



ASSUMPTION
CHURCH & SCHOOL

75



NOVENA TO
OUR LADY OF LOURDES FOR
HOPE & HEALING

FEBRUARY 2 -10
ASSUMPTION CHURCH

NOVENA TO OUR LADY OF LOURDES FOR HOPE & HEALING FEBRUARY 2-10

EXPOSITION OF THE BLESSED SACRAMENT

When the presider (priest or deacon) goes to the tabernacle and when he opens it, all kneel. The presider will place the Luna with the Blessed Sacrament into the monstrance on the altar. When he kneels in front of the altar, O Salutaris Hostia is sung.

O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

FIRST DAY OF NOVENA - FEBRUARY 2 HEALING FROM PHYSICAL ILLNESS

Leader: On this first day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from physical illness - disease, chronic pain, weakness, and the limits of our bodies. Some of us come seeking healing for ourselves. Others come holding the names of loved ones who are sick, hospitalized, or struggling day by day.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O Mary Immaculate, Our Lady of Lourdes, Virgin and Mother, Queen of Heaven, chosen from all eternity to be the Mother of the Eternal Word and in virtue of this title preserved from original sin, we kneel before you as did little Bernadette at Lourdes and pray with childlike trust in you that as we contemplate your glorious appearance at Lourdes, you will look with mercy on our present petition and secure for us a favorable answer to the request for which we are making this novena. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*

Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*



SECOND DAY OF NOVENA - FEBRUARY 3

HEALING FROM MENTAL HEALTH ISSUES

Leader: On this second day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from mental health issues - anxiety, depression, fear, loneliness, or emotional exhaustion.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: Be blessed, O most pure Virgin, for having vouchsafed to manifest yourself shining with light, sweetness and beauty, in the Grotto of Lourdes, saying to the child Saint Bernadette: "I am the Immaculate Conception!" O Mary Immaculate, inflame our hearts with one ray of the burning love of your pure heart. Let them be consumed with love for Jesus and for you, in order that we may merit one day to enjoy your glorious eternity. O dispenser of His graces here below, take into your keeping and present to your Divine Son the petition for which we are making this novena. (*In silence, mention your request*)

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary (*page 11*)

THIRD DAY OF NOVENA - FEBRUARY 4

HEALING FROM GRIEF AND LOSS

Leader: On this third day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from grief and loss - the pain of absence, the ache of love remembered, and the sorrow that does not simply disappear with time. Many of us carry grief and loss quietly, unsure how to name it.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O glorious Mother of God, so powerful under your special title of Our Lady of Lourdes, to you we raise our hearts and hands to implore your powerful intercession in obtaining from the benign Heart of Jesus all the helps and graces necessary for our spiritual and temporal welfare and for the special favor we so earnestly seek in this novena. *(In silence, mention your request)*

O Lady of Bernadette, with the stars of heaven in your hair and the roses of earth at your feet, look with compassion upon us today as you did so long ago on Bernadette in the Grotto of Lourdes.

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, pray for us.
Saint Bernadette, pray for us.

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

FOURTH DAY OF NOVENA - FEBRUARY 5

HEALING FROM SPIRITUAL WOUNDS, GUILT, AND SHAME

Leader: On this fourth day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from spiritual wounds - guilt from the past, shame that lingers, hurts that have not healed, or moments when faith has felt dry or distant. These wounds often remain hidden, yet they can weigh heavily on the soul.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: "You are all fair, O Mary, and there is in you no stain of original sin." "O Mary, conceived without sin, pray for us who have recourse to thee." O brilliant star of sanctity, as on that lovely day, upon a rough rock in Lourdes you spoke to the child Bernadette and a fountain broke from the plain earth and miracles happened and the great shrine of Lourdes began, so now hear our fervent prayer and grant us, we beseech you, the petition we so earnestly seek. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

FIFTH DAY OF NOVENA - FEBRUARY 6

HEALING FROM SPIRITUAL BONDAGE & ADDICTION

Leader: On this fifth day of Novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from every form of spiritual bondage - addiction, destructive behaviors or sinful habits. These struggles can make people feel trapped, powerless, and alone, affecting not only individuals but families and communities.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O Immaculate Queen of Heaven, we your wayward, erring children, join our unworthy prayers of praise and thanksgiving to those of the angels and saints and to your own, that the One, Holy, and Undivided Trinity may be glorified in heaven and on earth. Our Lady of Lourdes, as you looked down with love and mercy upon Bernadette as she prayed her rosary in the Grotto, look down now, we beseech you, with love and mercy upon us. From the abundance of graces granted you by your Divine Son, sweet Mother of God, give to each of us all that your motherly heart sees we need and at this moment look with special favor on the grace we seek in this novena. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

SIXTH DAY OF NOVENA - FEBRUARY 7 HEALING FOR CAREGIVERS

Leader: On this sixth day of novena, we gather before Jesus truly present in the Blessed Sacrament, praying for all caregivers: doctors, nurses, aides, family members, and all who serve the sick with compassion and sacrifice.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O Mary Immaculate, Mother of God and our mother, from the heights of your dignity look down mercifully upon us while we, full of confidence in your unbounded goodness and confident that your Divine Son will look favorably upon any request you make of Him in our behalf, we beseech you to come to our aid and secure for us the favor we seek in this novena. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

SEVENTH DAY OF NOVENA - FEBRUARY 8

HEALING FROM INDIGNITY AND INJUSTICE AMONG THE VULNERABLE

Leader: On this seventh day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for the dignity of every human life, especially the vulnerable - the unborn, the elderly, the disabled, the poor, and those easily forgotten or mistreated.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O Almighty God, Who by the Immaculate Conception of the Blessed Virgin Mary did prepare a worthy dwelling place for Your Son, we humbly beseech You that as we contemplate the apparition of Our Lady in the Grotto of Lourdes, we may be blessed with health of mind and body. O most gracious Mother Mary, beloved Mother of Our Lord and Redeemer, look with favor upon us as you did that day on Bernadette and intercede with Him for us that the favor we now so earnestly seek may be granted to us. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

EIGHTH DAY OF NOVENA - FEBRUARY 9

HEALING FROM BROKEN RELATIONSHIPS

Leader: On this eighth day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for healing from broken relationships - wounded marriages, divided families, strained friendships, and trust that has been lost. These wounds can cut deeply and linger quietly.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O Immaculate Mother of God, from heaven itself you came to appear to the little Bernadette in the rough Grotto of Lourdes. As Bernadette knelt at your feet and the miraculous spring burst forth from the earth, as multitudes have knelt ever since before your shrine, O Mother of God, we kneel before you today to ask that in your mercy you plead with your Divine Son to grant the special favor we seek in this novena. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*
Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary *(page 11)*

NINTH DAY OF NOVENA - FEBRUARY 10

HEALING FOR OUR ASSUMPTION CHURCH & COMMUNITY

Leader: On this ninth day of our novena, we gather before Jesus truly present in the Blessed Sacrament, praying for our Assumption Church and community. We acknowledge pain, broken trust, and the need for humility, truth, and grace.

Through the intercession of Mary, our Mother, we place our bodies and our fears gently into the hands of Her Son, our Divine Physician, and entrust ourselves to His healing and peace.

Leader: Let us pray.

All: O glorious Mother of God, to you we raise our hearts and hands to implore your powerful intercession in obtaining from the benign Heart of Jesus all the graces necessary for our spiritual and temporal welfare, particularly for the grace of a happy death.

O Mother of our Divine Lord, as we conclude this novena for the special favor we seek at this time, we feel animated with confidence that your prayers in our behalf will be graciously heard. O Mother of My Lord, through the love you bear to Jesus Christ and for the glory of His Name, hear our prayers and obtain our petitions. *(In silence, mention your request)*

O brilliant star of purity, Mary Immaculate, Our Lady of Lourdes, glorious in your assumption, triumphant in your coronation, show unto us the mercy of the Mother of God. Virgin Mary, Queen and Mother, be our comfort, hope, strength, and consolation. Amen

Our Lady of Lourdes, *pray for us.*

Saint Bernadette, *pray for us.*

Gospel Reading & Reflection

Leader: Let us now pray the Rosary of the Seven Sorrows of Mary (*page 11*)

THE ROSARY OF THE SEVEN SORROWS OF MARY

This devotion to Our Sorrowful Mother originated in the thirteenth century. It recalls the Sorrows the Virgin Mother of God endured in compassion for the suffering and death of her Divine Son.

Presider: My God, I offer you this rosary for your glory

All: I want to honor your Holy Mother, the Blessed Virgin, by meditating upon and sharing in her suffering.

O my Lord and Savior, Jesus Christ, trusting in your infinite love I turn to you for forgiveness and mercy. I am truly sorry for the pains you suffered in your most bitter Passion because of my sins. For love of you, and before your holy presence, I utterly renounce and forsake all the sins of my whole life. I ask pardon of you with all my heart. I firmly resolve to amend my life and would rather die than offend you again.

O Blessed Virgin Mary, you are our tender Mother and the refuge of sinners. I run to you with confidence and love. Hide me under your mantle of love and protection. As I meditate upon the swords of sorrow that pierced your Immaculate Heart, obtain for me the forgiveness of my sins and the grace to live a life of heroic holiness.

Presider: Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

All: Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

THE FIRST SWORD OF SORROW **LUKE 2:34-35**

Leader: The First Sword of Sorrow: Simeon announces the suffering destiny of Jesus

All: O Mother of Sorrows, how deeply your heart was pierced with sorrow when Simeon announced that Jesus, your beloved Child, was to be a sign that would be rejected. Your heart knew that He was to be the suffering Messiah the prophets had foretold, the man of sorrows, who would carry all our sins and heal us by His wounds. Through this bitter sorrow obtain for us the grace never to reject Jesus or refuse Him anything. Help us to completely surrender our lives to Him and to live according to His most holy will in everything.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers, and renew in my heart each wound of Jesus my Savior.

THE SECOND SWORD OF SORROW **MATTHEW 2:13-15**

Leader: The Second Sword of Sorrow: Mary escapes into Egypt with Jesus and Joseph

All: O Mother of Sorrows, what pain filled your heart as you fled your home and country knowing that the tyrant Herod was intent on murdering your little Child whom you loved above all else. The hardships of travel, the long journey, and life as a refugee was nothing compared to the torment of such demonic malice directed toward Jesus. Through this bitter sword of sorrow obtain for us the grace never to risk the life of Jesus in our souls through deliberate sin.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Savior.

THE THIRD SWORD OF SORROW LUKE 2:41-51

Leader: The Third Sword of Sorrow: Mary seeks Jesus lost in Jerusalem

All: O Mother of Sorrows, what grief filled your heart as you and Joseph searched desperately for Jesus when you could not find Him among your relatives and friends returning home from Jerusalem. When your Son replied that He must be about His Father's business, you accepted that He had begun the mission that would lead to His sacrificial death. The sorrow of those three days of separation prepared you for the three days of suffering you endured while His body lay lifeless in the tomb. Through this bitter sword of sorrow
obtain for us the grace to accept the ways of Divine Providence even when we do not understand them.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Savior.

THE FOURTH SWORD OF SORROW LUKE 23:26-31

Leader: The Fourth Sword of Sorrow: Mary meets Jesus as He carries His Cross to Calvary

All: O Mother of Sorrows, how it must have wounded your tender maternal heart to see your beloved Son Jesus carrying His Cross to Calvary, the place of execution! How it must have pained you to see Him so bloodied, beaten, and reviled as He strained to fulfill His deepest desire: to give His life as a ransom for us. Through this bitter sword of sorrow obtain for us the grace to deny ourselves, pick up our crosses, and follow Jesus with perseverance and love.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Savior.

THE FIFTH SWORD OF SORROW JOHN 19:25-27

Leader: The Fifth Sword of Sorrow: Mary stands near the Cross of her Son Jesus

All: O Mother of Sorrows, here the prophecy of Simeon comes to its ultimate fulfillment: the sword of sorrow impales your heart as you stand beneath the Cross of your Son. Crucified spiritually with your crucified Son, you offered Him to the Father and united yourself completely to His self-offering and sacrificial death. We simply cannot fathom the pain of your offering or the depth of love that inspired it. Through this bitter sword of sorrow obtain for us the grace to unite all our sufferings to our crucified Lord with unselfish generosity and love.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Saviour.

THE SIXTH SWORD OF SORROW JOHN 19:38

Leader: The Sixth Sword of Sorrow Mary receives into her arms the body of Jesus taken down from the Cross

All: O Mother of Sorrows, your heart was drowned in grief as you embraced the lifeless corpse of your Son. He who was your very life was now dead. Your light in this life was extinguished. Yet you accepted this sorrow with love knowing that it was all part of the Father's plan of salvation. Through this bitter sword of sorrow obtain for us the grace to accept with patience and love the sorrows that befall us in this vale of tears, firmly believing that God works all things to the good for those who love Him.

Our Father & seven Hail Mary's

All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Savior.

THE SEVENTH SWORD OF SORROW JOHN 19:39-42

Leader: The Seventh Sword of Sorrow Mary helps place the body of Jesus in the tomb

All: O Mother of Sorrows, who could express the cruel anguish of this moment? The same Child that you once wrapped in swaddling clothes amidst unspeakable joy, you now wrap silently in His burial shroud. Your tears mingle with the blood and dirt that covers His broken body. But even in this moment your trust in His promise did not die. Your mourning was not without hope, for you knew that He would rise again from this grave just as He promised. Through this bitter sword of sorrow obtain for us the grace to believe with unshakable hope in the victory of our Lord even in the darkest moments of life.

Our Father & seven Hail Mary's

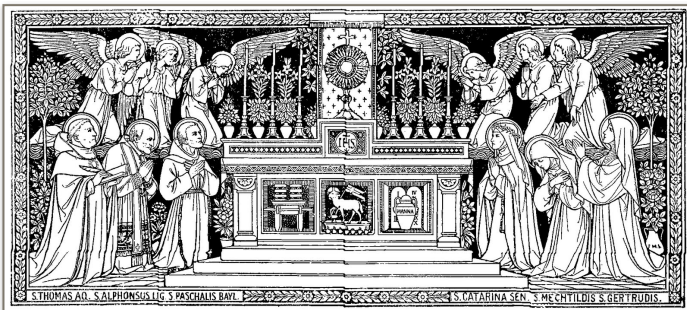
All: Holy Mother hear my prayers and renew in my heart each wound of Jesus my Savior.

Three Hail Mary's in honor of the tears of Our Sorrowful Mother.

All: O Mary, you truly became the Queen of all martyrs as these seven bitter swords of sorrow pierced your Immaculate Heart! By the merits of your tearful distress obtain for us and for all sinners the graces of perfect contrition and conversion. Help us always, dear Mother, to imitate you by taking up our crosses and following Jesus with limitless love and generosity.

Amen.

Mary, who was conceived without sin and who suffered for us, pray for us. (Say three times)



Please take a few moments of silent adoration. You may kneel or be seated for your private portion of adoration or devotion. It is important to remember that the Eucharist is the "Real Presence" of Jesus Christ.

BENEDICTION

After a period of meditation and reflection the presider goes to the altar, genuflects, and kneels. All kneel and join in singing the Tantum Ergo.

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

All remain kneeling when the presider stands and says:

Presider: You have given them Bread from heaven

All: Having all sweetness within it

Presider: Let us pray

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray, so to revere
the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
God, for ever and ever.

All: Amen.

EUCCHARISTIC BLESSING

The presider blesses all present with the Holy Eucharist.

THE DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints. Amen.

REPOSITION

The presider reposes the Blessed Sacrament in the tabernacle and genuflects. All stand and join in singing a hymn to the Blessed Virgin Mary.

SALVE REGINA

Salve, Regina, mater misericordiae:

Vita, dulcedo, et spes nostra, salve.

Ad te clamamus, exsules, filii Hevae.

Ad te suspiramus, gementes et flentes

in hac lacrimarum valle.

Eia ergo, Advocata nostra,

illos tuos misericordes oculos

ad nos converte.

Et Iesum, benedictum fructum ventris tui,

nobis, post hoc exsilium ostende.

O clemens: O pia: O dulcis

Virgo Maria.

IMMACULATE MARY

Immaculate Mary,
your praises we sing.
You reign now in Heaven
with Jesus our King.
Ave, Ave, Ave Maria!
Ave, Ave Maria!

In Heaven the blessed
your glory proclaim;
On earth we your children
invoke your sweet name.
Ave, Ave, Ave, Maria
Ave, Ave Maria

HAIL, HOLY QUEEN

Hail, holy Queen
enthroned above, O Maria.
Hail, Queen of mercy
and of love, O Maria.

Triumph, all ye cherubim,
Sing with us, ye seraphim,
Heaven and earth
resound the hymn:
Salve, salve, salve Regina!

PROMISES OF OUR LADY TO THOSE WHO PRAY THE SEVEN SORROWS ROSARY

St. Bridget of Sweden (1303-1373) reported that Our Lady promised to grant seven graces to those who honor her and draw near to her and her Son every day by meditating on her dolors (sorrows):

1. I will grant peace to their families.
2. They will be enlightened about the divine Mysteries.
3. I will console them in their pains and will accompany them in their work
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy, and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death. They will see the face of their mother.
7. I have obtained this grace from my divine Son: that those who propagate this devotion to my tears and sorrows will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy.