of the Servites, or Servants of Mary, whose especial object was to honour the sorrows of the Blessed Virgin; nor was it long before Heaven miraculously proved that our Blessed Lord, the Man of Sorrows, was well pleased with this affectionate devotion to her who had the most nearly and bitterly shared in His Passion.

This tender sympathy, and the consequent graces richly bestowed by Jesus and Mary,
were however not to be confined to the cloister. A lay affiliation of the Servites of Mary was soon established; the habit, or scapular of our Lady of Sorrows, enriched with numerous indulgences, was eagerly sought after by thousands of all ranks. The Crown or Rosary of the "Sorrows" began to emulate the Dominican Rosary; in short the Confraternity of the "Sorrows," like the great Society of Mount Carmel, spread through Christendom, was in like manner encouraged by holy Popes, and in like manner drew down the favours of God, and the blessings of Mary, on untold thousands of rich and poor.

The great object of this Society is to nourish a loving sympathy with our Blessed Mother in her sufferings, and with her, and through her, to unite ourselves with Jesus bleeding and dying for us.

Those who wish to practise this devotion
may be divided into two classes—
1st—Those who wear the black Scapular and receive her Crown or Rosary, and join from time to time in the offices and devotions of her Sorrows.

2nd—Those who, in addition to the above, become enrolled members of the confraternity, with a good intention of regularly observing its rules.

It is with sincere pleasure, and heartfelt gratitude, that we have seen this beautiful devotion established in this country. It has lately been regularly organized as a canonical Confraternity at St. Patrick’s, Soho, London, where the first Feast of the Seven Sorrows has been solemnly kept. Of this we are certain, that in proportion as we, the servants of Mary, compassionate her sufferings and meditate on her great sorrows, while thus our love for her grows daily “more and more,” so also will our love for Jesus crucified still
more continually increase. Private devotions will multiply, public offices will be more regularly and more devoutly attended, and, as we confidently believe, Mary will show us a grateful love, and, with her own most marvelous blessing, will bless those who, by compassionating her Sorrows, show themselves the most truly to be her children, and give the sweetest consolation to her afflicted heart.

** The Indulgences mentioned in this Manual are taken from the Raccolta translated by Father Ambrose St. John, of the Birmingham Oratory, or from the authorised Roman Manual of the Sorrows. We hereby thank Father St. John for the permission kindly given us to use his authorized translations of various Indulgence Prayers.

*St. Patrick’s, Soho,*  
*Presentation of Our Blessed Lady,*  
*1861.*
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RULES OF THE CONFRATERNITY
OF THE
SORROWS OF OUR BLESSED LADY.

1.—To confess and communicate on the
day of admission, in order to gain the Plenary
Indulgence granted for that occasion.

2.—To say daily, seven Paters and seven
Aves, and once a week, the Crown or Rosary,
in honour of the Sorrows.

N.B.—These prayers can be commuted by the
Director of the Confraternity.

3.—To fast, or at least practice some mor-
tification, every Friday and on the Vigils of
the festivals of Our Lady.

4.—To wear the Scapular of the Sorrows.

The members are requested to say seven Paters and
seven Aves upon the death of any of the brethren.
They are also invited to join in the Processions of
our Lady of Sorrows, and to communicate on the
Feasts of the Confraternity, viz.—the third Sunday
in September, the Immaculate Conception, the
Purification, the Annunciation, the Friday in Passion Week, the Assumption, and the Nativity of the B.V.M. Also to join the public devotions of the Sorrows according to their ability, especially in the month of September, which is dedicated to the Sorrows of Our Lady; and to pray for the prosperity of the Order of the Servites.

N.B.—None of these rules or recommendations bind under sin.

**Act of Consecration.**

Most Blessed Virgin Mary, Immaculate Mother of God, I, N. N. although most unworthy to be thy servant, yet encouraged by thy great mercy, and moved by a desire to serve thee, choose thee this day for my special patroness, my advocate, and my mother.

I firmly resolve to love and serve thee henceforth, and to do all in my power to make others love and serve thee too. I beseech thee most Blessed Mother, by the Precious Blood of thy Divine Son, shed for me, vouchsafe to receive me as thy child and thy servant for ever; and grant that through
thy powerful intercession I may obtain grace never to offend the Divine Majesty, or forfeit thy love during my whole life, either by thought, word, or deed. Remember, O Virgin Mother of God, while thou standest in His Presence to speak a good word for me, and turn away His anger.

Mother of Sorrows pray for us, now, and at the hour of our death. Amen.

Act of Oblation.

I offer to God all my thoughts, words, and actions of this day, and more particularly, all my prayers and devotions, through the sorrows and sufferings of the ever Blessed Mother of God. And I pray for the conversion of sinners, especially those who have been recommended to our prayers, and for the sanctification of all in this Confraternity.

Act of Reparation.

O! Most Blessed Virgin, Immaculate Mother of God, how deeply I grieve to think of the countless injuries and the ingratitude thou daily receivest from men.

Among thine own children how many are there who are cold and indifferent to thee; who never honour or invoke thee, or seek thy care and intercession. And, for myself, I have numberless times forgotten thy benefits, and added to those sorrows and bitter pangs endured by thee at the foot of the Cross; causing the sword of agony again to pierce thy Immaculate Heart.

O! Most Merciful Mother, I should never dare to lift up my eyes to thee again, wert thou not the advocate and refuge of sinners. I come now to ask forgiveness at thy feet, and though I am the chief of sinners and most unworthy of the many graces I have received. I beseech thee O Virgin, more than martyr, obtain pardon for all my offences, negligence, and omissions. Grant me by thy powerful
intercession steadily to amend my life, never
to crucify my loving Saviour afresh, and to
live henceforward in thy love and favour,
bearing witness by my words and actions
that I am thy devoted child. Vouchsafe, O
Most Blessed Mother, to hear my prayer,
and to accept this act of humble reparation
to thy Sorrowful Heart; through Jesus
Christ, our Lord. Amen.

INDULGENCES.

There is a plenary Indulgence, under the usual
conditions, for reciting the Chaplet daily for a month.
An Indulgence of 200 years for reciting it de-
voutly after Confession.
An Indulgence of 200 days for reciting it on
Fridays.
An Indulgence of 100 days for reciting it on any
other day.

CROWN OR CHAPLET OF THE
SEVEN SORROWS.

Act of Contrition.

O! my Lord, Who alone art most worthy
of my love, behold me before Thy Divine
Presence, utterly overwhelmed by the thought of the many grievous injuries I have done Thee. I beg pardon for them, with my whole heart, repenting of them for love of Thee, and for Thy great goodness hating and loathing them above every other evil of this life. As I would rather have died a thousand times than have offended Thee, so now I am most firmly resolved to lose my life rather than offend Thee again. My Crucified Jesus, I firmly purpose to cleanse my soul as soon as possible, by Thy most precious Blood, in the Sacrament of Penance. And thou, most tender Virgin, Mother of Mercy and Refuge of Sinners, do thou, by virtue of thy bitter pains, obtain for me the pardon of my sins; and whilst praying according to the mind of so many holy Pontiffs, to obtain the indulgences granted to this thy holy Rosary, I hope thereby to obtain remission of the temporal punishment due to my sins.

I.—Filled with this confidence, I meditate on the First Sorrow, when Mary, Virgin,
Mother of my God, presented her only Son, Jesus, in the Temple, laid Him in the arms of holy Simeon, and heard his prophetic words,—

"And thy own soul a sword shall pierce,"

foretelling thereby the Passion and Death of her Son.

One Our Father and seven Hail Marys.

II.—The Second Sorrow of the Blessed Virgin was when she was obliged to fly into Egypt by reason of the persecution of cruel Herod, who impiously sought to slay her well-beloved Son.

One Our Father and seven Hail Marys.

III.—The Third Sorrow of the Blessed Virgin was when, after having gone up to Jerusalem, at the Paschal Feast, with Joseph her spouse, and her beloved Son, Jesus, she lost Him on the journey, and for three days bewailed the loss of her sole beloved One.

One Our Father and seven Hail Marys.
IV.—The Fourth Sorrow of the Blessed Virgin was when she met her dear Son, Jesus, bearing on His bruised shoulders the heavy Cross whereon He was to be crucified for our sins.

One Our Father and seven Hail Marys.

V.—The Fifth Sorrow of the Blessed Virgin was when she saw her Son, Jesus, raised upon the Cross, with the Precious Blood pouring from every part of His Sacred Body; and, after three long hour's agony, beheld Him die.

One Our Father and seven Hail Marys.

VI.—The Sixth Sorrow of the Blessed Virgin was when she saw the Sacred Side of Jesus pierced with a lance, and then received His Holy Body laid upon her lap.

One Our Father and seven Hail Marys.

VII.—The Seventh and last Sorrow of the Blessed Virgin, the queen and advocate of us
miserable Sinners, her poor Servants, was when she saw the Sacred Body of her Divine Son laid in the sepulchre.

One Our Father and seven Hail Marys.

Then say three Hail Marys in honour of the tears which Mary shed in her sorrows, that we may obtain a true sorrow for our sins and all the Indulgences attached to this pious exercise.

Let us pray.

Grant we beseech Thee, O Lord Jesus Christ, that the most Blessed Virgin Mary, Thy Mother, may intercede for us before the throne of Thy mercy, now and at the hour of our death, through whose most holy soul in the hour of Thine own Passion the sword of sorrow passed; through Thee, Jesus Christ, Saviour of the world, who livest and reignest, &c.

EXERCISE IN HONOUR OF THE SORROWFUL HEART OF MARY.

Pope Pius 7th granted an Indulgence of 300 days every time the following pious exercise is said with devotion.
The Exercise.

V. O God, come to my assistance.
R. O Lord, make haste to help me.
Glory be to the Father, etc.
I.—I compassionate thee, Sorrowing Mother, in the grief thy tender heart underwent when the holy old man Simeon prophesied to thee. Dear Mother, by the griefs of thy heart then so wounded, obtain for me the virtue of humility and the gift of the holy fear of God.

Ave Maria.

II.—I compassionate thee, Sorrowing Mother, for the anxiety which thy heart so sensitive underwent in the flight and sojourn in Egypt. Dear Mother, by thy heart then so sorrowful, obtain for me the virtue of liberality, specially towards the poor, and the gift of piety

Ave Maria.

III.—I compassionate thee, Sorrowing
Mary, for the terrors felt by thy anxious heart when thou didst lose thy dear Son, Jesus. Dear Mother, by thy heart then so agitated, obtain for me the virtue of holy chastity, and with it the gift of knowledge.

Ave Maria.

IV.—I compassionate thee, Sorrowing Mary, for the shock thy mother's heart experienced when Jesus met thee as He carried His Cross. Dear Mother, by that loving heart of thine, then so afflicted, obtain for me the virtue of patience and the gift of fortitude.

Ave Maria.

V.—I compassionate thee, Sorrowing Mary, for the martyrdom thy generous heart bore so nobly whilst thou didst stand by Jesus agonising. Dear Mother, by thy heart then so martyred, obtain for me the virtue of temperance and the gift of counsel.

Ave Maria.
VI.—I compassionate thee, Sorrowing Mary, for the wound with which thy tender heart was riven when Jesu's Sacred Side was cleft with the lance. Dear Mother, by thy heart then pierced through, obtain for me the virtue of fraternal charity and the gift of understanding.

_Ave Maria._

VII.—I compassionate thee, Sorrowing Mary, for the anguish felt by thy loving heart when Jesu's Body was buried in the grave. Dear Mother, by all the bitterness of desolation thou didst then know, obtain for me the virtue of diligence and the gift of wisdom.

_Ave Maria._

V. Pray for us, Virgin Most Sorrowful. 
R. That we may be made worthy of the promises of Christ.

_Let us pray._
Grant, we beseech Thee, O Lord Jesus
Christ, that the most blessed Virgin Mary, Thy Mother, may intercede for us before the throne of Thy Mercy, now and at the hour of our death, through whose most holy soul in the hour of Thine own Passion, the sword of Sorrow passed; through Thee, Jesus Christ, Saviour of the world, who livest and reignest with the Father and the Holy Ghost, for ever and ever. Amen.

Three hundred days Indulgence is granted to all who, with true contrition, shall say, once a day, seven times the Hail Mary, with the versicle, Sancta Mater to each. A Plenary Indulgence is granted, under the usual conditions, to all who, on one day of the month, devoutly practice this pious exercise.

Sancta Mater istud ages,
Crucifixi fige plagas,
Cordi meo valide.

(OR IN ENGLISH.)

Holy Mother, pierce me through,
In my heart each wound renew,
Of my Saviour crucified.

A 7
MEMORARE.

Prayer of St. Bernard.

An Indulgence of 800 days is granted every time this prayer is said with contrition.

A Plenary Indulgence is granted to all who say this prayer once a day for a month; or who, under the usual conditions, say it one day in a month, and pray in any Church or Oratory, according to the intention of the Sovereign Pontiff.

Remember, O Most Gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Filled with this confidence, I fly unto thee, O Virgin of Virgins, my Mother; to thee I come, before thee I stand, sinful and sorrowful. (Here make your request.) O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. AMEN.

Meditations for the Seven Fridays.

A Plenary Indulgence is granted to those who follow this devotion for seven succeeding Fridays in the year, under these conditions:—
1st. Confession and Communion.
2nd. Reading the Meditations with attention.
3rd. Reciting the Crown or Beads of the Seven Dolours, or saying seven times the Our Father and Hail Mary.
4th.—Visiting on each of the seven Fridays the altar or image of Our Lady of Sorrows.

The most suitable times for the practice of this devotion are the seven Fridays before the Feast of the Seven Dolours, in the month of September, and those preceding the Friday in Passion Week.

FIRST DOLOUR.

The Prophecy of Simeon.

"Tuam ipsius animam pertransibit gladius."
"And thy own soul a sword shall pierce."—
St. Luke ii.

Let us represent to ourselves the Temple, Our Blessed Lady and St. Joseph, and the Infant Jesus in the arms of holy Simeon.

Let us beg the grace that Jesus may continually lift us up, and that His Precious Blood may never be our condemnation.

A 8
The sorrow of Mary was intense, when she heard the prophecy of the holy old man Simeon—*Thy soul a sword shall pierce*. By a Divine light she then fully understood the sufferings of the Passion and the part she was to bear in them. She shared the agony and abandonment of Jesus, now still an Infant in her arms. Nevertheless while tasting the bitterness of suffering, she bowed her head, and accepted the decrees of God. "*Ecce ancilla Domini.*" "Behold the handmaid of the Lord—Be it done unto me according to thy word." Obtain for us, O most sorrowful Mother, the grace of accepting all that the Divine Will prepares for us, however bitter may be the trials. Only grant that thy Divine Son may be our resurrection, and not our ruin at the last day.

*Hail Mary.* Practice. Continual recollection of death.

Sancta Mater istud ages,
Crucifixi figi plagas,
Cordi meo valide.
SECOND DOLOUR.

The Flight into Egypt.

"Surge, et accipe Puerum, et matrem Eius; et fugis in Aegyptum." "Arise, and take the Child and His mother, and fly into Egypt."
—St. Matt. ii.

Let us represent to ourselves Our Blessed Lady and St. Joseph flying by night, carrying the Infant Jesus.

Let us ask the grace of instant and unhesitating obedience to God’s commands.

The Angel has spoken. St. Joseph made known the Divine will to Our Blessed Lady, and without listening for an instant to the suggestions of human prudence, without enquiring why the Son of God should fly, or why they should go into an idolatrous and distant country; Mary hastily, but calmly makes everything ready, and, in the darkest hour of the night, leaves her modest home, and sets out for exile in an unknown land. St. Joseph’s work must be given up—they
had no means of support, they were without friends or help of any kind. But in spite of all these objections and though weighed down by sorrow and fear for her Son, Mary utters not a word. O! Mother of Sorrows, persecuted and forced to fly by the cruel tyrant Herod, grant me to see the Hand of God in all the trials of life, and cheerfully to accept the Divine Will.

Practice. To accept the vexations of the day in honour of the Sorrows of Mary.

Hail Mary, &c.
Sancta Mater, &c.

THIRD DOLOUR.

The Loss of Jesus in the Temple.

"Fili, quid fecisti nobis sic? Ecce pater Tuus et ego dolentes quarebamus Te." "Son, why hast thou done so to us? Behold, Thy Father and I have sought Thee sorrowing."—St. Luke ii.

Let us represent to ourselves Our Blessed
Lady and St. Joseph seeking Jesus with great sorrow and distress.

Let us ask the grace of seeking Our Lord with fervour. Mary has lost all that she possessed. Her Divine Son, her sweet Jesus, her consolation and her joy, is gone, and she knows not where to find Him. She asks every one they meet on the road, she seeks in every house, for some trace, some tidings of Jesus. "Tell me, have you seen Him whom my soul loveth." No; He has hidden Himself from her, and her grief bursts forth afresh. O! Mother of Sorrows, if ever I should lose Him by sin, or by any wilful fault, obtain for me the grace of seeking Him with fervour, and of finding Him again by contrition and penance. By the remembrance of thine own grief grant my petition, which I make through thy sorrowful heart.

Practice. To seek Jesus by some act of penance.

_Hail Mary, &c._

_Sancta Mater, &c._
FOURTH DOLOUR.

The Meeting with Our Lord on Calvary.

"Sequebatur autem Illum multa turba populi et mulierum, quae plangebant, et lamentabantur Eum." "And there followed Him a great multitude of people and of women who bewailed and lamented Him."—St. Luke xxiii.

Let us represent to ourselves Jesus bearing His Cross, and meeting His Blessed Mother. Let us beg the grace of fortitude and constancy.

We behold the King of Kings after His cruel scourging, crowned with thorns, and going forth, bearing the Cross laid upon His bleeding shoulder. And while thus passing up the Hill of Scorn, leaving at every step drops of that Precious Blood, by which He redeemed the world, He met His Blessed Mother. O! Mother, far more than martyr, what sword then truly pierced thy heart, and made thee partaker of all the sufferings of
His Passion! Yes, as His failing eyes then met thine own, and not a word was spoken, thou mightest truly say to all the world:—

"Behold and see, if there is any sorrow like to my sorrow." But grant me, Mother, the grace of following thee. Grant that, as thy child, I may never shrink back from Jesus bearing His Cross; but like thee, and following in thy steps, I too may patiently bear the crosses and trials which are laid upon me.

Practice. To accept with courage and in silence the humiliations of the day.

Hail Mary, &c.
Sancta Mater, &c.

FIFTH DOLOUR.

The Crucifixion.

"Where they crucified Him." . . . "Now there stood by the Cross of Jesus, His Mother."—
St. John xix., 18, 25.
Let us represent to ourselves Jesus crucified between two thieves. Let us beg the grace of a total crucifixion of our passions.

Jesus has ascended the throne given Him by men. He came down from His throne at the Right Hand of the Eternal Father, and took willingly in exchange the scorn and shame of being lifted up on the throne of the Cross. He hangs between Heaven and earth, the Victim, Prince and King, for man who insults and rejects Him. The Apostles had fled away affrighted, and there remain only the Disciple whom He loved, and a few women, faithful to the last. Mary "stood" beside the Cross. She is not sinking on the ground, fainting and shrinking from the agony of His death. Though her heart is breaking, and sorrow hath overwhelmed her like the waves of the deep sea, and men's hearts are failing them for fear, and the sun is darkened, and the earth rocking, and creation, groaning and travelling, seems about to return to chaos at the death of its Creator;
she still stands by the Cross, to teach her children what strength, and power, and might of consolation, abide in the Passion of Christ.

Passio Christi, conforta nos! O Passion of Christ, strengthen and lift us up! O Queen of Martyrs, let us not shrink from the bitter chalice; but let us stand with thee under the Cross, that we may stand with thee also at the Right Hand of thy Son, for ever and ever.

Practice. To give up, for this day, some innocent indulgence or gratification.

Hail Mary.
Sancta Mater, &c.

SIXTH DOLOUR.

Jesus is taken down from the Cross.

Let us represent to ourselves the Sacred Body of Jesus, bound in clean linen and laid upon His Blessed Mother's lap.

Let us beg the grace of a great and constant reverence for Jesus, in the Blessed Sacrament.

What words can express the Sorrow of Mary, as she sits thus on Mount Calvary, holding the Body of Jesus on her knees?

She looks upon that beloved Face, fairer than those of the children of men, and she sees it pale, disfigured, and covered with wounds. His Hands and Feet are pierced, His Side is opened with a spear. "He came to His own," and they rewarded Him with wounds and blows. "Daughters of Jerusalem, weep for yourselves and for your children." Behold what they have done to the Lord their God. O! Mother of Sorrows, let me too sit by thy side. The multitude pass by, wagging their heads and scoffing at their King. Let me stay with thee, binding up His wounds, and viewing the print of the nails.
Practice. To do some act of charity to a poor neighbour the day before Communion.

Hail Mary.
Sancta Mater, &c.

SEVENTH DOLOUR.

Jesus is laid in the Sepulchre.

"Involvit sindone et posuit Eum in monumento." . . . "And Joseph wrapped him up in the fine linen, and laid Him in a sepulchre."
—St. Mark xv.

Let us represent to ourselves St. Joseph of Arimathea laying the Body of Jesus in the new sepulchre, hewn out of the rock.

Let us beg the grace of never making a bad Communion.

And now the moment is come when Mary can no longer have the sad satisfaction of holding the body of Jesus on her knees. Then she could at least wash His wounds with her tears, and kiss them with her loving lips; but they have come to bury Him, and
she must give Him up. Oh! what grief did she not feel when He was laid within the dark rock and the stone hid Him from her sight! Now she is indeed stripped of all, and made utterly desolate. “I will arise, and will go about the city: in the streets and the broad ways I will seek Him whom my soul loveth; I sought Him and I found Him not.” And surely every faithful heart must reply: “Whither is thy Beloved gone, O! thou most beautiful among women? whither is thy Beloved turned aside, and we will seek Him with thee.” O! Mary, Mother of Sorrows, O! Mary, Queen of Martyrs, grant that our lives may prove our words; grant that our love may endure to the end. Grant us this great grace, which is thine most specially to give, of perseverance in the love of Jesus, and in a true and living devotion to His Passion. And then, having followed thee in thy sorrows, and having shared in that spirit of penance and sacrifice through which thou didst follow Him the nearest in His
sufferings, we may share with thee the blessedness of His Presence, in the Kingdom of Heaven.

Practice. To offer some little sacrifice before going to Communion.

Hail Mary.
Sancta Mater, &c.

A Prayer to Our Lady of Sorrows,

AFTER PERFORMING THE MEDITATIONS.

O ! Most Blessed Mother, Queen of Sorrows, who didst follow thy beloved Son through all the way of the Cross, and whose heart was pierced with a fresh sword of grief at each station of that most sorrowful journey; obtain for us, we beseech thee, O ! most loving Mother, a perpetual remembrance of the Cross and Death of Our Blessed Saviour, and a true and tender devotion to all the mysteries of His Passion; obtain for us the grace of hating sin, even as He hated it in the Agony in the Garden, to endure wrongs
and insults with all patience, as He endured them in the Judgment-hall; to be meek and humble in our trials, as He was meek and humble before His judges; to love our enemies, even as He loved and prayed for His murderers upon the Cross; and to glorify God, and do good to our neighbours, even as He did in every mystery of His sufferings. O! Queen of Martyrs, whereby the sorrows of thy Immaculate Heart on Calvary didst merit to share the Passion of our most dear Redeemer, obtain for us some portion of thy compassion, that for the love of Jesus crucified, we may be crucified to the world in this life; and in the life to come may, by His infinite merits and thy powerful intercession, reign with Him in glory everlasting. Amen.

Short Prayer to the Most Blessed Virgin in her Desolation.

An indulgence of 100 days is granted to the faithful every time this prayer is said with a contrite heart.

Hail Mary, full of Sorrows, the Crucified
is with thee: worthy of compassion art thou amongst women, and worthy of compassion is the fruit of thy womb, Jesus. Holy Mary, Mother of the Crucified, obtain for us, the crucifiers of thy Son, tears of compunction, now and at the hour of our death. Amen.

PRAYERS TO BE SAID WHEN VISITING THE ALTAR OF OUR LADY OF SORROWS, AND AT OTHER TIMES.

St. Bridget's Prayer.

O! Blessed Virgin Mary, Immaculate Mother of God, who didst endure a martyrdom of love and grief, beholding the Sufferings and Sorrows of Jesus; thou didst co-operate in the benefit of my redemption by thy innumerable afflictions, and by offering to the Eternal Father His Only Begotten Son, as a Holocaust and Victim of propitiation for my sins. I thank thee for the unspeakable love which led thee to deprive thyself of the
fruit of thy womb, Jesus, true God and true Man to save me, a sinner. Oh! use the unfailing intercession of thy Sorrows with the Father and the Son, that I may steadfastly amend my life and never again crucify my loving Redeemer by new sins, and that persevering till death in His grace, I may obtain eternal life through the merits of His Cross and Passion.

Three Hail Marys.

Prayer to the Sorrowful Heart of Mary.

O! Sorrowful Heart of the Blessed Mother of my Redeemer, which suffered so much for our salvation, thou art my refuge in affliction, my comfort in suffering, and my help in all my trials. Thou who hast loved me with such an ardent love, shalt be the object of my veneration and devotion. Through thy sorrowing heart I will approach my Saviour, and through thee, O! Mother of Sorrows, I
desire to receive the graces and mercies of thy Divine Son. Let me learn from thy sorrowful heart humility and obedience, and the fervent love of Jesus Christ, my Lord and Master. AMEN.

A Devout Prayer to Jesus.
It is recorded by Cassarius, in his work on miracles, that by reciting the following prayer as often as he passed before a crucifix, a holy religious was raised at once into Heaven without passing through purgatory.
O! Lord Jesus Christ! through the bitterness of Thy Sufferings on the Cross, chiefly when Thy Blessed Soul departed from Thy Body, have mercy on my soul now, and at its departure from this world, that it may be brought into life everlasting. AMEN.

Before Confession.
O! Mother most Sorrowful, behold me kneeling at thy feet; have mercy and compassion on me, a sinner, and help me by thy powerful intercession. I have sinned against Jesus,
by whose Precious Blood I was redeemed; by my grievous sins I have renewed the Passion and Death of my Saviour; I have added to the anguish of thy Immaculate heart. O! grant that I may now be truly converted; intercede for me that I may be humble and contrite, that I may make my confession in good dispositions, and be restored to the favour and love of Christ. O! Mother most Sorrowful, show thyself to be my Mother, and grant that all poor sinners may have recourse to this healing remedy, prepared for us from all Eternity by the love and mercy of our Redeemer. Amen.

After Confession.

"Behold thy Mother."

Mother of my Jesus, remember that thou art my Mother. My soul was committed to thy care by Jesus on Calvary, and He Himself has given thee to be my Mother; my sins have caused thee pain and anguish, but now by God's assisting grace, it shall be so no
more. Grant that I may be able to keep my good resolutions, and that I may receive from this holy Sacrament grace to resist temptation, and all the fruits which His Divine Will would produce in my soul. Obtain for me, although unworthy of such unmerited mercy, that love of my Saviour which will help me to work out my own salvation, and keep me, united to Him in time and Eternity. Amen.

Before Communion.

(St. Philip Neri.)

O! Mary, most Blessed Mother of God, Immaculate Virgin, I call upon thee to protect and assist me in all my necessities, but now more than ever, I implore thee most earnestly to come and guide me thyself to Communion. O! dear Mother, give me Jesus, as thou didst give Him into the arms of the shepherds and the wise men, and to the holy old man Simeon. Yes! when I see the priest about to