



The Sisters of St. Thomas Aquinas

20120 Barnett Road

Brooksville, Florida, 34601



Dear Reader,

Ten years ago, the first Sisters of our Congregation were brought together to commence religious life. The day set apart by Divine Providence for the community's foundation was September fifteenth, the feast of the Seven Sorrows of the Blessed Virgin Mary. For this reason, the Sisters have taken the Holy Virgin as the protectress of the Congregation; the Rule of the Sisters gives Our Lady the title of Mother and Patron of the Congregation and further exhorts its members to foster a devotion to the Seven Sorrows of Our Lady.

Seven events in the life of the Blessed Mother and her Divine Son compose the traditional seven swords of sorrow which pierced the soul of this Mother:

The prophecy of Simeon,

The flight into Egypt,

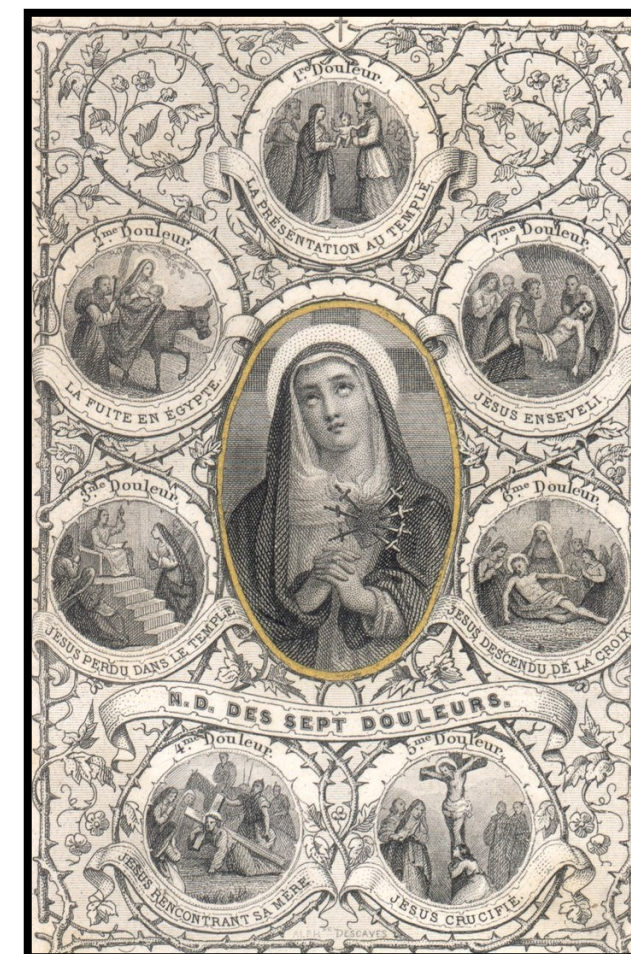
The loss of the Child Jesus for three days,

The meeting of the Son and the Mother on the Way of the Cross,

The Crucifixion of Our Lord,

The taking down of the His Sacred Body from the Cross,

His burial.



The Church has sanctioned these seven sorrows by establishing two feast days during the year under the title of “The Seven Dolors of the Blessed Virgin Mary.” She has further approved the devotion to Our Lady of Sorrows by the granting of indulgences to those who practice it. “The faithful who, between three o’clock on the afternoon of Good Friday and noon of the following day, spend some time in devout meditation or offer some prayers, either in public or in private, in honor of the Blessed Virgin Mary Sorrowing, may gain a plenary indulgence on the usual conditions. Those who at other seasons of the year perform the same devout exercises between three o’clock on Friday afternoon and noon of the following Sunday, may gain an indulgence of 5 years and a plenary indulgence under the usual conditions, if they perform this devout exercise each week for a month (*S.C. Ind., June 18, 1822; June 16, 1931*). The faithful who, on any of the seven Fridays which immediately precede either feast of the Sorrows of the Blessed Virgin Mary, recite seven times the Our Father, Hail Mary, and Glory be, may gain an indulgence of 7 years and a plenary indulgence under the usual conditions (*brief, March 22, 1918; S.P. Ap., March 18, 1932*).” These are only a few of the many indulgenced devotional exercises in honor of the Sorrowful Mother.

Angelica - Spring 2015

The Sisters of St. Thomas Aquinas



Various private revelations attest to the great benefits resulting from a devotion to the Seven Sorrows. The most well-known of these are the revelations of St. Bridget, in which are recorded the promises of the Virgin Mary to those souls who say seven Hail Marys while meditating on her Dolors:

- “I will grant peace to their families.”
- “They will be enlightened about the Divine Mysteries.”
- “I will console them in their pains, and I will accompany them in their work.”
- “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.”
- “I will defend them in their spiritual battles with the infernal enemy, and I will protect them at every instant of their lives.”
- “I will visibly help them at the moment of their death - they will see the face of their Mother.”
- “I have obtained this grace from my Divine Son that those who propagate this devotion to my tears and dolors 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.”

St. Alphonsus Liguori, in his book the *Glories of Mary*, states that Our Lord revealed to St. Elizabeth of Hungary that He would grant four special graces to those who are devout to the dolors of Mary:

- That those who before death invoke the divine Mother, in the name of her sorrows, should obtain true repentance of all their sins;*
- That He would protect all who have this devotion in their tribulations, and that He would protect them especially at the hour of death;*
- That He would impress upon their minds the remembrance of His Passion, and that they should have their reward for it in heaven;*
- That He would commit such devout clients to the hands of Mary, with the power to dispose of them in whatever manner she might please, and to obtain for them all the graces she might desire.”*

Now, as the Church passes into the weeks of the Passion, we are encouraged to renew this devotion, to unite ourselves to the sorrowful heart of Mary, whose Heart was, in the words of St. Lawrence Justinian “a mirror of the Passion of the Son, in which might be seen, faithfully reflected, the spitting, the blows and wounds, and all that Jesus suffered.”

We pray that Our Lady might endow our readers with many graces during these remaining days of Lent. Please continue to pray for our Sisters.

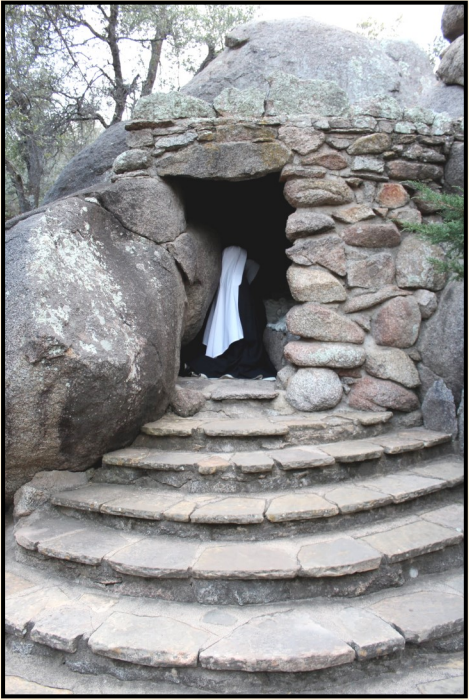
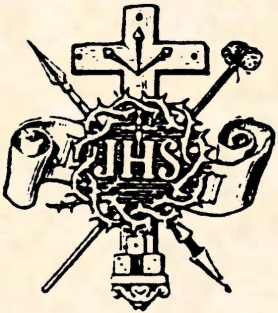
In Jesus through Mary,

The Sisters of St. Thomas Aquinas

Lenten Practices

The Way of the Cross

During Lent the Sisters make the Way of the Cross daily.



On Fridays the students make an examination of conscience together in the chapel.

