

## St. Rita Novena

### 14 – 22 May

We pray to St Rita, abused woman, patron saint of the hopeless, carrying the cross, like Ereshkigal, the dark sister at the bottom of the pit.

*Holy Patroness in times of need, St. Rita,  
whose pleadings before our Divine Lord are almost irresistible,  
who for thy lavishness in granting favors  
has been called the Advocate of the Hopeless and even of the impossible.  
St. Rita, so humble, so pure, so mortified, so patient and of such compassionate love for thy  
Crucified Lord,  
that thou couldst obtain from Him whatsoever thou askest,  
on account of which all confidently have recourse to thee expecting,  
if not always relief, at least comfort;  
be propitious to our petition,  
show thy power with our Lord and Lady on behalf of thy suppliant;  
be lavish to us,  
as thou hast been in so many wonderful cases,  
for the greater glory of our lord and lady  
for the spreading of thine own devotion,  
and for the consolation of those who trust in thee.*

We bring our **petitions** to St. Rita...those prayers that feel totally impossible, hopeless and desperate.

Like Inanna we descend through our souls and our seven chakras removing all that we no longer need. Each of the seven sorrows of Our Lady takes us through our own bodies from our crown down to our root chakra. At each of the Seven Gates to the Underworld, Inanna must surrender an 'adornment' (an aspect of Herself that She identifies closely with but must nevertheless give up in order to complete Her journey). As She surrenders Her crown, Her earrings, Her necklace, and so forth, She asks each time, "What is this?" and a voice answers, "Quiet, Inanna! The ways of the Underworld are perfect and may not be questioned." Eventually She finds Herself completely naked and ready to undergo transformation, dying and being reborn.



## **The Seven Sorrows of Our Lady**

**Begin** with the Sign of the Cross:

*In the name of Father, and of the Son, and of the Holy Spirit. [Feel free to substitute "Child" for Son and "Holy Mother" for Holy Spirit if you want.]*

**Next** (at Our Lady's request) recite the following words from the **Gospel According to the Dark:**

*Lift a stone from the earth and let it fall: it can only seek its Mother. All wisdom lies in this. All folly is tossing stones at the heavens and willing them to fly. I who am your Mother tell you these things. I tell you nothing but what is true. This is the first word to carry to the nations. Drop your stones and see if even one of them will fly.*

**On the First Medal:** announce: ***The Prophecy of Simeon*** and recite one Our Father. Recite a Hail Mary on each of the seven beads which follow, and end with the words: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Second Medal:** announce: ***The Flight into Egypt***. Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Third Medal:** announce: ***The Loss in the Temple***. Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Fourth Medal:** announce: ***The Road to Calvary***. Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Fifth Medal:** announce: ***The Crucifixion***. Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Sixth Medal:** announce: ***The Pieta***." Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the Seventh Medal:** announce: ***The Burial***. Say one Our Father, seven Hail Marys, and conclude: *O most Sorrowful and Immaculate Heart of Mary, pray for us.*

**On the three beads of the pendant,** recite Hail Marys. Then, holding the cross or medal at the end, say three times: *O Mary, who was conceived without sin and who suffered for us, pray for us!*

**Having reached the Underworld we Invite THE DEAD to join us and assist Rita and Our Lady with our petitions.**

Then say the **Memorare to Our Lady of Sorrows:**

*Remember, O most Sorrowful Virgin Mary, that never was it known that anyone who fled to Thy protection, implored Thy help, or sought Thine intercession was left unaided. Inspired by this confidence, I fly unto Thee, O Virgin of virgins, my Mother; to Thee do I come, before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in Thy mercy hear and answer me. Amen.*

**END** with the Sign of the Cross.

**On the EIGHTH DAY we will ALSO do the THE SEVEN JOYS (THE FRANCISCAN CROWN) as we begin our ascent. On the NINTH DAY we ONLY do the Seven Joys.**

### **The Seven Joys of Our Lady**

**1. The First Joy of Our Lady is the Annunciation**, corresponds to the Root Chakra at the base of the spine, the color of which is red. In Our Lady's body it represents the molten core at the center of our planet that warms the Earth from within.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(followed by one Our Father, ten Hail Marys)**

**2. The Second Joy of Our Lady is the Visitation**, corresponds to the Sacral Chakra just below the navel, the color of which is orange. In Our Lady's body it represents the rock and soil that nurtures and supports all life on Earth, the generative matrix from which everything grows.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(followed by one Our Father, ten Hail Marys)**

**3. The Third Joy is the Nativity**, corresponds to the Solar Chakra between the navel and diaphragm, the color of which is yellow. In Our Lady's body it represents the root systems that connect all life, filling us with creativity, confidence, and power.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(Followed by one Our Father, ten Hail Marys)**

**4. The Fourth Joy is the Adoration of the Magi**, corresponds to the Heart Chakra, the color of which is green. In Our Lady's body it represents all things green and growing.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(followed by one Our Father, ten Hail Marys)**

**5. The Fifth Joy is the Finding at the Temple**, corresponds to the Throat Chakra, the color of which is blue. In Our Lady's body it represents pure, life-giving water in all its myriad forms.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(followed by one Our Father, ten Hail Marys)**

**6. The Sixth Joy is the Resurrection,** \ corresponds to the Third Eye Chakra located at the center of the forehead, the color of which is indigo. In Our Lady's body it represents Sol, the sun that clothes Her form in prophetic glory and power.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(followed by one Our Father, ten Hail Marys)**

**7. The Seventh Joy is the Coronation of Our Lady,** corresponds to the Crown Chakra located just beyond the top of the head, the color of which is violet. In Our Lady's body it represents the Moon below Her feet—Her true Throne from time immemorial.

**(recited by all)**

*The rosary is My body,  
And My body is the body of the world.  
Your body is one with that body.  
What cause could there be for fear?*

**(Followed by one Our Father and TWELVE HAIL MARYS, concluding with the words of Revelation 12.1 to complete THE STELLAR CROWN)**

*“And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars.”*

**(recited by all)**

*Hail Mary, full of grace, the Lord is with thee.  
Hail Mary, full of grace, the Lord is with thee.  
Hail Mary, full of grace, the Lord is with thee.*