

**THE GLORIOUS MYSTERIES:  
(Prayed on Sundays, Wednesdays )**

1. **The Resurrection:** After three days Jesus rises from death. (Mark 16:1-7)  
**Application in Daily Life:** Faith.
2. **The Ascension:** Forty days after his resurrection, Jesus ascends into heaven to sit at the right hand of God. (Luke 24:45-53)  
**Application in Daily Life:** Hope.
3. **The Descent of the Holy Spirit:** After the ascension of Jesus, the Holy Spirit descends on Mary and the Apostles, gathered in the Upper Room. (Acts 2:1-8)  
**Application in Daily Life:** Wisdom, Love, Zeal, Fortitude.
4. **The Assumption of Mary into Heaven:** After her death, Mary is taken, body and soul into heaven. (Ancient tradition of the Church and celebrated on August 15th every year. (Revelations 12:1))  
**Application in Daily Life:** Grace of a Happy Death.
5. **The Crowning of Mary Queen of Heaven:** Mary is crowned the Queen of Heaven by her Son Jesus. (Ancient tradition of the Church and celebrated on August 22nd every year. (Judith 15:9-10))  
**Application in Daily Life:** Devotion to Mary and Final Perseverance.

**PRAYING THE ROSARY**

1. Using the crucifix on the Rosary, bless yourself with the **SIGN OF THE CROSS**, recite the **PREPARATORY PRAYER** and then recite the **APOSTLES CREED**.
2. On the first bead following the crucifix say one **OUR FATHER**.
3. Say one **HAIL MARY** on each of the following three beads. (For an increase in Faith, Hope and Charity). Conclude these introductory prayers with one **GLORY BE TO THE FATHER**.
4. On the single bead, following the group of three beads, the Mysteries of the Rosary begin. Select a set of Mysteries proper for the day. For instance, on a Monday it would be the Joyful Mysteries. Announce to yourself the first Mystery, the Annunciation, get a picture of it in your mind and then say one **OUR FATHER**.
5. While thinking about and picturing this first Mystery in your mind, move to the first group of ten beads (A decade) and say one **HAIL MARY** on each bead. When you have completed the tenth **HAIL MARY**, finish the decade with one **GLORY BE TO THE FATHER**. After the **GLORY BE TO THE FATHER**, Our Lady told the children

of Fatima that she would like to have us add the **O MY JESUS PARDON US** prayer that you will find earlier in this leaflet. This last prayer is optional.

6. Move on to the next bead, the start of the second decade, select and picture in your mind the second of the group of mysteries you have chosen for the day, which in the Joyful group would be the Visitation, and repeat the above process. Continue on in this fashion until you have completed the five decades and then say one **HAIL HOLY QUEEN**. There are additional prayers that you might like to add, after the **HAIL HOLY QUEEN** but once again, these are optional and you will find them earlier on in this leaflet.
7. Close by blessing yourself with the **SIGN OF THE CROSS**, using the crucifix on the Rosary.

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**PRAYING  
THE  
ROSARY**

This brochure will show you how to pray the Rosary, a simple, powerful prayer of the Blessed Virgin Mary, whose origins can be traced back to the 8th century.



The Rosary is actually a mini-Gospel in that its meditations begin when the Archangel Gabriel visited the Virgin Mary, through Christ's ministry on earth, death and resurrection. A person does not need to be Roman Catholic to pray this prayer, there are a growing number of non-Catholic Christians that are taking up this wonderful prayer. Take a moment and read this document through, prayerfully, asking the Lord to guide you in the use of it.

It is a prayer that asks some sacrifice from us, as it can become much too easy to say: "I'm tired today, I'll pray the Rosary tomorrow!" When Our Lady appeared to the children at Fatima, she told them that she would like each and every one of us to pray the Rosary, each and every day, for the conversion of sinners and peace in the world.

## PRAYERS OF THE ROSARY

**Sign of the Cross:** (Personal Blessing) Bring your thumb, first and second fingers of your right hand together into a point - or holding the small crucifix on your rosary in your right hand - then touch your forehead and say: "In the name of the Father", touch the centre of your chest and say: "and of the Son", touch your left shoulder and say: "and of the Holy Spirit", touch your right shoulder and say: "Amen".

**Preparatory Prayer:** 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 while 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 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; on the third day he rose again from the dead; he ascended into heaven and sits at the right hand of God, the Father almighty from whence 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,** 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,** full of grace! The Lord is with thee. Blessed art 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.

**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.

**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 the vale 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.

**V.** Pray for us, O holy Mother of God.

**R.** That we may be made worthy of the promises of Christ.

## ADDITIONAL PRAYERS

(Optional)

**O My Jesus,** Pardon Us and save us from the fires of hell. Lead all souls to heaven, especially those who most need thy mercy. Amen.

The following prayer may be added after the "**Hail Holy Queen**":

**Saint Michael, the Archangel,** defend us in battle and be our protection against the wickedness and snares of the devil. Rebuke him, O God, we humbly pray and do thou, O Prince of the heavenly host, by the divine power drive into hell Satan and the other evil spirits who wander through the world seeking the ruin of souls.

**V.** Most Sacred Heart of Jesus.

**R.** Have mercy on us. (Repeat the "V"ersicle and the "R"esponse three times.)

## ROSARY INFORMATION

The Rosary is made up of twenty "Mysteries", of four groups of five "Mysteries" each, the Joyful, Luminous, Sorrowful and Glorious groups. Each "Mystery", except for the last two of the Glorious Mystery, depict an event in the lives of Jesus and Mary and are taken directly from the New Testament.

### THE JOYFUL MYSTERIES: (Prayed on Mondays and Saturdays)

- 1. The Annunciation:** The Archangel Gabriel announces to Mary that she will be the mother of Jesus. (Luke 1:26-33,38)  
**Application in Daily Life:** Humility
- 2. The Visitation:** Mary goes to help her aged cousin Elizabeth who is pregnant with John the Baptist. (Luke 1:39-45)  
**Application in Daily Life:** Love of neighbour.
- 3. The Nativity:** The birth of Jesus in Bethlehem. (Luke 2:6-12)  
**Application in Daily Life:** Spirit of Poverty.
- 4. The Presentation:** Jesus is presented in the Temple. (Luke 2:25-32)  
**Application in Daily Life:** Obedience to the will of God.
- 5. Jesus is Found Teaching in the Temple :** Jesus is found teaching the elders, in the Temple, when he is twelve years old. (Luke 2:41-50)  
**Application in Daily Life:** Fidelity of vocation.

### THE LUMINOUS MYSTERIES: (Prayed on Thursdays)

- 1. The Baptism of the Lord:** Jesus comes to John the Baptist at the Jordan River to be baptized. (Mt 3:13-17)  
**Application in Daily Life:** May the Holy Spirit lead me in living out my Baptismal promises.
- 2. The Wedding of Cana:** Mary and Jesus are invited to a wedding feast at Cana. (John 2:1-11)  
**Application in Daily Life:** May I draw ever nearer to the Blessed Virgin Mary who will always encourage me to do whatever Jesus says.
- 3. The Proclamation of the Kingdom :** The Kingdom of God is at hand. Repent and believe in the Gospel. (Mt 4:12-17)  
**Application in Daily Life:** May I always turn away from sin and help to spread the kingdom of Jesus.
- 4. The Transfiguration:** Jesus is transfigured before Peter, James and John. (Mark 9:1-10)  
**Application in Daily Life:** May the light that is Christ shine within me so that I may proclaim with Mary "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour."
- 5. The Institution of the Eucharist:** Jesus institutes the Eucharist and the sacrament of Holy Orders at the Last Supper. (Lk 22:14-20)  
**Application in Daily Life:** May I worthily receive the Body of Christ so that wedded to Him I may truly become a member of His Spouse, the Church.

### THE SORROWFUL MYSTERIES: (Prayed on Tuesdays and Fridays)

- 1. The Agony in the Garden:** Jesus spends an agonized night, in the Garden of Gethsemane, on the eve of his crucifixion. (Luke 22:39-46)  
**Application in Daily Life:** Sorrow for sin/Spirit of prayer.
- 2. The Scourging:** Jesus is tied to a pillar and whipped. (Mark 15:6-15)  
**Application in Daily Life:** Modesty and Purity.
- 3. The Crowning with Thorns:** Jesus is crowned with thorns by the Roman soldiers. (John 19:2-3)  
**Application in Daily Life:** Courage
- 4. The Carrying of the Cross:** Jesus is made to carry the cross of his crucifixion to the place of his execution. (John 19:16-22)  
**Application in Daily Life:** Patience in Suffering.
- 5. The Crucifixion:** Jesus is crucified and dies for our sins. (John 19:25-30)  
**Application in Daily Life:** Perseverance/Self Denial.