

This rosary is a supplemental meditation to the
Rosary of the Seven Sorrows.

For more information on praying The Rosary
of the Seven Sorrows and this supplemental
meditation or the handmade rosaries that we
provide free of charge, please contact us by phone:

951-217-6344 (English)

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*The Sorrows of Cancer joined
with
Mother Mary's Sorrows*

*St. Martha Catholic Church
Murrieta, CA*

Through Our Lady of Seven Sorrows Ministry and Our Blessed Mother's guidance, I have had the opportunity to speak with people all over the United States who are requesting rosaries for themselves and others. Many people share their stories of pain and suffering. Many share their stories of healing through the Rosary of the Seven Sorrows. Through the grace of God, dispensed by Our Mother Mary, I too have been healed of ovarian cancer. Through Our Lady's Seven Sorrows Rosary, and trusting in the will of God, I have been free of cancer for 4 ½ years. This has allowed me to spread Our Lady's devotion with a strong and healthy body and mind.

I have deeply reflected and prayed about this grace in my life, and realize that this pain and suffering that God allows in our lives is meant to teach us and bring us closer to Him. He is constantly waiting to be our best friend. Although we can always grow spiritually and improve our friendship with God; I believe sometimes our suffering is used or meant for someone else. Maybe someone close to us or someone we don't know. We can offer our suffering up to God as a prayer for healing others. In doing so, our suffering becomes useful and beautiful in our eyes and God's. Instead of dreading our pain we need to learn from it and be grateful for the pain that brings us closer to The Father and Son through the Holy Spirit. These thoughts inspired me to align the sorrows of cancer with the sorrows of Our Blessed Mother Mary.

-Debbie Bertran

Mary's Seventh Sorrow: The Burial of Jesus

The Seventh Sorrow of Cancer Grief and Sorrow

To think of the world without the physical presence of her Son was unbearable for Mary. Even though, she knew that the resurrection was near and that it was all in God's plan, it did not take the pain away. The Sacred Heart of Jesus was joined with hers and on this day she felt the deepest sorrow from her great loss. Similarly, our sorrows can always be united with The Sacred Heart of Jesus and the Immaculate Heart of Mary so that we may offer them up in prayer and find peace within ourselves.

Reflection: Blessed Mother pray for us to find peace in our sorrows. Help us never to take our heart, soul and mind away from life's purpose: To be united with our Heavenly Family. No matter how deep the grief and sorrow keep us close and not despondent. Guide us to the **gift of piety** so that throughout our lives we have a burning desire to serve Him, worship Him and be with Him in all things. The culmination of our sincerity to God will bring us to His sweet presence in Heaven.

Our Father x 1

Hail Mary x 7

Mary's Sixth Sorrow: Jesus is taken down from the cross and laid in Mary's arms

**The Sixth Sorrow of Cancer
The Battle with Cancer Ends**

For some this may mean that they won the battle and can bury cancer. For others, they are taken down from their cross and laid in their loved one's arms. Mary's sorrows are joined with theirs as she holds all her children in her arms.

Reflection: Thank you Mother Mary for loving us, holding us and interceding on our behalf at the throne of mercy and grace. Blessed Mother pray for our hearts to be filled with hope and that God will bestow upon us the grace that we need in order not to offend Him throughout our journey in life. Whatever cross we were given to carry in our lives, guide us with your Immaculate Heart to accept it out of a deep love for Our Father. Guide us to the **gift of fear of the Lord** that comes from true love for Him and bring our journey to a glorious end to eternal life.

Our Father x 1
Hail Mary x 7

The Rosary of the Seven Sorrows recalls the most significant sorrows Our Lady endured in her life. Praying this Rosary, while meditating on her grief and pain, will lead us to Jesus. The purpose of this Rosary is to promote union with Jesus through union with the sorrows that she endured because she was His Mother.

Like the traditional Rosary, The Seven Sorrows Rosary is a "bead-prayer." The beads are designed to keep count of the prayers. The beads are organized into seven sets of seven beads. A single bead representing one of The Seven Sorrows precedes each set. The Our Father is prayed on that bead. The seven beads in each set are used to pray the Hail Mary. In other words, The Seven Sorrow Rosary consists of one Our Father and the Hail Mary seven times for each of The Seven Sorrows.

Within this booklet are suggested meditations for each sorrow. They are not required when prayed privately. Simply thinking and meditating about each sorrow suffices.

The Rosary of the Seven Sorrows begins with a fervent Act of Contrition and the Hail Mary three times in honor of Our Sorrowful Mother's tears.

Act of Contrition

O my God
I am heartily sorry for having offended You,
And I detest all my sins because I dread the loss of
heaven and the pains of hell,
But most of all because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve with the help of Your grace to confess
my sins, to do penance and to amend my life. Amen.

Our Father

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of Grace,
The Lord is with thee.
Blessed art you among women,
And blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
Now and at the hour of our death. Amen.

Mary's Fifth Sorrow: The Crucifixion and Death of Jesus

The Fifth Sorrow of Cancer Death

Chemotherapy and radiation cause the loss of life at cellular levels. This treatment causes death of cancer, and at the same time, pain and suffering and illness. It is devastating to endure and difficult for loved ones to bear. The strength needed for everyone living with cancer can only be given through the grace of God, The Father.

Reflection: Blessed Mother pray for us in death that we will be lead to the truth, the way and the life. Guide us to the **gift of counsel** so that we are able to do God's will and act with prudent judgment and intuition when making decisions regarding our health and our loved ones and our relationships.

Our Father x 1
Hail Mary x 7

**Mary's Fourth Sorrow: Meeting Jesus face to face
on the road to Calvary**

**The Fourth Sorrow of Cancer
Coming Face to Face with Reality**

The cross of cancer is carried with perseverance and strength. Mary and Jesus' eyes meet for the last time. A terminal cancer patient looks in the mirror to realize what the future holds. Also, loved ones look into their eyes as Mary did with Jesus, wishing she could take it all away. The pain and suffering within the hearts of family and friends is overwhelming, their love is overflowing, yet they feel helpless.

Reflection: Blessed Mother pray for us to see the face of your loving Son whenever we look into the mirror. Guide us to the **gift of knowledge** so that we may see the circumstances of our life the way that God sees them; then we can truly determine God's purpose in our lives and do His will with joy in our hearts.

Our Father x 1
Hail Mary x 7

Mary's First Sorrow: The Prophecy of Simeon

**The First Sorrow of Cancer
The Prophecy of the Oncologist**

The initial news and revelation that one receives from a doctor that they have cancer is nothing but shocking. It is a time of uneasiness; uncertainty and loss of control one's one life. It is a time to trust in God and His doctors. Mary must have experienced similar emotions at the age of 14 when Simeon prophesied to her that a sword will pierce her heart because of the suffering she will endure because of her Son.

Reflection: Blessed Mother pray for us to accept the will of Our Heavenly Father, not only in our daily lives, but through long trials and suffering as well. Guide us to the **gift of wisdom** so that we may be perfected in our faith.

Our Father x 1
Hail Mary x 7

Mary's Second Sorrow: The Flight into Egypt

The Second Sorrow of Cancer A Journey to the Unknown

Jesus, Mary and Joseph flee to Egypt leaving behind family and friends. Their faith and trust in God sustains them.

The journey of cancer begins in a similar way. It is a fight to survive and persevere to preserve the gift of life that God has given to us. The journey is long and painful, constantly looking over your shoulder for the face of cancer to show itself, knowing all along that this is God's plan and that trusting in Him will save us. He sends His angels to watch us and guide us through this battle for life.

Reflection: Blessed Mother pray for us to find strength within our heart, soul and mind to face unknown journeys in our life. Guide us to the **gift of fortitude** so that we may overcome fear and remain steadfast in our will to face obstacles.

Our Father x 1
Hail Mary x 7

Mary's Third Sorrow: Losing Jesus for Three Days

The Third Sorrow of Cancer Something Lost and then Found

The enormity of cancer in one's life can cause great loss, in many ways, hair, health, ability to do what you want or love, freedom, friends. Losing Jesus for three days seemed like an eternity, the loss of one's self to cancer feels the same.

Reflection: Blessed Mother pray for us to learn from Our Heavenly Father's love, discipline and guidance when we are faced with pain and loss. Guide us to the **gift of understanding** so that we may grow in a deeper relationship and faith with the Father, Son and Holy Spirit.

Our Father x 1
Hail Mary x 7