

SEPTEMBER: THE MONTH OF OUR LADY OF SORROWS

Why has the Catholic Church traditionally dedicated the month of September to Our Lady of Sorrows?

The answer is simple: The Memorial of Our Lady of Sorrows falls right in the middle of the month, on September 15.

But how was that date chosen? Because the day before, September 14, is the Feast of the Triumph of the Cross.

Like many of the lesser-known Marian feasts, the Memorial of Our Lady of Sorrows is tied to an event in the life of her Son. On September 14, we celebrate the instrument of Christ's victory over death; and the next day, we remember the suffering of Mary as she stood at the foot of the Cross and witnessed the torture and death of her Son. We are also reminded of Simeon's words to Mary (Luke 2:34-35) at the Presentation of the Lord—that a sword would pierce her soul.

Through this prayer for September, we can unite ourselves to Mary in her sorrow, in the hope that we will one day also share her joy in the triumph of her Son.



Prayer to the Mother of Sorrows:

Most holy Virgin and Mother, whose soul was pierced by a sword of sorrow in the Passion of thy divine Son, and who in His glorious Resurrection wast filled with never-ending joy at His triumph; obtain for us who call upon thee, so to be partakers in the adversities of Holy Church and the sorrows of the Sovereign Pontiff, as to be found worthy to rejoice with them in the consolation for which we pray, in the charity and peace of the same Christ our Lord. Amen.