

# Rosary

The purpose of the Rosary is to help keep in memory certain principal events in the history of our salvation. There are 20 mysteries reflected upon in the Rosary, and these are divided into the 5 Joyful Mysteries, the 5 Luminous Mysteries, the 5 Sorrowful Mysteries, and the 5 Glorious Mysteries.



The question is sometimes asked, why, of all the incidents in our Lord's life, the Rosary only considers these particular 20. The mysteries of the Rosary are based on the incidents in the life of Our Lord and His Mother that are celebrated in the Liturgy. There is a parallel between the main feasts honoring our Lord and his Mother in the liturgical year, and the 20 mysteries of the Rosary. Consequently, one who recites the 20 mysteries of the Rosary reflects on the whole liturgical cycle that the Church commemorates during the course of each year. That is why some of the Popes have referred to the Rosary as a compendium of the Gospel.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

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## Introductory Prayers

The introductory prayers set the stage for the rosary. They prepare you for deeper reflection when you pray the decades.

Either before or after the introductory prayers, think of any needs or struggles in your life and bring them to Mary. She cares for you like a loving mother, and wants to take your needs to Jesus. If you are praying with a group, you can say your intentions out loud so the rest of the group can pray for them as well.

<u>While holding the</u>	<u>Pray the</u>	<u>Notes</u>
Crucifix	Sign of the Cross Apostles' Creed	
1st large bead	Our Father	For the intentions of the pope.
3 small beads	Hail Mary	For an increase in faith, hope, and love.
space after the 3 <sup>rd</sup> small bead	Glory Be	

Once you've prayed these introductory prayers, you are ready to begin the first decade.

# Rosary

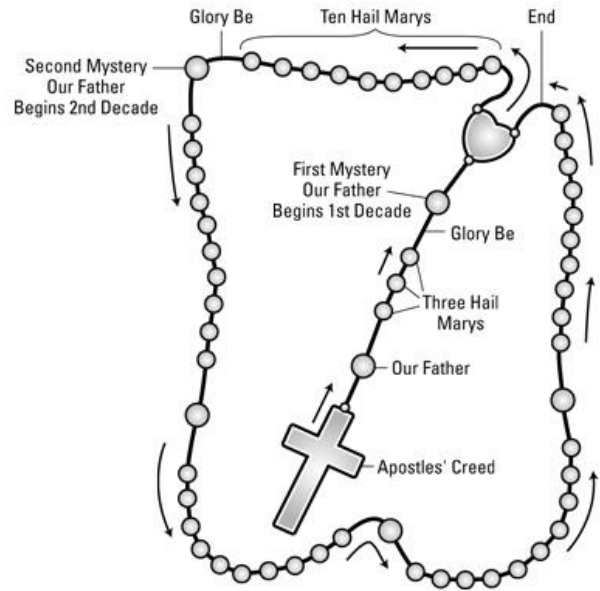
## The Decades

Repeat for each of the 5 mysteries.

There are five decades, or groups of 10 small beads, that make up the main portion of the rosary. Between each decade is one large bead set off by itself.

You'll find that the prayers for each decade are repeated many times. This gives you an opportunity to reflect on the words, which are deeply rooted in the Bible and Christian tradition. They are powerful and filled with meaning.

You can also meditate on the mysteries of the rosary and learn valuable lessons from the lives of Jesus and Mary. There are 4 sets of Mysteries: Glorious, Joyful, Sorrowful and Luminous. Tradition directs which mysteries to pray on each day of the week.



<u>While holding the</u>	<u>Pray the</u>
large bead	Announce the Mystery Our Father
10 small beads	Hail Mary
space after the 10 <sup>th</sup> small bead	Glory Be Fatima Prayer

*Repeat these steps for the remaining four Mysteries.*

## Concluding Prayers

The closing prayers are prayed on the medal, and they end the rosary. With these prayers we ask God and Mary to watch over us and guide us.

<u>While holding the</u>	<u>Pray the</u>
Medal	Hail, Holy Queen Memorare Final Prayer
Crucifix	Sign of the Cross

As you practice praying the rosary, these prayers will become second nature to you. There's a rhythm to the rosary. As you enter into that rhythm, you'll begin to think less about the words and more about the meaning of the words. That's when you begin to unlock the power of the rosary.

# Rosary

## ***The Joyful Mysteries***

(use on Monday & Saturday, & Sundays of Advent)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. Finding Jesus in the Temple

## ***The Glorious Mysteries***

(use on Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption
5. The Coronation of Mary as Queen of Heaven

## ***The Sorrowful Mysteries***

(use on Tuesday & Friday & Sundays of Lent)

1. The Agony in the Garden
2. The Scourging
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

## ***The Luminous Mysteries***

(use on Thursday)

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding Feast in Cana
3. Jesus Announces the Kingdom of God
4. Transfiguration
5. Institution of the Eucharist

# Rosary

The prayer leader prays the words in blue  
& everyone else responds with the rest of the prayer.

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## **The Sign of the Cross**

*(said to start the rosary prayer)*

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

## **The Apostles' Creed**

*(said at first, holding the crucifix)*

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

## **The Lord's Prayer**

*(said holding the single large bead before each decade)*

Our Father, who art in Heaven, hallowed be Thy name;  
thy Kingdom come, thy will be done  
on earth as it is in Heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen

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## **The Hail Mary**

(said holding each of the 10 beads in the decade)

Hail Mary full of Grace, the Lord is with thee.  
Blessed are thou amongst women  
and blessed is the fruit of thy womb Jesus.  
Holy Mary Mother of God,  
pray for us sinners  
now and at the hour of our death.  
Amen.

## **The Glory Be**

*(said at the end of each decade)*

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit  
As it was in the beginning, is now, and ever shall be,  
world without end.  
Amen.

## **The Fatima Prayer**

*(said after the Glory Be at the end of each decade)*

O my Jesus, forgive us our sins,  
save us from the fires of hell;  
lead all souls to heaven,  
especially those who have most need of your mercy,  
*the born and the unborn* Amen.

## **The Hail, Holy Queen**

*(said after the final decade)*

### ***(The Salve Regina)***

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

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## **Memorare**

*(said after the Hail, Holy Queen)*

Remember, O most gracious Virgin Mary,  
that never was it known  
that anyone who fled to thy protection,  
implored thy help,  
or sought thy intercession  
was left unaided.  
Inspired with this confidence,  
I fly to 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.

## **The Final Prayer**

*(said after the Memorare)*

Pray for us, O holy Mother of God.

That we may be made worthy  
of the promises of Christ

Let us pray:

O God, whose only begotten Son,  
by His life, death, and resurrection,  
has purchase for us the rewards of eternal life.  
Grant, we beseech Thee,  
that by meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord.  
Amen.

## **The Sign of the Cross**

*(said to end the rosary prayer)*

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