

Introduction:

Discover Hope Through the Seven Sorrows of Mary

Our Mission leader is Father Peter Turrone, a Catholic priest in the Archdiocese of Toronto. He completed his undergraduate degree in psychology from York University and earned his masters and doctorate degrees in medical science and neuroscience at the University of Toronto. He completed his philosophy degree through the Oratory of St. Phillip Neri and later completed his theology degree at the Pontifical Urban University in Rome. He worked as a missionary among the poor in the Mongolian desert for almost three years. He was ordained to the priesthood in September 2012.

Father Peter offers a moving series of reflections on the Seven Sorrows of Mary, uncovering her profound faith, love, and resilience.

These meditations invite you to deepen your relationship with Mary, the Mother of Sorrows, who shared intimately in the suffering of her Son, Jesus Christ.

Through Scripture, prayer, and thoughtful reflection, Fr. Peter will guide you in contemplating Mary's pivotal sorrows, including Simeon's prophecy at the Presentation in the Temple, the Flight into Egypt to protect the infant Jesus, and her steadfast presence at the Passion and burial of her Son. These moments reveal Mary's unwavering trust in God's promises, even amid unimaginable pain.

Mary's sorrowful heart remains a source of consolation and strength for all who seek her intercession, inspiring us to face life's challenges with courage and hope.

These reflections are available on:

- YouTube channel at **youtube.com/dailymass**
- Website at **dailymass.com**
- Daily TV Mass App
- Daily TV Mass Podcast

For more information email **info@ncbc.ca**

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FIRST SORROW:

The Prophecy of Simeon



Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him.

It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying,

"Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel."

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too."

Luke 2:25-35

REFLECTION

Imagine what the Blessed Virgin Mary and St. Joseph felt like as they carried baby Jesus into the Temple. The words from the Archangel must have been repeating within Mary's mind and heart. *"He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end."* (Lk 1:32-33)

Upon entering the Temple, the holiest place on earth for the Jewish people, they begin to pass through the different courts. Then, they meet Simeon who warmly embraces the infant Jesus. Filled with the Holy Spirit, he begins to praise God for his faithfulness.

Mary's and Joseph's hearts must have been overwhelmed with spiritual joy.

"...my eyes have seen your salvation, which you have prepared in the presence of all peoples..."
(Lk 2:30-1)

But then, Simeon continues... *"This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too."* (Lk 2:34-5)

This was the first time both Mary and Joseph heard that suffering was going to be part of Jesus' life. I can only imagine the anxiety they must have experienced.

Then, Simeon looks to Mary and tells her that her own life would also be filled with sorrow by virtue of her being Jesus' mother. What did she do? How did she react to such news? Perhaps she kept repeating to herself the inspired words she spoke after Elizabeth praised her for her faithfulness.

"He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever." (Lk 1:54-5)

The Lord is forever faithful. I will trust in him. If he chose me for this mission, he will provide me with everything I need to be faithful to him.

Let us place all our trust in God, knowing that he will provide us with everything we need at the time we need it. He is forever faithful.



SECOND SORROW:

The Flight into Egypt



Now after they had left, an angel of the Lord appeared to Joseph in a dream and said, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him." Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod

Matthew 2:13-15

REFLECTION

Herod was furious that the Magi did not return with news about the whereabouts of the "*king of the Jews*." (Mt 2:3) In his great paranoia, he wanted to do everything within his power to kill the newborn Jesus. He could not tolerate any threats to his power.

The Father sent an angel to warn Joseph of the impending danger. Joseph responded quickly.

He took Mary and Jesus and escaped to Egypt. Simeon's words keep echoing in their hearts: "this child is destined for the falling and the rising of many..." Their hearts must have been filled with anxiety. Imagine hearing

the words, "Herod is about to search for the child, to destroy him." Why would he want to destroy this innocent child?

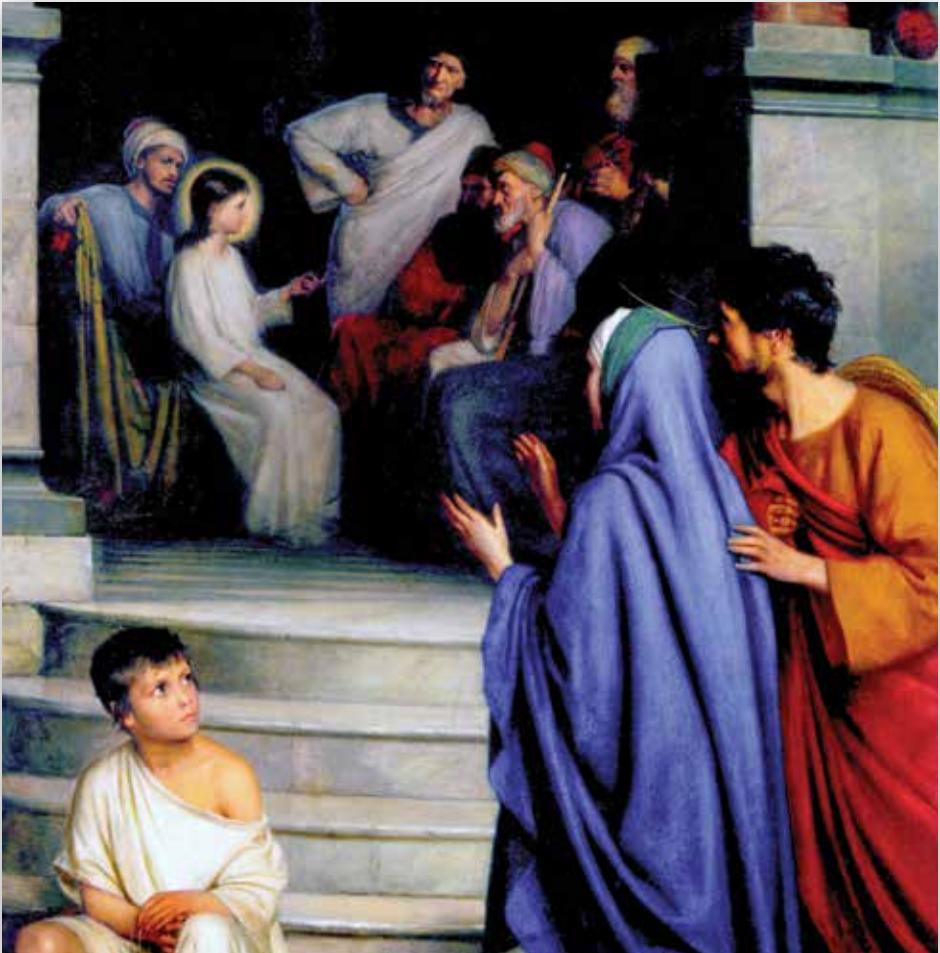
How many persecuted Christian families are trying to escape a dangerous situation in their own countries? They worry about their children. How will we eat? Where will we sleep? What happens if no one helps us?

In Psalm 124 we hear that *"Our help is in the name of the Lord, who made heaven and earth."* (Ps 124:8) Just as the words of the Psalmist rose in the hearts of Mary and Joseph, may they also rise forth in the hearts of those who are forced to flee their homes out of fear. May they find brothers and sisters in the household of faith to care for them.



THIRD SORROW:

Search for the Child in Jerusalem



Now every year his parents went to Jerusalem for the festival of the Passover. And when he was twelve years old, they went up as usual for the festival.

When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but

his parents did not know it. Assuming that he was in the group of travelers, they went a day's journey. Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him.

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers.

When his parents saw him, they were astonished; and his mother said to him, "Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety."

He said to them, "Why were you searching for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them.

Then he went down with them and came to Nazareth and was obedient to them. His mother treasured all these things in her heart. And Jesus increased in wisdom and in years, and in divine and human favor.

Luke 2:41-52

REFLECTION

“ ‘Why were you searching for me? Did you not know that I must be in my Father’s house?’ But they did not understand what he said to them.” The Festival of the Passover is the Jewish celebration which remembers the Hebrew’s liberation from slavery to the Egyptians. When they were returning home to Nazareth Joseph thought Jesus to be with Mary, and Mary thought Jesus was with Joseph since the men and women travelled separately. But he was with neither.

Where is he? What has happened to him? Anxiety begins to fill their hearts. “A sword will pierce your heart.” Simeon’s words once more begin to echo within Mary’s heart. They go back to the Temple to look for Jesus and to pray. “Adonai, [Lord] where is your son? Where is my son? Please return him to me!”

Mary is the first to find him. The love of a mother puts speed in her steps. Tears of relief spring forth from their eyes. Overwhelmed with joy and relief she embraces her son. She then asks, “Why have you done this to us?”

Your father and I have been worried sick.”

Today it might be easier to find a child that goes missing but so many children get lost through addictions, false ideologies, and social media. Parents suffer so terribly when this happens. It is easy to lose hope without God. But he is always there, even when it feels like he is absent. Let us ask Our Lady to increase both hope and courage in the hearts of parents

who worry about their children's salvation. May Mary's prayers, the prayers of the mother who at one time had lost her child help draw them back into the arms of our Mother the Church.



FOURTH SORROW:

Mary Meets Jesus on His Way to the Cross



As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him.

Luke 23:26-27

REFLECTION

There is a very powerful scene in the Passion of the Christ that portrays this moment quite well. Jesus is carrying the cross. He is in agony and is exhausted. He falls to the ground. Mary has been watching him the whole time.

Her heart is flooded with sorrow. The cruelty of the soldiers is unbearable. Even some people in the crowd insult him. Mary breaks through the crowd and runs to her son.

She kneels beside him. She fixes her immaculate gaze unto his own. Their selfless love keeps them focused on the pain of the other. Mary remembers the many times Jesus fell as a child. As a good mother, she was always there to pick him up and console him.

Now, she can no longer physically help him. The weight of his body and the cross are too heavy for her. However, her loving gaze is enough to encourage him onwards.

Jesus looked into many eyes in his earthly journey. Many were cold and inquisitive. Others were filled with hatred and jealousy. The eyes of children were different. They were clear and clean.

Mary's eyes, however, were unlike any created by the Heavenly Father. Her gaze was like looking into heaven itself. The love flowing through them gave Jesus the strength to continue onwards towards Golgotha.



FIFTH SORROW:

Standing at the Foot of the Cross



Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene.

When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son."

Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth.

When Jesus had received the wine, he said, "It is finished."

Then he bowed his head and gave up his spirit.

John 19:25-30

REFLECTION

As we saw in the last Sorrow, The Virgin Mary could not save her son. However, she could stay with him and remain united in spirit. She consoled Jesus by being with him

in his immense suffering that was brought on by our sins.

A few months ago, I had the blessing to meet the daughter of Blessed Franz Jagerstatter from St Radegund, Austria. The movie "A Hidden Life" was based on his true-life story. He was martyred for his refusal to take an oath of fidelity to Hitler.

On August 9th, 1943, the day of his execution, Franz wrote these final words to his beloved wife and children,:

"It was not possible for me to free you from these pains that you now have to suffer for my sake. How hard it must have been for our dear Saviour that he had to cause his dear mother such great pain through his suffering and death, and they suffered all this out of love for us sinners."

Maria, his daughter, told me that she was convinced of her father's sanctity because he wrote those words just before dying. He, like all the saints, understood that the life of Christ and Mary are not just meant to be studied and admired from the outside, but to be experienced within our own lives. Not

just the joys, but also the sorrows as well.

What pain Jesus must have felt in his heart as he watched Mary weep! Yet, he offered her the comfort of John to stand next to her at the cross and he remained with her until her assumption into heaven. May we always remember that Jesus gave Mary to John as his mother. All Christians have her as our mother. May she teach us how to suffer so that we can also prepare ourselves for the great moment of eternal rejoicing in the life to come.



SIXTH SORROW:

The Crucifixion and Descent from the Cross



After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus.

Pilate gave him permission; so, he came and removed his body.

They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews.

John 19:38,40

REFLECTION

St Matthew writes: “...*he will save his people from their sins.*” (Matthew 1:21) These words were spoken to Mary at the Annunciation. The Archangel Gabriel never told her how he would accomplish it.

Now, in her own arms, she understands. The same Jesus she held in her arms as a child, now she holds once more. Now, however, he is dead.

I will never forget the first time I stood by a mother looking at the body of her deceased child. The sorrow was overwhelming. He was in his thirties. Recently married. Very happy. His parents had been away on vacation when he died unexpectedly.

We all met at the funeral home. As I stood at the side of the coffin, the doors were opened for the family to enter. The mother was helped forward by her daughter and husband. There was so much sorrow. She grabbed onto his lifeless body. He was no more. Words were meaningless. We just stood by the grieving mother and wept with her. She looked at us with eyes filled with profound sorrow.

It reminded me of the scene from The Passion of the Christ when Mary is holding Jesus' lifeless body. There is total silence. She looks into the camera. Her eyes are filled with immense pain and sadness. Whose heart is so hard as to not be moved by that scene?



SEVENTH SORROW:

Assisting at the Burial of Christ



Then [Joseph of Arimathea] took down [the body of Jesus], wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments.

Luke 23:53-56

REFLECTION

Faith in the resurrection did not erase Mary's immense interior pain. The rock was rolled across his tomb. She caressed his face for the last time before the rock was rolled across the narrow entrance of the borrowed tomb. How many times did she wipe the crumbs of food from his adorable face when he was a toddler learning to eat on his own?

How many times did she wipe the dirt off his face upon returning home after having played with the village children? The last act she could do for her Divine Son was to wipe the spit and blood off his swollen face. In

silence, John the Apostle and other women accompany her out of the tomb. The soldiers roll the stone. The pain is almost unbearable.

All of us have buried a loved one. It is a painful experience. But to bury a child! Only a parent can truly understand the agony of the mother or father. There are no words apart from God's that can console. The promise of eternal life and the resurrection dampened the pain, but not entirely. Grief must be worked through.

Yet, through all the pain, we know that three days later those same lifeless limbs will be filled with new life in the resurrection. The power flowing from his resurrected body will pass into his beloved mother as he embraces once again.

My brothers and sisters, death does not have the final say, God does. He promises us that we too will be resurrected at His Second Coming. Even though the pain of burying our loved ones is immense, the joy of seeing them once again in the resurrection will be

even greater than anything we can imagine. As we complete our journey through the seven sorrows of Mary, we are reminded of how she shared in the same pain and suffering we all experience in life.



Praying the Seven Sorrows of Mary Rosary

The Seven Sorrows of Mary Rosary is a devotional chaplet reflecting on Mary's deep sorrows, featuring a special rosary with seven decades of seven Hail Mary's, each meditating on a sorrowful event in her life.

On the Cross

In the name of The Father, and The Son, and
The Holy Spirit. Amen.

Introductory Prayer

Heavenly Father, as we meditate on Mary's sorrows, help us trust in Your divine plan.

Blessed Mother, you endured immense suffering beside Jesus. Teach us to embrace trials with courage and faith. May your example inspire us to trust God's promises, uniting our struggles with yours.

Pray 3 Hail Mary's

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

FIRST SORROW OF MARY:

The Prophecy of Simeon

On the first large bead – Pray the Our Father

On the next 7 beads –

Pray the Hail Mary and meditate on:

The Prophecy of Simeon (Luke 2:25-35)



Prayer

Beloved Mother, Simeon's prophecy foretold your sorrow. Though joyful, your heart ached for Jesus' suffering. Help us trust in God amid uncertainty.

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

Amen.

SECOND SORROW OF MARY:

The Flight into Egypt

On the first large bead – Pray the Our Father

On the next 7 beads –

Pray the Hail Mary and meditate on:
The Flight into Egypt (Matthew 2:13-15)



Prayer

Mother Mary, you fled to Egypt to protect Jesus, trusting God's providence. Strengthen those facing hardship, helping them find refuge in faith.

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

Amen.

THIRD SORROW OF MARY:

The Search for the Child in Jerusalem

On the first large bead – Pray the Our Father

On the next 7 beads –

**Pray the Hail Mary and meditate on:
The Search for the Child in Jerusalem
(Luke 2:41-52)**



Prayer

**Mother Mary, your heart ached searching for
Jesus. Pray for those lost in doubt. Help us
seek Him with unwavering faith.**

**Most Merciful Mother, remind us always
about the Sorrows of your Son, Jesus.**

Amen.

FOURTH SORROW OF MARY:

Mary Meets Jesus on His Way to the Cross

On the first large bead – Pray the Our Father

On the next 7 beads –

**Pray the Hail Mary and meditate on:
Mary Meets Jesus on His Way to the Cross
(Luke 23:26-27)**



Prayer

Beloved Mother, your heart broke as
Jesus carried His cross. Teach us to
persevere through suffering, offering
love amid trials.

**Most Merciful Mother, remind us always
about the Sorrows of your Son, Jesus.**

Amen.

FIFTH SORROW OF MARY:

Standing at the Foot of the Cross

On the first large bead – Pray the Our Father

**On the next 7 beads –
Pray the Hail Mary and meditate on:
Standing at the Foot of the Cross
(John 19:25-30)**



Prayer

Mother Mary, at the Cross, you stood steadfast in sorrow. Help us trust in Jesus' sacrifice, uniting our pain with His.

**Most Merciful Mother, remind us always
about the Sorrows of your Son, Jesus.**

Amen.

SIXTH SORROW OF MARY:

The Crucifixion and Descent from the Cross

On the first large bead – Pray the Our Father

On the next 7 beads –

**Pray the Hail Mary and meditate on:
The Crucifixion and Descent from the
Cross (John 19:38,40)**



Prayer

Mother Mary, you cradled Jesus' lifeless
body, sorrowful yet trusting in God's plan.
Teach us to endure grief with faith.

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

SEVENTH SORROW OF MARY:

Assisting at the Burial of Christ

On the first large bead – Pray the Our Father

On the next 7 beads –

Pray the Hail Mary and meditate on:

Assisting at the Burial of Christ
(Luke 23:53-56)



Prayer

Mother Mary, you laid Jesus in the tomb with sorrow and hope. Teach us to trust in the promise of resurrection.

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

Amen.

Concluding Prayer

Queen of Sorrows, through your tears, we see the depth of your faith. Strengthen us to bear our own crosses, trusting in God's plan. May your example inspire us to offer our suffering for the salvation of souls, uniting it with Christ's ultimate sacrifice.

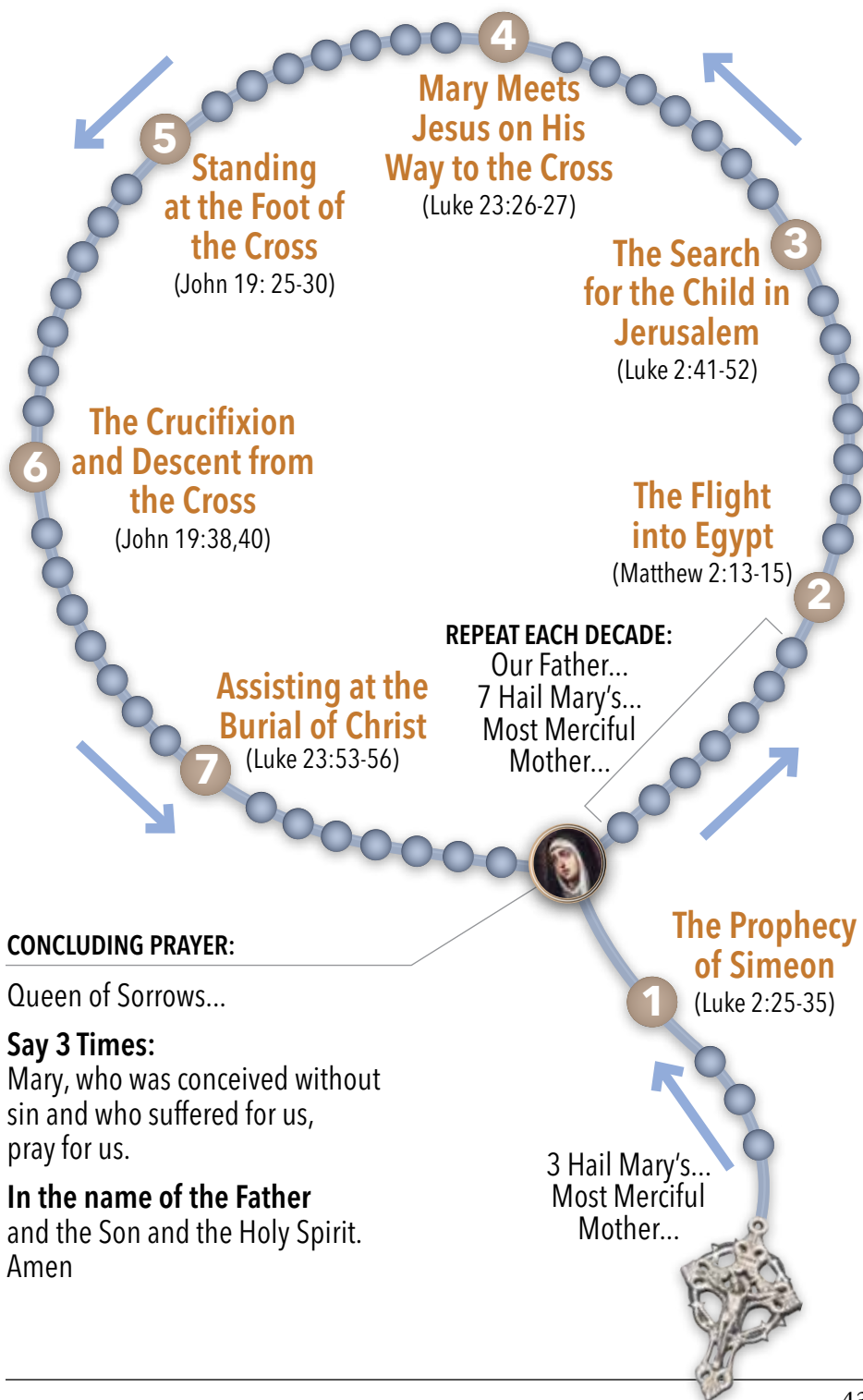
Say 3 Times:

Mary, who was conceived without sin and who suffered for us, pray for us.

Sign of the Cross



THE SEVEN SORROWS ROSARY



Holy Mary, Mother of God

Mary, Virgin and Mother, shows us what love is and whence it draws its origin and its constantly renewed power. To her we entrust the Church and her mission in the service of love:

Holy Mary, Mother of God, you have given the world its true light, Jesus, your Son - the Son of God. You abandoned yourself completely to God's call and this became a wellspring of the goodness which flows forth from him. Show us Jesus. Lead us to him. Teach us to know and love him, so that we too can become capable of true love and be fountains of living water in the midst of a thirsting world.

Pope Benedict XVI



Hail Holy Queen, Mother of Mercy

Our life,
our sweetness,
and our hope.
To Thee do
we cry, poor
banished
children of
Eve. To thee
do we send
up our sighs,
mourning



and weeping in this vale of tears. Turn then,
most gracious advocate, thine eyes of mercy
towards us, and after this, our exile, show
unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.
Pray for us, O Holy Mother of God, that
we may be made worthy of the promises
of Christ.

Amen.

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly
servant.

From this day all generations will call me
blessed:

the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their
thrones,

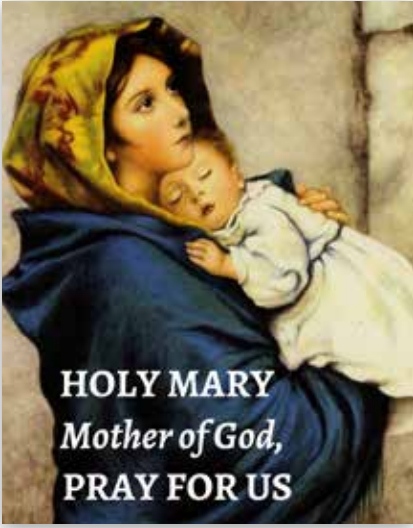
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Glory to the Father and to the Son and
to the Holy Spirit,

as it was in the beginning, is now,
and will be forever. Amen.



My Prayer List

SPIRITUAL REFLECTIONS SERIES

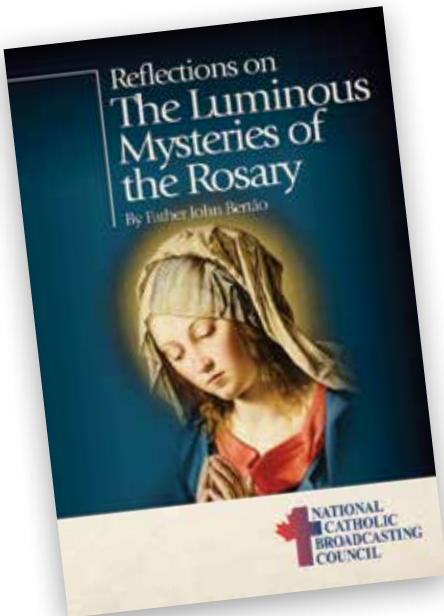
The National Catholic Broadcasting Council offers a series of Spiritual Reflections and other resources on our website www.dailytvmass.com. For more information contact us at: 1-888-383-6277.

Reflections on The Luminous Mysteries of the Rosary

Father John Bertão

Father John Bertão shares a reflection on the Luminous Mysteries. (Baptism of Christ,

Wedding at Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist). These newest of the Mysteries of the Rosary, established by St. Pope John Paul II in 2002, have been called “Mysteries of Light” and are messages of enlightenment and hope.



Reflections on The Sorrowful Mysteries of the Rosary

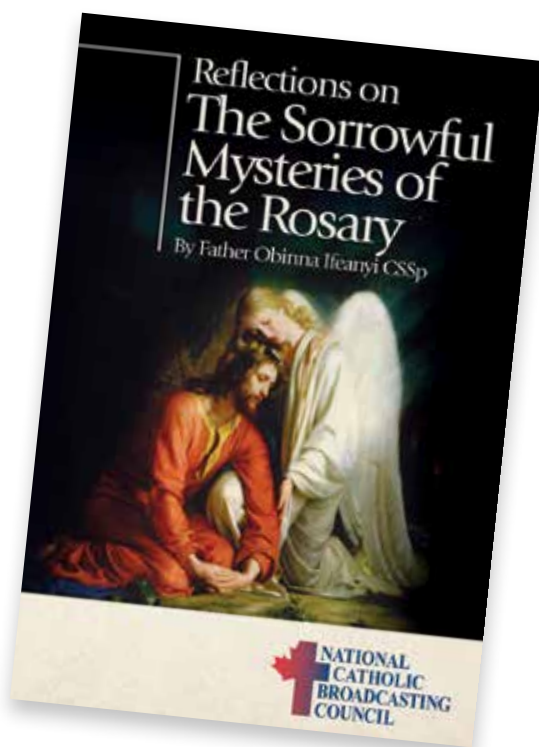
Fr. Obinna Ifeanyi, CSSp.

Fr. Obinna Ifeanyi, CSSp., shares a reflection on the Sorrowful Mysteries. These 5 mysteries help us to enter into the passion and death of our Lord.

Fr. Obinna is a member of the Spiritan Province of TransCanada. Father Obinna, like many Spiritans is dedicated to Catholic Education.

He is a teacher in the Toronto Catholic District School Board.

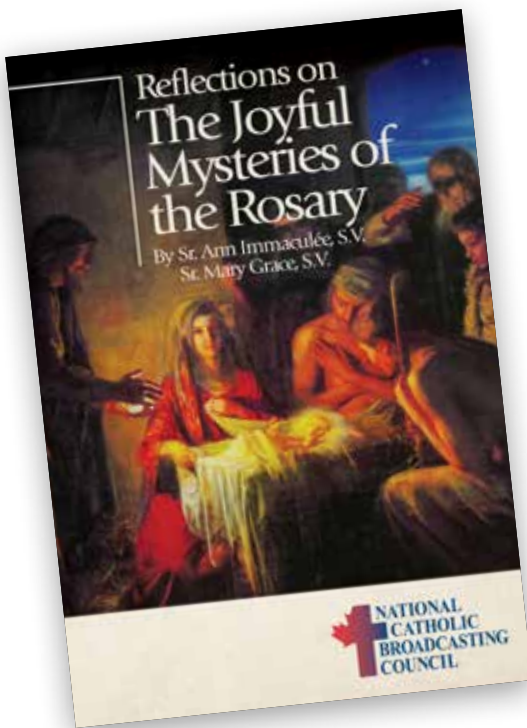
Videos available at:
[dailytvmass.com/
yearly-mission/](http://dailytvmass.com/yearly-mission/)



Reflections on The Joyful Mysteries of the Rosary

Sr. Ann Immaculée, S.V., Sr. Mary Grace, S.V

Sr. Ann Immaculée and Sr. Mary Grace, of the Sisters of Life collaborated on a set of reflections on the Joyful Mysteries of the Rosary.



The Joyful Mysteries begin with Mary's yes to God at the Annunciation, her meeting with Elizabeth her cousin and then the birth of Jesus. In the final two mysteries we travel with Mary to the temple for the Presentation of the Lord and then back to the temple in the final

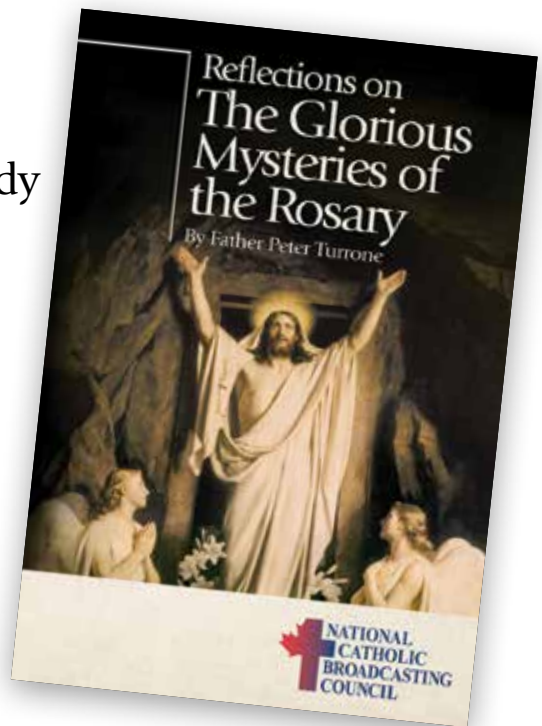
mystery as Mary and Joseph find the young Jesus teaching in the temple.

Pope Francis reminds us that "whenever we look to Mary, we come to believe once again in the revolutionary nature of love and tenderness." (The Joy of the Gospel, 288)

Reflections on the Glorious Mysteries of the Rosary

Father Peter Turrone

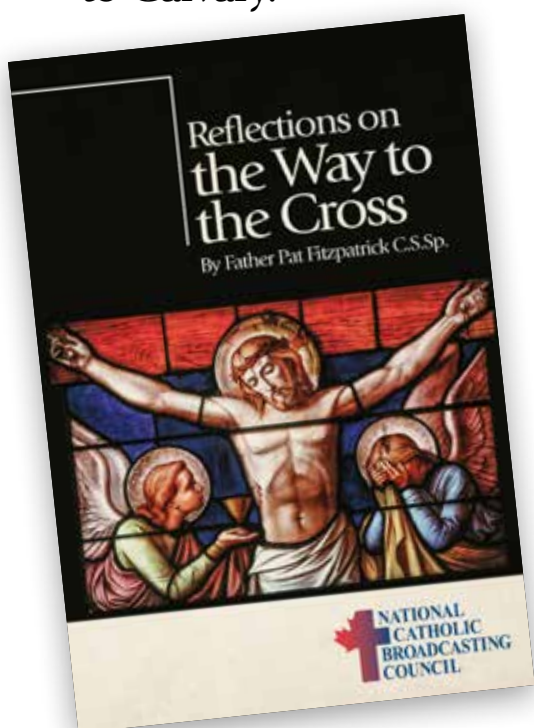
In these five mysteries we celebrate the Resurrection of Jesus, the Ascension of Jesus into Heaven, the Descent of the Holy Spirit at Pentecost, the Assumption of Mary into Heaven and the Coronation of Our Lady in Heaven.



Reflections on the Way to the Cross

Father Pat Fitzpatrick C.S.Sp.

We come face to face with Christ in those who suffer. Through these Stations of the Cross, we follow in Jesus' footsteps from Pilate's palace to Calvary.



We mark ourselves with the sign of the cross and walk with Fr. Pat Fitzpatrick on the way to the cross. This is not the traditional Way of the Cross, as it invites us to join with the faithful followers of Christ, especially his mother, and to enter into the passion and death of Jesus our Saviour.

The Mass: The Mystery at the Centre of Salvation

Father Michael Coutts, S.J.

Pope Francis recently shared that:

"The Eucharistic Celebration is much more than a simple banquet: it is exactly the memorial of Jesus' Pascal Sacrifice, the mystery at the centre of salvation...

every time we celebrate this Sacrament we participate in the mystery of the passion, death and resurrection of Christ."

The Mission is divided into four talks:

Talk 1: An Invitation to the Lord's Supper

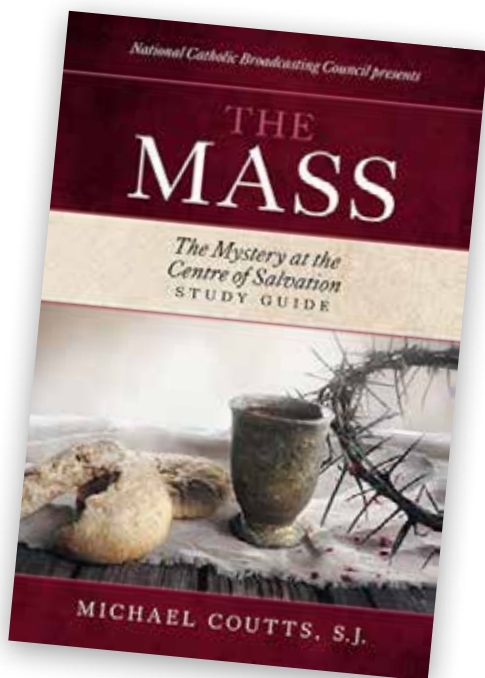
Talk 2: Behold the Lamb of God

Talk 3: The Word of My Lord

Talk 4: The Gifts To and From God

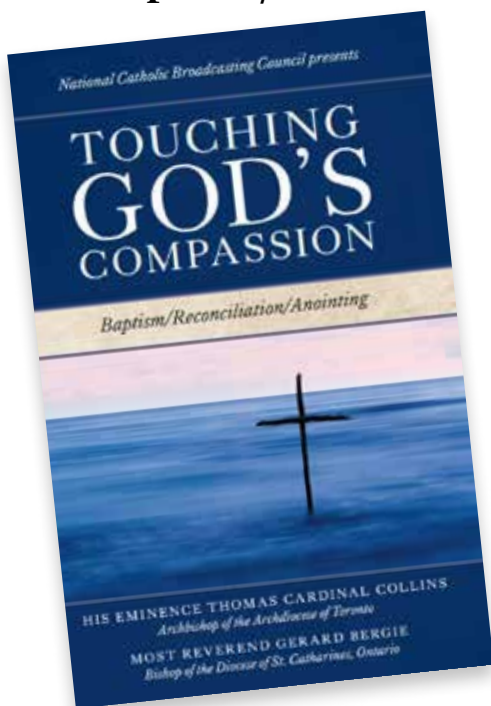
Videos available at:

dailytvmass.com/yearly-mission/



Touching God's Compassion Study Guide

This Study Guide incorporates material from the 2019 and 2020 National Catholic Missions. The focus of each Mission blended well into the overall theme: **Touching God's Compassion – Baptism/Reconciliation/Anointing.**



The theme for the Mission in 2019 is Sin, Forgiveness and Reconciliation and our Mission leader is His Eminence Thomas Cardinal Collins, the Archbishop of Toronto.

The theme for the 2020 Mission is Be Not Afraid - Touching God's Compassion.

Our Mission leader is the Most Reverend Gerard Bergie, Bishop of the Diocese of Saint Catharines, Ontario.

Videos available at:
dailytvmass.com/yearly-mission/

ACKNOWLEDGMENTS & SOURCES

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