

EXALTATION OF THE HOLY CROSS
PENTECOST XIV
SEPTEMBER 14, 2025
LOW MASS

Priest: Hail Mary, full of sorrows, the Crucified is with thee; tearful art thou amongst women, and tearful is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of the Crucified, give tears to us, crucifiers of thy Son, now, and at the hour of our death. Amen.

TRIDUUM IN HONOR OF THE SORROWFUL MOTHER

Priest & People: O most blessed and afflicted Virgin, / Queen of Martyrs, / who didst stand generously beneath the cross, / beholding the agony of thy dying Son; / by the sword of sorrow which then pierced thy soul, / by the sufferings of thy sorrowful life, / by the unutterable joy / which now more than repays thee for them; / look down with a mother's pity and tenderness, / as I kneel before thee to compassionate thy sorrows, / and to lay my petition with childlike confidence / in thy wounded heart. / I beg of thee, / O my mother, / to plead continually for me with thy Son, / since He can refuse thee nothing, / and through the merits of His most sacred Passion and Death, / together with thy own sufferings / at the foot of the cross, / so to touch His Sacred Heart, / that I may obtain my request.

(Here mention your petition.)

For to whom shall I fly in my wants and miseries, / if not to thee, / O Mother of mercy, / who, having so deeply drunk the chalice of thy Son, / canst most pity us poor exiles, / still doomed to sigh in this vale of tears? / Offer to Jesus / but one drop of His Precious Blood, / but one pang of His adorable Heart; / remind Him that thou art our life, / our sweetness, / and our hope, / and thou wilt obtain what I ask, / through Jesus Christ our Lord. Amen.

FOR OUR SICK RELATIVES AND FRIENDS

Priest and People: Queen of Martyrs / and Mother of Consolation, / by that sword of sorrow / which pierced thy soul / when thou didst see / thy Son Jesus Christ, / our

Lord, / raised upon the cross, / pierced with nails / and covered with His Own Blood;
/ pray for all of our sick, / that they may, / by thy powerful intercession, / be cured
of their illness, / and thus we may both / in time and eternity / give thee heartfelt
thanks. / Amen.

PRAYER TO ST. MICHAEL

Priest and People: St. Michael the Archangel, / defend us in battle; / be our
safeguard 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, /
cast into hell, Satan, and all the evil spirits, / who wander about the world, / seeking
the ruin of souls. Amen.

V. Most Sacred Heart of Jesus, **R. Have mercy on us.**

V. Holy Child Jesus, Doctor of the Sick, **R. Have mercy on us.**

V. Our Lady of Consolation, **R. Pray for us.**

V. Mother of Good Counsel, **R. Pray for us.**

V. Our Lady of Sorrows, **R. Pray for us.**

V. Immaculate Heart of Mary,

R. Pray for us now and at the hour of our death. Amen.

V. Pure Heart of St. Joseph, **R. Pray for us.**

V. May the Divine assistance remain always with us.

**R. And may the souls of the faithful departed, through the mercy of God, rest
in peace. Amen.**

Blessing and Veneration of the Relic of the True Cross

CLOSING HYMN:

WHAT A SEA OF TEARS AND SORROWS

What a sea of tears and sorrows, Did the soul of Mary toss,
To and fro upon its billows, While she wept her bitter loss;
In her arms her Jesus holding, Torn so newly from the cross.

Oh that mournful Virgin Mother, See her tears how fast they flow,
Down upon His mangled Body, Wounded Side and thorny Brow;
While His Hands and Feet she kisses, Picture of immortal woe.