

St Joseph Catholic Church

Eucharistic Adoration Newsletter



September 2024
Issue 63

Presented by the
St. Joseph Eucharistic Adoration
Committee

St. Joseph's Eucharistic Adoration Newsletter

September 2024 Issue 63

**The Month of
September
is Dedicated to Our
Lady of Sorrows**



Our Lady of Sorrows

"The Eucharist, in the Mass and outside of the Mass, is the Body and Blood of Jesus Christ, and is therefore deserving of the worship that is given to the living God, and to Him alone" (St Pope John Paul II, Opening address in Ireland, Phoenix Park, September 29, 1979).

Feasts for September 2024

1. TWENTY-SECOND SUNDAY IN ORDINARY TIME, Sunday
3. Gregory the Great, Memorial
8. TWENTY-THIRD SUNDAY IN ORDINARY TIME, Sunday
9. Peter Claver (USA), Memorial
12. Most Holy Name of Mary, Opt. Mem.
13. John Chrysostom, Memorial
14. Exaltation of the Holy Cross, Feast
15. TWENTY-FOURTH SUNDAY IN ORDINARY TIME, Sunday
16. Cornelius and Cyprian, Memorial
17. Robert Bellarmine, Hildegard of Bingen, Opt. Mem.
19. Januarius, Opt. Mem.
20. Andrew Kim Taegon, Paul Chong Hasang and Companions; Ember Friday, Memorial
21. Matthew, Apostle; Ember Saturday, Feast
22. TWENTY-FIFTH SUNDAY IN ORDINARY TIME, Sunday
23. Pius of Pietrelcina, Memorial
26. Cosmas and Damian, Opt. Mem.
27. Vincent de Paul, Memorial
28. Wenceslaus; Lawrence Ruiz and Companions, Opt. Mem.
29. TWENTY-SIXTH SUNDAY IN ORDINARY TIME, Sunday
30. Jerome, Memorial

In this Issue:

- Brief History of Our Lady of Sorrows
- Novena to Our Lady of Sorrows
- Litany to Our Lady of Sorrows
- Upcoming Seminar on the Liturgy of the Hours
- The Rule of St. Benedict

Brief History of Our Lady of Sorrows



Please access the following:

<https://www.ewtn.com/catholicism/seasons-and-feast-days/our-lady-of-sorrows-14632>

This link belongs to EWTN. It contains some excellent historical information as well as several excellent videos.

Additional for those of you who are interested there are additional links within this main link.

Novena to Our Lady of Sorrows



Day 1

Prayer in honor of the First Sorrow of Mary,
Simeon's Prophecy in the Temple:

Most Sorrowful Mother, grief filled was your heart when, on offering your divine Son at the temple, Holy Simeon foretold that a sword would pierce your soul. There and then you knew you would suffer with Jesus.

Queen of Martyrs, let me unite my heart to yours in this pain, and ask you the grace to keep the thought of my death in mind, so I may always avoid sin.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering

you my petition with childlike trust.

Dear Mother, because your Son refuses you nothing, ask of His Sacred Heart to mercifully hear my prayer and to grant this prayer in accord with His most perfect will. Therefore, through the merits of His Sacred Passion, along with those of your sufferings at the foot of the cross, I pray...

(Mention your intention here...)

Mother most merciful, to whom shall I go in my misery if not to you who pities us poor sinful exiles in this valley of tears? I beseech you to offer Jesus but one drop of His most Precious Blood and but one pang of His Loving Heart. Remind Him that you are our sweetness, our life and our hope, and your prayer will be heard. Amen

Memorare:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 2

Prayer in honor of the Second Sorrow of Mary,
the Flight into Egypt:

Most sorrowful Mother, Your mother's heart brimmed over with sorrow at the hate of Herod for your innocent Son. To save Him from the king's jealousy, you had to flee with Him to Egypt. Your heart also suffered at seeing the suffering of

your holy spouse, Saint Joseph, at the prospect of taking the divine Babe and you, his delicate spouse, into the wilderness and the unknown.

Queen of Martyrs, let me unite my heart to yours in this sorrow and obtain for me the grace to avoid those who wish me evil. Help me to avoid temptations and never leave the difficult but royal road to heaven.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Dear Mother, because your Son refuses you nothing, ask of His Sacred Heart to mercifully hear my prayer and to grant this prayer in accord with His most perfect will. Therefore, through the merits of His Sacred Passion, along with those of your sufferings at the foot of the cross, I pray...

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Day 3

Prayer in honor of the Third Sorrow of Mary,
the Finding of Jesus in the Temple:

Most sorrowful Mother, grief, sorrow and anxiety filled your Immaculate Heart when you found you were separated from your Son on leaving Jerusalem. For three days He remained lost to you and to your holy spouse. For three days you sought Him who was the light of your life. And for three days you failed to find Him.

Let me join you in this pain, O Queen of Martyrs, and obtain for me the grace to never lose Jesus through sin, but to stay united to Him by the help of His grace. If I have the misfortune of falling, may I never doubt His mercy and always return through the Sacrament of Confession, which He instituted.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

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Day 4

Prayer in honor of the Fourth Sorrow of Mary,
the Meeting of Mary and Jesus on the Way to Calvary:

Most sorrowful Mother, who can fathom the grief of your heart when you saw your Son fall, wounded and bleeding under the crushing weight of the cross, on the way to Calvary?

Queen of Martyrs, let me unite my heart to yours in this sorrow, and obtain for me the grace to bear patiently whatever cross God may see fit to send me.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Dear Mother, because your Son refuses you nothing, ask of His Sacred Heart to mercifully hear my prayer and to grant this prayer in accord with His most perfect will. Therefore, through the merits of His Sacred Passion, along with those of your sufferings at the foot of the cross, I pray...

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Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my

Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 5

Prayer in honor of the Fifth Sorrow of Mary,
the Crucifixion and Death of Jesus:

Most sorrowful Mother, standing by the cross of Jesus, your Heart was pierced. And yet, you did not sit, you did not even lean, but stood as you watched Him suffer for the sins of the whole world—for my sins. Like Abraham, you offered the sacrifice standing up, consciously and willingly. In your case, you offered it for me, and for every sinner. Still, unlike Abraham, you stood and watched Him die. In your case, your perfect Son was not spared.

Queen of Martyrs, let me join you in this sorrow, and obtain for me the grace to fight against temptation and sin at the cost of effort, suffering and even life. When my turn comes, grant me, Mother, by your Son's death and your sacrifice, the grace to die in His holy Grace—the grace of a happy death.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Dear Mother, because your Son refuses you nothing, ask of His Sacred Heart to mercifully hear my prayer and to grant this prayer in accord with His most perfect will. Therefore, through the merits of His Sacred Passion, along with those of your sufferings at the foot of the cross, I pray...

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Day 6

Prayer in honor of the Sixth Sorrow of Mary,
the Piercing of the Side of Jesus and His Descent from the Cross:

Most Sorrowful Mother, when your Son's body was lowered from the cross and laid in your arms, sorrow filled your heart. Though now this sorrow had a note of relief, how painful it was for you to gaze on that body, formerly the seat of perfect life, health and beauty, gruesomely scarred, pale and lifeless.

Mother, Queen of Martyrs, let me join my heart to yours in this grief, and obtain for me to receive Jesus into my soul before I die, so I may join Him in heaven forever.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Dear Mother, because your Son refuses you nothing, ask of His Sacred Heart to mercifully hear my prayer and to grant this prayer in accord with His most perfect will. Therefore, through the merits of His Sacred Passion, along with those of your sufferings at the foot of the cross, I pray...

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Day 7

Prayer in honor of the Seventh Sorrow of Mary,
the Burial of Jesus:

Most sorrowful Virgin, sorrow again filled your heart when the Sacred Body of your Son was taken from your arms, and placed in a cold grave. Yet you did not doubt that He would rise again.

Queen of Martyrs, let me join you in your sorrow, and grant me your own deep, trusting faith in the word of your Son. Let me trust that even in suffering, even when all seems lost, with Jesus there is always a way out.

Obtain for me, too, a sincere sorrow for all my sins, a burning love for my God, a tender devotion to you, so that one day, I may die in His grace and, with Him, rise to eternal life.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

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Day 8

September 14—The Feast of the Exultation of the Holy Cross:

Sweet Mother of Sorrows, Providence wished that Saint Helena, like you the mother of a king, find the cross of your Son and lavish honors on this relic of relics.

Grant me, Sorrowful Queen and Mother, that, like Saint Helena, I always honor the symbol of our salvation, the Cross. And like the Church, may I hold it high, display and wear it with gratitude and pride.

Above all, may I unite my sufferings to that of Jesus on the cross, and carry my crosses not in shame but in faith, love and patience as He did.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

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Day 9

Memorial of Our Lady of Sorrows

O most holy Virgin, Mother of our Lord Jesus Christ, by the overwhelming grief you experienced when you witnessed the martyrdom, crucifixion, and death of your divine Son, look upon me kindly and awaken in my heart a tender sympathy for Our Lord's sufferings.

Grant me a sincere detestation of my sins, so that free from undue affection for the passing joys of earth, I may set my sights higher on the eternal joys of heaven.

May all my thoughts and all my actions be directed towards this one great goal. Honor, glory, and love to our divine Lord Jesus, and to the holy and immaculate Mother of God.

Hail Mary...

Prayer to our Sorrowful Mother for a particular grace:

O mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross. By the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

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Litany to Our Lady of Sorrows

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God, the Father of heaven,

Have mercy on us.

God the Son, Redeemer of the world,

Have mercy on us.

God the Holy Ghost,

Have mercy on us.

Holy Mary, Mother of God,

pray for us.

Holy Virgin of virgins,

pray for us.

Mother of the Crucified,

pray for us.

Sorrowful Mother,

pray for us.

Mournful Mother,

pray for us.

Sighing Mother,

pray for us.

Afflicted Mother,

pray for us.

Forsaken Mother,

pray for us.

Desolate Mother,

pray for us.

Mother most sad,

pray for us.

Mother set around with anguish,

pray for us.

Mother overwhelmed by grief,

pray for us.

Mother transfixed by a sword,

pray for us.

Mother crucified in thy heart,
pray for us.

Mother bereaved of thy Son,
pray for us.

Sighing Dove,
pray for us.

Mother of Dolors,
pray for us.

Fount of tears,
pray for us.

Sea of bitterness,
pray for us.

Field of tribulation,
pray for us.

Mass of suffering,
pray for us.

Mirror of patience,
pray for us.

Rock of constancy,
pray for us.

Remedy in perplexity,
pray for us.

Joy of the afflicted,
pray for us.

Ark of the desolate,
pray for us.

Refuge of the abandoned,
pray for us.

Shield of the oppressed,
pray for us.

Conqueror of the incredulous,
pray for us.

Solace of the wretched,
pray for us.

Medicine of the sick,
pray for us.

Help of the faint,
pray for us.

Strength of the weak,
pray for us.

Protectress of those who fight,

pray for us.

Haven of the shipwrecked,

pray for us.

Calmer of tempests,

pray for us.

Companion of the sorrowful,

pray for us.

Retreat of those who groan,

pray for us.

Terror of the treacherous,

pray for us.

Standard-bearer of the Martyrs,

pray for us.

Treasure of the Faithful,

pray for us.

Light of Confessors,

pray for us.

Pearl of Virgins,

pray for us.

Comfort of Widows,

pray for us.

Joy of all Saints,

pray for us.

Queen of thy Servants,

pray for us.

Holy Mary, who alone art unexampled,

pray for us.

Pray for us, most Sorrowful Virgin,

That we may be made worthy of the promises of Christ.

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. Amen.

Upcoming Seminar on the Liturgy of the Hours

By special request from a number of Eucharistic Adoration Faithful, we have been working on a seminar to provide an awareness to the parishioners of St. Joseph which brings comprehensive information on the Liturgy of the Hours.

Please note that a formal seminar has been developed for presentation to St. Joseph's Parishioners regarding the Liturgy of the Hours. .

Reverend Deacon Kevin Boudreaux and Rod Cruz have developed a seminar course for those who would like more information about the Liturgy of the Hours. More information will be forthcoming in future newsletters as well as in the St. Joseph Sunday bulletin.

If you are interested in attending such a seminar in the Fall, please send Rod Cruz a quick email which includes your name, email address and cell phone number. Accommodations, dates and times are now being considered.

Please send your interest email to drrodacruz@gmail.com

Email note should include:

1. Your name
2. Your email address
3. Your CELL phone number
4. Your preference for the seminar (Week Day – Morning, Week Day Evening, Saturday Morning)

At this point we are just gathering general interest information so that we can start the final planning process with the parish clergy, administration and facilities management.

The Rule of St. Benedict

The Rule of St. Benedict are available in the link, simply click on the link and you will be taken to the Rule of St. Benedict.

[Rule of Saint Benedict — Saint John's Abbey \(saintjohnsabbey.org\)](http://saintjohnsabbey.org)

SCHEDULE

ADORATION HOURS & LOCATION

Cody Center Chapel

ADORATION HOURS

Monday - Thursday

9:00 AM to 9:00 PM

Friday

9:00 AM to 6:30 PM

ADORATION FOR VOCATIONS

Last Friday

7:00 PM to 8:30 PM

NOCTURNAL ADORATION

1st Friday

7 PM until 7 AM Saturday

2nd Friday

7 PM until 7 AM Saturday (Hispanic Community)