



ALPHA + OMEGA  
God's Way Till Eternity

Behold, he cometh with the clouds, and every eye shall see him, and they also that pierced him. And all the tribes of the earth shall bewail themselves because of him. Even so.

Amen.

I am Alpha and Omega, the beginning and the end, saith the Lord God, who is, and who was, and who is to come, the Almighty.

Revelation 1:7-8

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## The Seven Sorrows Rosary

*The Rosary of the Seven Sorrows dates back to the 13<sup>th</sup> century but has gained popularity since 1982, when Mother Mary appeared to three visionaries in Kibeho, Rwanda<sup>1</sup>. Mother Mary asked the young visionary, Marie-Claire Mukangango, to reintroduce this special Rosary to the world. Marie-Claire travelled widely to teach it to thousands of people before she was killed in the genocide of more than a million people in Rwanda. This tragedy was foretold through visions of rivers of blood, which the young people in Kibeho received several years before the killings.*

*The primary message of our Lady of Kibeho is "repent, repent, repent: convert while there is still time". Our Blessed Mother described the world as "being in revolt against God" and that the world "is on the edge of catastrophe". In another message to the visionaries, we are told, "The world hastens to its ruin, it will fall into the abyss... The world is rebellious against God, it commits too many sins, it has neither love nor peace. If you do not repent and do not convert your hearts, you will fall into the abyss."*

*The texts below have been extracted from various Internet sources<sup>2</sup> that promote the Rosary of our Lady of Kibeho, with some contextual enhancements.*

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### The promises of the Seven Sorrows Rosary

The Holy Virgin Mary promised that when prayed with an open and repentant heart, the Seven Sorrows Rosary would win us the Lord's forgiveness for our sins, and free our souls from guilt and remorse. She also promised that over time, the Rosary would develop within us a deep understanding of why we sin. That knowledge would give us the wisdom and strength to change our ways and instead, be filled with God's love, joy and peace in our hearts.

*"What I ask you, is to ask for forgiveness. If you recite this Rosary by meditating, you will find in you the strength to return to God. These days, people no longer know how to ask for forgiveness: they continue to crucify the Son of God" (Mother Mary to Marie-Claire Mukangango, 31/05/1982)*

This Rosary has the power to produce in our hearts an inner conversion to turn away from sin because it is this sin that continually crucifies Jesus<sup>3</sup>, inflicting the most horrific pains on his Sacred Heart and the Immaculate Heart of Mary. When praying this Rosary, reflect, meditate and pray from the depths of your heart. On each of the Seven Sorrows, take a moment to meditate on the magnitude of Mary's sufferings, and the strength of our Blessed Mother's love.

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<sup>1</sup> In 2001, the Catholic Church recognised the apparitions of the three visionaries: Alphonsine Mumureke, Nathalie Mukamazimpaka and Marie Claire Mukangango.

<sup>2</sup> Texts have been extracted from [www.kibeho-sanctuary.com](http://www.kibeho-sanctuary.com) and [www.sorrowfulmother.net](http://www.sorrowfulmother.net).

<sup>3</sup> "And are fallen away: to be renewed again to penance, crucifying again to themselves the Son of God, and making him a mockery." (Hebrews 6:6)

*“This world is not paradise. Yes, there are beautiful roses, but roses also have thorns, as my Son Jesus encountered hardships and excruciating pains. I, his Mother, received seven sorrows, watching my Son Jesus being persecuted, falsely accused, carrying the cross, laying his dead body in my arms and many more pains, but it had to be this way. It was all planned and mapped even before my Son Jesus was born, and also with me, his Mother, being chosen by our Father God. I also had beautiful times of joy and also a sword in my heart and trials as I was the spouse of St Joseph. We were the Holy Family of Nazareth, but we had to undergo many pains, thorns and trials in our lives like a normal family goes through in this world. Be patient, tolerant and accept your wins and failures with love and dignity. The reward will be one day in eternity.” (Mother Mary to Fernanda de Sequeira, 08/06/2017)*

## Opening Prayer

In the name of the Father [right hand on your forehead] and the Son [right hand on your chest] and the Holy Spirit [right hand on your left shoulder, followed by your right shoulder]. Amen.

My Holy Triune God, I offer you this Rosary for your glory in honour of the principal sorrows of my Blessed Mother Mary, the Mother of the Saviour of the world, so I can share and meditate upon her suffering and, through her, the suffering of Jesus.

[Include your prayer request, such as] ...I humbly ask for the gifts of humility and wisdom so that I can be made aware of my sins and be brought to true repentance through the Sacrament of Confession<sup>4</sup>. O my God, I am heartily sorry for having offended and hurt you. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who is all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen...

[Hail Mary](#) [repeat three times] ...

In compassion for our sorrowful Mother’s tears and to offer our tears in union with hers.

Most Merciful Mother, remind us always about the sorrows of your Son Jesus. Amen.

## The First Sword of Sorrow: the Prophecy of Simeon

### Meditation

*“And after the days of her purification, according to the law of Moses, were accomplished, they carried him to Jerusalem, to present him to the Lord: As it is written in the law of the Lord: Every male opening the womb shall be called holy to the Lord: And to offer a sacrifice, according as it is written in the law of the Lord, a pair of turtledoves, or two young pigeons: And behold there was a man in Jerusalem named Simeon, and this man was just and devout, waiting for the consolation of Israel; and the Holy Spirit was in him. And he had received an answer from the Holy Spirit, that he should not see death, before he had seen the Christ of the Lord. And he came by the Spirit into the temple. And when his parents brought in the child Jesus, to do for him according to the custom of the law, he also took him into his arms, and blessed God, and said: Now thou dost dismiss thy servant, O Lord, according to thy word in peace; because my eyes have seen thy salvation, which thou hast prepared before the face of all peoples: A light to the revelation of the Gentiles, and the glory of thy people Israel. And his father and mother were wondering at those things which were spoken concerning him.*

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<sup>4</sup> See [“Guidelines on Making a Comprehensive and Contrite Confession”](#) in [“Resources”](#) on [www.alpha-omega.org.za](http://www.alpha-omega.org.za).

*And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted; and thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed.” (Luke 2:22–35)*

The Blessed Virgin knew that she had given birth to the Saviour of the world, so she immediately understood and accepted Simeon’s prophecy. Although her heart was deeply touched by this favour of bearing the Baby Jesus, her heart remained heavy and troubled, for she knew what had been written about the suffering and the death of the Saviour. Whenever she saw her Son, she was constantly reminded of the suffering to which he would be subjected, and his suffering became her own.

### **Prayer**

[Optional] ...Beloved Mother Mary, whose heart suffered beyond bearing because of us, teach us to suffer with you and to accept our crosses in love of God and neighbour. May our suffering, like yours, be kept in our hearts and known to God only, to help bring alleviation to Jesus’ ongoing sacrifice in atonement for our sins and those of the whole world...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most Merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## **The Second Sword of Sorrow: the Flight into Egypt**

### **Meditation**

*“And after they were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise, and take the child and his mother, and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy him. Who arose, and took the child and his mother by night, and retired into Egypt: and he was there until the death of Herod: That it might be fulfilled which the Lord spoke by the prophet, saying: Out of Egypt have I called my son.” (Matthew 2:13–15)*

Mary was greatly troubled when Joseph revealed to her the words of the angel: that they should wake up quickly and flee because Herod wanted to kill the infant Jesus. The Blessed Virgin hardly had time to decide what to take or leave behind. She took the child Jesus, left everything and rushed outside before Joseph so they could hurry as God wished. Then she said, “Even though God has the power over everything, he wants us to flee with Jesus, his Son. God will show us the way and we shall arrive without being caught by the enemy.” The Blessed Virgin’s heart was deeply troubled at the sight of her infant Son’s discomfort, and she suffered greatly because he was cold and shivering. While she and her husband were tired and hungry during this long travel, Mary’s only thought was about the safety and comfort of her child. She feared coming face to face with the soldiers who had been ordered to kill Jesus, because she was aware that the enemy was still in Bethlehem. Her heart remained constantly anguished during this flight. She also knew that where they were going, there would be no friendly faces to greet them.

### **Prayer**

[Optional] ...My Blessed Mother Mary, you endured a suffering, which we cannot name, by carrying the infant Jesus into exile. Teach us to accept our daily sufferings. Teach us to be courageous and to trust in God like you did, so that we should never be discouraged when the world rejects or

persecutes us. Through the merits of your sorrowful exile on earth, help us in our exile to invite Jesus into our hearts so that we too can see the blessed fruit of thy womb, Jesus...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## The Third Sword of Sorrow: the Loss of Jesus in the Temple

### Meditation

*“And his parents went every year to Jerusalem, at the solemn day of the pasch, And when he was twelve years old, they going up into Jerusalem, according to the custom of the feast, And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him. And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions. And all that heard him were astonished at his wisdom and his answers. And seeing him, they wondered. And his mother said to him: Son, why hast thou done so to us? Behold thy father and I have sought thee sorrowing. And he said to them: How is it that you sought me? Did you not know, that I must be about my father's business? And they understood not the word that he spoke unto them. And he went down with them, and came to Nazareth, and was subject to them. And his mother kept all these words in her heart. And Jesus advanced in wisdom, and age, and grace with God and men.” (Luke 2:41–52)*

Jesus was the Only Begotten Son of God, but he was also Mary's child. The Blessed Virgin received the gift of exceptional love – that is the grace to love far more than most parents love their children. She loved Jesus more than herself because he was her God. When Mary lost Jesus on their way back from Jerusalem, the world became so big and lonely that she believed she couldn't go on living without him, so great was her sorrow – she felt the same pain her Son felt when later, his apostles abandoned him during his passion. As the holy Mother sorrowfully looked for her beloved Son, deep pain welled in her heart. She asked herself why she had not taken better care of him. However, it was not her fault: this was all part of God's plan, and she came to understand that Jesus no longer needed her protection.

### Prayer

[Optional] ...Beloved Mother, teach us to accept all of our sufferings because of our sins and those of the whole world. Lead us to your Son Jesus so that we too can become his voice in the world...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most Merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## The Fourth Sword of Sorrow: Mary Meets Jesus on the Way to Calvary

### Meditation

*“And there followed him a great multitude of people, and of women, who bewailed and lamented him. But Jesus turning to them, said: Daughters of Jerusalem, weep not over me; but weep for yourselves, and for your children. For behold, the days shall come, wherein they will say: Blessed are*

*the barren, and the wombs that have not borne, and the paps that have not given suck. Then shall they begin to say to the mountains: Fall upon us; and to the hills: Cover us. For if in the green wood they do these things, what shall be done in the dry?"* (Luke 23:27–31)

Mary, by now a widow, as Joseph had passed on, witnessed Jesus carrying the heavy cross alone – the cross on which he was to be crucified. This didn't surprise the Blessed Virgin because she already knew about the approaching death of our Lord. Already weakened by the numerous hard blows from the soldiers' clubs, Jesus' body resembled that of a corpse carrying the cross, and she was filled with anguish at his pain. The soldiers kept hurrying and pushing him, though he had no strength left. Exhausted and racked with excruciating pains, he fell, unable to raise himself. At that moment, Mary's eyes, so full of tender love and compassion, met her Son's eyes, which were pained and covered in blood. Their hearts seemed to be sharing the load: every pain he felt, she felt, too. They knew that nothing could be done except to believe and trust in God and to dedicate their suffering to him. All they could do was put everything in God's hands.

### **Prayer**

[Optional] ...Beloved Mother, so stricken with grief, help us to bear our own suffering with courage and love so that we may relieve your sorrowful heart. In doing so, may we give glory to God, who gave you and Jesus to humanity. As you suffered, teach us to suffer silently and patiently. Grant unto us the grace of loving God in everything. O Mother of Sorrows, most afflicted of all mothers, pray for us sinners now and at the hour of our death. Amen...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## **The Fifth Sword of Sorrow: Mary Stands at the Foot of the Cross**

### **Meditation**

*"Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen. When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother. And from that hour, the disciple took her to his own."* (John 19:25–27)

The Blessed Virgin Mary continued to climb the mount to Calvary, following behind Jesus, painfully and sorrowfully with deep anguish, suffering silently. She could see him repeatedly staggering and falling with the cross, and she witnessed the soldiers beating her Son, pulling his hair to force him to stand up. Despite his innocence, when Jesus reached the top of Calvary, he was ordered to confess in front of the crowd so they could laugh at him. Mary deeply felt her Son's pain and humiliation, particularly when his tormentors forced him to strip off what was left of his clothing. The Blessed Virgin felt sick in her heart seeing her Son being crucified, naked and terribly shamed merely to amuse the jeering crowd (Jesus and Mary felt more disgrace than other people because they were without sin). The Blessed Virgin Mary felt pain beyond bearing when Jesus was stretched out on the cross. His murderers sang merrily as they approached him with hammers and nails. They sat on him heavily so that he could not move when they spiked him to the wood. As they hammered the nails through his hands and feet, Mary felt the blows in her heart and the nails piercing her flesh as they tore into her Son's body. She felt her life fading away. As the soldiers lifted the cross to drop it into the hole they had dug, they deliberately jerked it, causing the force of Christ's body weight to tear through his flesh and expose his bone. The pain shot through his body like liquid fire. Jesus endured

three excruciating hours skewered on the cross, yet the physical pain was nothing compared with the agonising heartache he was forced to bear, seeing his Mother suffering below him. Mercifully, he finally died.

### **Prayer**

[Optional] ...Thank you, my Blessed Mother Mary, for your courage as you stood beneath your dying Son while he was being brutally crucified on the cross to redeem us from our sins and to save us from the fires of hell. As our loving Jesus drew his last breaths on earth, he gifted you to us as our Mother, the Mother of the whole world. Thank you for your undying love for each one of us, without exception, despite the pains we inflict on you and your Son as a result of our sins. Thank you for continually interceding for us at the foot of the cross of Jesus and for being our most gracious advocate before his Throne of Mercy and Grace. Pray for us, O holy Mother of God, that we may accept our crosses in life as gifts from God, and be made worthy of the promises of Christ. Thank you Jesus for gifting your Blessed Mother to us as our Mother...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## **The Sixth Sword of Sorrow: Mary Receives the Dead Body of Jesus in Her Arms**

### **Meditation**

*“And after these things, Joseph of Arimathea (because he was a disciple of Jesus, but secretly for fear of the Jews) besought Pilate that he might take away the body of Jesus. And Pilate gave leave. He came therefore, and took the body of Jesus. And Nicodemus also came, (he who at the first came to Jesus by night,) bringing a mixture of myrrh and aloes, about a hundred pound weight. They took therefore the body of Jesus, and bound it in linen cloths, with the spices, as the manner of the Jews is to bury.” (John 19:38–40)*

The friends of Jesus, Joseph and Nicodemus, took down his body from the cross and placed it in the outstretched arms of the Blessed Virgin. Then, Mary washed it with deep respect and love because she was his Mother. She knew better than anyone else that he was God incarnate, who had taken a human body to become the Saviour of all people. Mary could see the terrifying wounds from Jesus' brutal flogging. His flesh had been shredded and large strips had been torn from his back. His entire body had been so lacerated that it was criss-crossed from head to toe with gaping wounds. Mary found that the wounds from the nails were less severe than those caused by the flogging and by carrying the cross. She was horrified at the thought that her Son had managed to carry the heavy, splintered cross all the way to Calvary. She saw the circle of blood that the Crown of Thorns had made on his forehead and, to her horror, realised that many of the barbed thorns had dug so deeply into his skull they had penetrated his brain. Looking at her broken Son, the holy Mother knew that his agonising death was far worse than the torture reserved for the most wicked of criminals. As she cleaned his damaged body, she envisioned him during each stage of his short life, remembering her first look at his beautiful new-born face as he lay in the manger, and every day in between, until this heart-rending moment as she gently bathed his lifeless body. Her anguish was relentless as she prepared her Son and Lord for burial, but she remained brave and strong, becoming the true Queen of Martyrs. As she washed her Son, she prayed that everybody would know the riches of paradise and enter the gates of heaven. She prayed for every soul in the world to embrace God's love, so her

Son's torturous death would benefit all humankind and not be in vain. Mary prayed for the world. She prayed for all of us.

### **Prayer**

[Optional] ...Beloved Mother, Queen of the Martyrs, give us the courage you had in all your sufferings so that we may unite our sufferings with yours and your Son's, giving glory to God the Father, God the Son and God the Holy Spirit. Help us to obey all of God's commandments, so that Jesus' sacrifice will not be in vain, and all sinners in the world will be saved...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## **The Seventh Sword of Sorrow: the Body of Jesus Is Placed in the Tomb**

### **Meditation**

*"Now there was in the place where he was crucified, a garden; and in the garden a new sepulchre, wherein no man yet had been laid. There, therefore, because of the parasceve of the Jews, they laid Jesus, because the sepulchre was nigh at hand." (John 19:41-42)*

The life of the Blessed Virgin Mary was so closely linked to that of Jesus that she thought there was no reason to continue living. Her only comfort was that Jesus' death had ended his unspeakable suffering. Our Sorrowful Mother, with the help of John and the holy women, devoutly placed Christ's body in the sepulchre and left him. She went home with great pain and tremendous sorrow. For the first time, she was without him and her loneliness was a new and bitter source of pain. Her heart had been dying since her Son's heart had stopped beating, but she was certain that our Saviour would soon be resurrected.

### **Prayer**

[Optional] ...Most Beloved Mother, whose beauty surpasses that of all mothers, Mother of Mercy, Mother of Jesus, and Mother to us all, we are your children and we place all our trust in you and your Son Jesus. Teach us to see God in all things and all situations, even our suffering. Help us to understand the importance of suffering, and to know the purpose of our suffering. You yourself were conceived and born without sin, were preserved from sin, yet you suffered more than anybody else. You accepted suffering and pain with love and with unsurpassed courage. You stood by your Son from the time he was arrested until he died. You suffered along with Jesus, felt his every pain and torment. You accomplished the will of God the Father, and according to his will, you have become our Mother, our new Eve. We beg you, dear Mother, to teach us to do as Jesus did. Teach us to accept our cross courageously and to make sacrifices for all the sinners in the world. Help us to receive the Body and Blood of Christ worthily in Holy Mass through regular and contrite Confession. Help us to share in your Son Jesus' living sacrifice in Holy Mass and to follow in his footsteps: forgiving our enemies, praying for everyone without exception, and being willing to lay down our lives for others...

[Our Father ... Hail Mary](#) [repeat seven times] ...

Most merciful Mother, remind us always about the sorrows of your Son, Jesus. Amen.

## Concluding prayer

Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen.

Mary, who was conceived without sin and who suffered for us, pray for us [repeat three times].

In the name of the Father [right hand on your forehead] and the Son [right hand on your chest] and the Holy Spirit [right hand on your left shoulder, followed by your right shoulder]. Amen.