



NICCSJ 2026 Novena to Our Lady of Sorrows **Feast Day September, 15th**

Our Lady of Sorrows, or *Mater Dolorosa*, is the title given to the Blessed Virgin Mary, referring to the sufferings she endured as the Mother of Jesus. The feast of *Our Lady of Sorrows* was first celebrated in 1244 by the seven founders of the Servite Order to help them focus their devotion and meditation on the Sorrows of Mary. Through the years, the Church has honored the seven sorrows of Mary found in the Gospels: the Prophecy of Simeon (Luke 2:25-35), the Flight to Egypt (Matthew 2:13-15), the Loss of the Child

Jesus for Three Days (Luke 2:41-50), Mary meets Jesus on the Way to Calvary (John 19:17), Mary watches the Crucifixion and Death of Jesus (John 19:25-30), Mary receives the Body of Jesus down from the Cross (John 19:31-37), and Mary watches as Jesus was laid in the Tomb (John 19:38-42). The feast of *Our Lady of Sorrows* is devoted to Mary's suffering and grief in union with her Son. The image of *Our Lady of Sorrows* shows her dressed in black with seven swords piercing her heart. Each sword depicts a chief sorrow that Mary suffered in union with her Son. Let us unite our sufferings with that of our Blessed Mother Mary in this novena and pray for her intercessions in our sorrows and the sorrows of the whole world. Amen.

Monday September 7th to Tuesday September 15th, 2026

Modality: Daily at 8.00PM: Through Community Zoom- <https://us02web.zoom.us/j/niccsj>, 1D- 9206647431, Passcode- 424258

Steps:

1. **Begin-** In the name of the Father, And of the Son, And of the Holy Spirt. Amen (Pray the prayer for a particular day (like Day 1 or Day 2...))
2. Mention the intentions:
 - Thanksgiving to God for all our answered prayers
 - God's protection and wisdom on all the students and teachers as they start a new academic year.
 - For Marital Blessings and Job Opportunities for all our young adults & young professionals
 - For vocations to priestly, religious, and diaconate life from our Igbo Community
 - For families praying for the blessings of the fruits of the womb
 - For peace, security, and respect for human life in our home country Nigeria, especially in the Igbo Land
 - For God's guidance, wisdom, & strength on our executives and appointed group leaders.
 - Peace & Progress for all the Igbo Catholic Communities, especially the Igbo Catholic Communities of the Bay Area
 - For God's protection & healing on all of us and for those who are sick, especially Chief Charles Ndekwe, Chief Adolph Obilor, Chief Goddy Duru & Kate Diru
 - For deceased members of our families, especially, Lady Roseline Onyemelukwe all the names in our virtual book of remembrance & for God's consolation & strength on all the bereaved families.
 - For other private intentions.
3. Pray the Divine Mercy Chaplet (Monday to Friday) or Rosary of Blessed Virgin Mary (Saturday & Sunday)
4. Pray the Daily Prayer for Priests
5. Pray the Prayer for the Family
6. Pray the Prayer for St. Michael the Archangel
7. Pray the Prayer for the Sick
8. Conclusion

General Opening Prayer for Each Day

O sorrowful Mother, we turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon us, poor sinners, and obtain for us from your Son all the graces we need to endure the sufferings God allows us to face. *Amen*

DAY ONE: Monday 09/07: In honor of the First Sorrow of Mary: The Prophecy of Simeon

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. O Mother of Sorrows, through thy First Sorrow, the Prophecy of Holy Simeon, intercede for all those who are heartbroken because of their loss and for these

Intentions...

DAY TWO: Tuesday 09/08: 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 baby and you, his delicate spouse, into the wilderness and the unknown. O Mother of Sorrows, through thy Second Sorrow, the Flight into Egypt, intercede for all those who are fleeing their homes because of fears and insecurities and for these *Intentions...*

DAY THREE Wednesday 09/09: In honor of the Third Sorrow of Mary: The Loss of the child 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. O Mother of Sorrows, through thy Third Sorrow, the Loss of the Child Jesus, intercede for all those who mourn the loss of their children and grant us these

Intentions...

DAY FOUR: Thursday 09/10- 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? O Mother of Sorrows, through thy Fourth Sorrow, meeting thy Jesus on His Way to Calvary, intercede for all those who go through physical pains because of illness and for these *Intentions...*

DAY FIVE: Friday 09/11: 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 one great knot. 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 our sins. O Mother of Sorrows, through thy Fifth Sorrow, standing beneath thy dying Son on Mt. Calvary, intercede for us and touch the hearts of men and women to respect for human life and property, especially in our country Nigeria and for these *Intentions...*

DAY SIX: Saturday, 09/12- 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. O Mother of Sorrows, through thy Sixth Sorrow, thy Jesus is laid in thy Arms, intercede for all the women who are praying for the fruits of the womb and for these

Intentions....

DAY SEVEN: Sunday, 09/13: 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. O Mother of Sorrows, through thy Seventh Sorrow, the Burial of thy Jesus, intercede for families that are mourning the death of their loved one and for these *Intentions...*

DAY EIGHT: Monday, 09/14- Feast of the Exaltation of the Holy Cross, September 14

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. We give God thanks for the exaltation of His holy Cross, and ask dear Mother of Sorrows that you intercede for us, especially for forgiveness of sins and for holiness of life and for these

Intentions...

DAY NINE: Tuesday, 09/15- Feast of the Blessed Virgin Mary, Mother 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 us kindly, and awaken in our heart a tender sympathy for Our Lord's sufferings. Grant us a sincere detestation of our sins, so that free from undue affection for the passing joys of earth, we may set our sights higher on the eternal joys of heaven. May all our thoughts and all our 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. Blessed Mother, on this last day of our novena to you we entrust ourselves to your heart, pierced with love for your Divine Son and for these

Intentions...

Novena Prayers adapted from <https://catholicnovenaapp.com/novenas/our-lady-of-sorrows-novena/#our-lady-of-sorrows-novena> & <https://americaneedsfatima.org/Our-Blessed-Mother/novena-to-our-lady-of-sorrows.html>

The Daily Prayer for Priests by St. Therese of the Child Jesus (St. Therese of Lisieux)

O Jesus, we pray for your faithful and fervent priests;
For your unfaithful and tepid priests;
For your priests laboring at home or abroad in distant mission fields.
For your tempted priests; for your lonely and desolate priests;
For your old and young priests; for your dying priests;
For the souls of your priests in Purgatory. But above all,
we recommend to you the priests dearest to us: the priests who baptized us;
the priests who absolved us from our sins;
the priests at whose Masses we participated and who gave us Your Body and Blood in Holy Communion;
the priests who taught and instructed us; all the priests to whom we are indebted in any other way. O Jesus, keep them all close to your heart, and bless them abundantly in time and in eternity. Amen



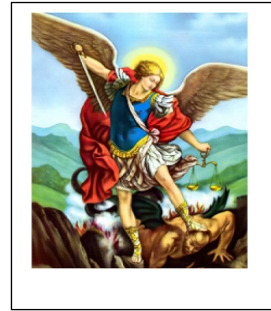
Prayer for the Family

Heavenly Father, most good and gracious God sustain our family in your love. Make it a place where holiness can abound. Help us to learn to be like Jesus in all our actions. Aid our family to imitate the Holy Family of Jesus, Mary, and Joseph. Help us to learn from the good example of others and to give good examples to others. Assist us in learning to bear our pain and suffering as Jesus did. Aid us in overcoming difficulties and carry our crosses. Help our family life to lead only to Jesus, the source of true happiness. Please give wholesome habits to our family. We ask this through Christ our Lord. Amen.



Prayer to Saint Michael the Archangel.

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen



Prayer For the Sick

O God of the heavenly virtues, who from the bodies of men and women drives forth all sickness and all infirmities by the power of thy word: draw graciously upon all our brothers and sisters who are sick that with weakness put to flight and health and strength continually renewed, they will continue to bless your holy name. We ask this through Christ our Lord. Amen.

O Mary health of the Sick- Pray for us

O Mary help of Christians- Pray for us

O Mary Comforter of the afflicted- Pray for us

Conclusion

We fly to your patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen

