



Family Rosary Curriculum (FRC)

Catechetical Evangelization - Faith Formation & Sacramental Preparation



Dear Parents,

We are excited that you have chosen to use the Family Rosary Curriculum in your home. The following information is a brief overview of the program and some instructions for its use each week. The Family Rosary Curriculum is a great way for families to grow together in their faith, especially for those who have children preparing to receive Sacraments this coming year. The goal of the program is to increase family prayer, and to have family members share their faith with one another.

“The greatest method of praying is to pray the Rosary.” This quote by St. Francis De Sales (the patron saint of the Diocese of Baker) highlights the importance of and power of the Holy Rosary. With this in mind we have created a simple and profound program for families to use in their homes, centered on the Rosary. Each week for 26 weeks families will be given insights into one of the specific prayers of the Rosary, or one of the Mysteries. Through praying the Rosary and reflecting on its mysteries we find in it the Life, Death, and Resurrection of Our Lord Jesus Christ. These mysteries will then help us to understand a different aspect of our faith and help prepare some children to receive the Sacraments of Reconciliation, 1st Holy Communion, and Confirmation. It is our hope and prayer that all families will be brought closer to Him, through his Mother, and through this beautiful prayer that is such a rich tradition in the Holy Catholic Church.

Important Notes:

THE MYSTERIES OF THE ROSARY- We are instructed to meditate on the mysteries of the Rosary. While we pray each decade it is important to draw our mind and heart deeper into each mystery while we pray. It takes practice to remain focused on the mystery while reciting the Hail Mary. Don't get discouraged, when you or your children become distracted, give a simple reminder to turn back to the mystery. If it helps, several written meditations are available online.

PRAY TOGETHER- Pray and share as a family each week. You are also encouraged to pray each day. Be intentional about praying at meals together, and before bed or in the morning. Pray together the prayer for the week, or a decade of the Rosary. If you choose, increase your family prayer time as you become more comfortable. At sometime during this year, your family may even want to start praying the whole Rosary as a family once, three times, or even every night of the week.

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GOOD RESOURCES- For more information on the Rosary go to these websites.

<https://dynamiccatholic.com/rosary/how-to-pray-the-rosary>

<https://www.usccb.org/how-to-pray-the-rosary>

<https://www.rosarycenter.org/homepage-2/rosary/how-to-pray-the-rosary/>