

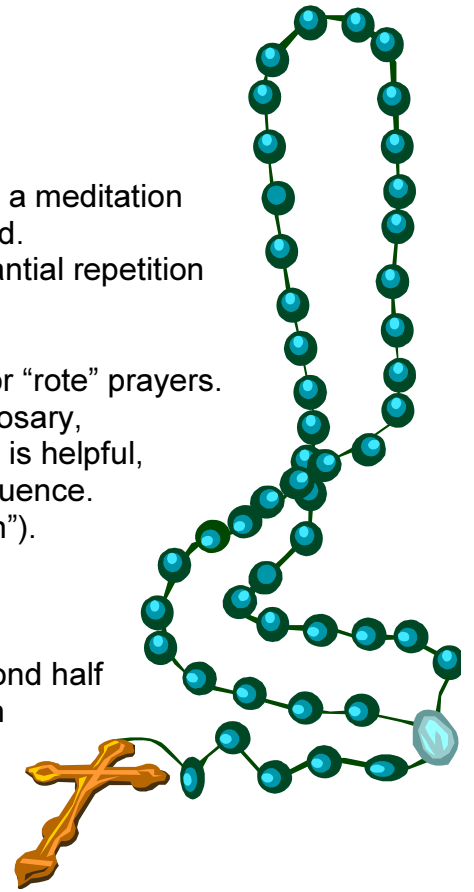
THE ROSARY

The Rosary is a cherished prayer of the Catholic Church. It is a meditation borne out of the Church's devotion to Mary, the Mother of God. Just like various other faith traditions, the Rosary uses substantial repetition as a means of quieting the mind and focusing the heart.

It strings together a specific series of commonly memorized or "rote" prayers. One keeps count of these prayers by following them with a Rosary, one bead for each prayer. While physically holding the beads is helpful, it is not obligatory to be holding one to prayer the Rosary sequence. The Rosary is divided into 5 decades (a word that means "ten"). Each decade consists of 10 *Hail Mary* prayers.

When prayed in a group, a leader often says the first half of each prayer, and the rest of the group responds with the second half of the prayer. Each group tends to use a different variation on which Mysteries are used, as well as the addition or omission of several optional intercessory prayers (e.g. Fatima prayer).

Often, a Rosary is prayed for a particular intention, such as a Rosary for World Peace, a meditation for a family who has experienced the death of a loved one, a reflection on behalf of one's family, etc. Like the rest of standard rote prayers, the Rosary is not magic; prayer is not magic. We pray so that our hearts and minds are centered on something greater than ourselves, to help keep our minds from becoming overwhelmed by needs, distractions, and problems, to anchor us in an unconditional love that has the power to heal, restore, renew, and transform who we are into who we were created to be: the image and likeness of God.



How to Pray the Rosary: The Order of Prayers

Individual prayers and Mysteries are listed on the following pages

1. Apostles Creed
2. one Our Father, three Hail Marys, and one Glory Be (traditionally offered for an increase in faith, hope, and love),
3. The Five Decades:
 - a. Decade 1 – 1st event of a Mystery: one Our Father, ten Hail Marys, a Glory Be
 - b. Decade 1 – 2nd event of a Mystery: one Our Father, ten Hail Marys, a Glory Be
 - c. Decade 1 – 3rd event of a Mystery: one Our Father, ten Hail Marys, a Glory Be
 - d. Decade 1 – 4th event of a Mystery: one Our Father, ten Hail Marys, a Glory Be
 - e. Decade 1 – 5th event of a Mystery: one Our Father, ten Hail Marys, a Glory Be
4. Conclude with the Hail Holy Queen prayer

Individual Prayers of the Rosary

THE APOSTLE'S CREED

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; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from there He shall 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.

OUR FATHER

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.

HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among 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.

GLORY BE

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.

Fatima Prayer (optional)

O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy.

HAIL HOLY QUEEN

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 valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Leader: Pray for us O Holy Mother of God,

All: That we may be worthy of the promises of Christ.

(Optional)

Leader: Let us pray.

All: O God whose only begotten Son by his life, death, and Resurrection has purchased for us the rewards of eternal life; grant we beseech thee, that 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 Twenty Mysteries of the Rosary

Here is a brief listing and description of all twenty Mysteries.

While 1 set of Mystery events is used to pray 1 Rosary, there is no specification regarding what set of Mysteries should be used.

THE JOYFUL MYSTERIES

- The Annunciation: The Archangel Gabriel "announces" to Mary that she shall conceive the Son of God.
- The Visitation: Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.
- The Nativity: Jesus is born.
- The Presentation: Mary and Joseph "present" Jesus in the Temple where they meet Simeon.
- The Finding in the Temple: After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

THE LUMINOUS MYSTERIES (THE MYSTERIES OF LIGHT)

- The Baptism in the Jordan: The voice of the Father declares Jesus the beloved Son.
- The Wedding at Cana: Christ changes water into wine, his first public miracle.
- The Proclamation of the Kingdom: Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.
- The Transfiguration: The glory of the Godhead shines forth from the face of Christ.
- The Institution of the Eucharist: Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

THE SORROWFUL MYSTERIES

- The Agony in the Garden: Jesus sweats water and blood while praying the night before his passion.
- The Scourging at the Pillar: Pilate has Jesus whipped.
- The Crowning with Thorns: Roman soldiers crown Jesus' head with thorns.
- The Carrying of the Cross: Jesus meets His mother and falls three times on the way up Calvary.
- The Crucifixion: Jesus is nailed to the cross and dies before His mother and His apostle John.

THE GLORIOUS MYSTERIES

- The Resurrection: Jesus rises from the dead.
- The Ascension: Jesus leaves the Apostles and bodily "ascends" to heaven.
- The Descent of the Holy Spirit: The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.
- The Assumption: Mary is taken bodily--assumed--into heaven by God at the end of her life here on earth.
- The Coronation: Mary is crowned Queen of Heaven and Earth.