

## Prayer for the Feast of Seven Dolors of the Blessed Virgin Mary



**Leader:**

It is no accident that Lizzie Armer became Sister Dolores. Her young community had a mission to share the love of God, and to alleviate the sorrows experienced by the people in San Francisco at that time. It is our call to carry on the charism, alleviating sorrows, and to make the world a better place; “we seek out and advocate for the poor and needy, especially children and families for the Kingdom of God.”

**All:** O God, come to my Assistance.  
O Lord, make haste to help me.  
Glory be to the Father, the Son, and the Holy Spirit,  
As it was in the beginning, is now, and ever shall be, world without end. Amen

**Leader:**

We stand at a critical moment in Earth’s history, a time when humanity must choose its future.

**ALL:** Recite the Holy Family Prayer

**Reader 1:**

We grieve for you, O Mary most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and gift of caring for others in sorrow.

**Reader 2:**

*Today we have another prophecy. Similar to the Trinitarian God, our planet is a living system that lives as one system, and **we have to learn from nature to live as a system.** Earth has a sustainable design; with no waste, and all biodegradable products. We need to live and think like nature, and not allow our Earth to be destroyed.*



**ALL:**

Hail Mary, full of grace; the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen

**Reader 1:**

We grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for us the virtue of generosity, and the gift of prayerful listening.

**Reader 2:**

*The People that came West for the great treasure in 1849 were in search of this great treasure. They would endure many hardships in order to attain the treasure. We have our roots in the “west,” ministering to the very people that were there seeking these goals. Many met with unforeseen hardships and Holy Family was there for them. Today we are called also, to be there for the poor, the victims of trafficking, and immigrants by advocating for the principles of the Gospel, the Earth Charter and the Millennium Development Goals.*



**ALL:** Hail Mary...

**Reader 1:**

We grieve for you, O Mary most sorrowful, in those “anxieties” which tried your troubled heart at the loss of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for us the virtue of calmness and the gift of knowledge.

**Reader 2:**

*Richard Rohr says, “Contemplation is an appreciation of and a response to what is real.” Ecological destruction of the Earth is real. There is an order of the universe that has to be respected. Current atmospheric threats are from chemical pollutants and ozone depletion. As the temperature increases, we get the green house effect of climate change. This is the greatest threat to the earth.” The loss of the Earth is not an option for us; we are called to “an anxiety” that will move us to make a difference.*



**ALL:** Hail Mary...

**Reader 1:**

We grieve for you, O Mary most sorrowful, in “the consternation of your heart” at meeting Jesus as he carried His Cross. Dear Mother, by your heart so troubled obtain for us the virtues of patience and the gift of strength.

**Reader 2:**

*We can be grateful that humanity is a learning organism. Does “the consternation of your heart” drive you to learn to use resources more productively; i.e., water can do a lot to help sustainability? What do we really care about? Do we grieve as “nature carries its cross?”*

*Margaret Wheatley said “There is no power for change greater than a community discovering what it cares about.” Another world is possible. The integration of spirituality and ecological sustainability is necessary. Let us embrace the Earth as a ministry; it takes faith and courage, it takes resistance to the status quo.*

**ALL:** Hail Mary...

**Reader 1:**

We grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear mother by your afflicted heart, obtain for us the virtue of temperance and the gift of self control.

**Reader 2:**

*Mother Dolores told Archbishop Alemany: “The Sisters of the Holy Family . . . devote their lives to visiting, relieving, consoling the sick, lonely and poor, especially poor friendless families. They extend their charitable sympathy and aid, night and day, to all who are in need, without any distinction of race and creed . . . They have been able, through God’s blessings, to bring comfort to many a sorrowing home, to remove much anxiety, and perhaps prevent much crime.”*



*Sorrowful Mother, guide us on our mission today, 2009, in ministries that: help eliminate the agony of victims of hunger, victims of torture and war, victims of human trafficking, and the immigrants seeking a home in America.*

**ALL:** Hail Mary...

**Reader 1:**

We grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before his body was removed from the Cross. Dear mother by your heart thus transfixed, obtain for us the virtue of universal charity and the gift of understanding.

**Reader 2:**

*On Earth today, there is a magnitude of destruction that humanity and each of us is contributing to; a destruction that will have the Earth non-inhabitable within thirty (30) years, if major changes do not take place soon. As Religious, vowed and associates, we are being called to a new sensitivity to the voice of God; a spirituality that is born of wonder and grief. Religious life is a liminal (cutting edge) movement that belongs to the world - not just to the church. May we place ourselves and our resources at the service of cutting edge groups in today’s world.*

**ALL:** Hail Mary...

**Reader 1:**

We grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for us the virtue of diligence and the gift of wisdom.

**Reader 2:**

*J. Prendergast directed his young community to: "Remember, you belong to the people; consider them first. Do not be afraid for your treasury; give rather too much than too little; filling but a portion of their wants would leave the poor in misery still. Give them what they actually need - whatever their needs may be though you may have to give them all."*

**ALL: Hail Mary...**

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**Leader: Let us all pray:**

We stand at a critical moment in Earth's history, a time when humanity must choose its future.

**ALL:** O God, who by the Holy Family of the Incarnate Word, has consecrated the whole earth.

**Leader:** As the world becomes increasingly interdependent and fragile, the future at once holds great peril and great promise.

**ALL:** And has in Jesus, Mary and Joseph, given us the example of every virtue.



**Leader:** To move forward we must recognize that in the midst of a magnificent diversity of cultures and life forms, we are one human family and one Earth community with a common destiny.

**ALL:** Look down with favor on this Community, which devotes and consecrates itself in a special manner to their service.

**Leader:** We must join together to bring forth a sustainable global society founded on respect for nature, universal human rights, economic justice and a culture of peace.

**ALL:** Protect each member; and vouchsafe to us the strength to persevere unto the end in imitation of the Holy Family.

**Leader:** Towards this end, it is imperative that we, the people of Earth, declare our

responsibility to one another, to the greater community of life and future generations.

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**ALL:** In order that keeping faithfully attached to Thy service, during our earthly pilgrimage, we may at its close breathe forth our souls to Thee, with the Sacred Names of Jesus, Mary and Joseph on our lips.



**On this feast of the Seven Dolors, please revisit our human role in the Sacred Earth Community. Each one of us can make a difference.**



**Commit to an ACTION toward one are of Earth Healing.**

Some practical steps we can take to begin to change our Carbon Footprint:

1. Eat lower on the food chain. Foods at each level up the food chain takes more energy to produce.
2. Buy locally grown products, farmers markets, fruit stands, etc.
3. Eat In Season foods grown in U.S.
4. Grow some of your own foods -- MSJ yard, or raise herbs and spices in small planters.
5. Conserve power whenever possible.
6. “Throwaways” Stop using them! Reduce, re-use containers, and carry canvas tote bags to shop.
7. Reflect on life as “a sacrament” given us by God.

