

# Our Lady of Sorrows

Today is the feast of Our Lady of Sorrows. St. John the Evangelist wrote in his Gospel that Mary was overwhelmed with grief as she stood at the foot of Jesus' cross. There are traditionally seven sorrows of Mary: the prophecy of Simeon, the flight into Egypt, the loss of the child Jesus for three days, meeting Jesus on the way to Calvary, Jesus being taken down from the cross, and Jesus laid in the tomb.