



HOW TO SAY THE ROSARY

AS a general rule the *Joyful Mysteries* are said on Monday and Saturday; the *Sorrowful Mysteries* are said on Tuesday and Friday; the *Glorious Mysteries* are said on Wednesday and Sunday; the *Mysteries of Light* are said on Thursday. (On Sundays of the Christmas season, the *Joyful Mysteries* are said. On Sundays of Lent, the *Sorrowful Mysteries* are said.)

1. Make the *Sign of the Cross* and say the *Apostles 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 arose again from the dead. He ascended into heaven, and sits at the right hand of God, the Father Almighty; from thence 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.

2. Say the *Our Father*:

OUR FATHER, who art in heaven; hallowed by 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.

3. Say three *Hail Marys* (asking for the theological virtues of faith, hope and charity):

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.

4. Say the *Glory be to the Father*:

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.

5. Announce the First Mystery; then say the *Our Father*.
6. Say ten *Hail Marys* while meditating on the Mystery.
7. After each decade say the *Glory be to the Father*.

The following prayer (requested by the Blessed Virgin Mary at Fatima) may also be said:

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.

8. Announce the Second Mystery; then say the *Our Father*. Repeat 6 and 7 and continue with the Third, Fourth and Fifth Mysteries in the same manner. At the end of the Rosary, the following prayer may be said:

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!

The following prayers may also be said:

V. Pray for us, O Holy Mother of God.
R. *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 purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon 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 JOYFUL MYSTERIES

1. THE ANNUNCIATION. When the archangel Gabriel invites Mary to be the mother of the Messiah, she responds with faith and obedience (*see Lk 1:26-38; Is 7:10-15*): "Rejoice, you who enjoy God's favor! The Lord is with you. Look! You are to conceive and bear a son, and you must name him Jesus."
2. THE VISITATION. Mary, full of the good news given to her, hurries to offer help and encouragement to Elizabeth, her kinswoman, who by God's favor is already six months pregnant with John the Baptist (*see Lk 1:41-50*): "Elizabeth said: 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honored with a visit from the mother of my Lord? Look, the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'"
3. THE BIRTH OF JESUS. Our Blessed Lord, identifying with the poorest and humblest of his people, is born in a stable, while the angels announce to simple shepherds that man and God are reconciled (*see Lk 2:1-14; Mt 2:1-14; Gal 4:1-7*): "The Word became flesh, he lived among us, and we saw his glory, the glory of that he has from the Father as only Son of the Father, full of grace and truth."
4. THE PRESENTATION IN THE TEMPLE. In fulfillment of the law, Mary and Joseph bring their first-born son to the Temple to acknowledge him as a gift from God. There, Simeon, inspired by the Holy Spirit, recognizes him as the Light of the World (*see Lk 2:22-40*): "My eyes have seen the salvation which you have made ready in the sight of the nations; a light of revelation for the gentiles, the glory of your people Israel."
5. THE FINDING OF THE CHILD JESUS IN THE TEMPLE. By the age of twelve, Jesus understands that doing the work of the Father is always going to be more important than any other duty. The gifts of reverence and understanding of scripture show how much the Holy Spirit rested on him (*see Lk 2:42-52*): "'Why were you looking for me? Did you not know that I must be in my Father's house?' But they did not understand what he meant."

THE SORROWFUL MYSTERIES

1. THE AGONY IN THE GARDEN. Our Lord, oppressed by sorrow, betrayed by one of his chosen companions, waiting to be arrested and led to death, turns to heartfelt prayer, and accepts whatever is the Father's will (*see Mt 26:36-40*): "'Father,' he said, 'if you are willing, take this cup away from me. Nevertheless let your will be done, not mine.' In his anguish he prayed even more earnestly, and his sweat fell to the ground like great drops of blood."
2. THE SCOURGING. Bound and helpless, though innocent, Jesus endures pain and humiliation, so that ever afterwards he can be a High Priest who has compassion with your darkest moments (*see Mt 27:24-26; 1 Pt 2:21-25*): "After having Jesus scourged, Pilate handed him over to be crucified."
3. THE CROWNING WITH THORNS. Intending only mockery, Pilate's soldiers produce one of the finest symbols of faith: a Savior King, crowned with sorrow for our sins (*see Mt 26:27-31*): "And they stripped him and put a scarlet cloak round him, and having twisted some thorns into a crown they put this on his head and placed a reed in his right hand. To make fun of him they knelt to him saying, 'Hail, king of the Jews!'"
4. JESUS CARRIES THE CROSS. Jesus, the Paschal victim, bears the wood of the sacrifice like a priest. On the way he meets many people who, one way or another, find a way to share his suffering (*see Mt 27:32*): "If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me."
5. THE CRUCIFIXION. Jesus, the Sinless One, takes on himself the punishment for sin so that we might be forgiven. The Immortal One wrestles with Death so that we may have the fullness of life (*see Mt 27:33-50; Jn 19:31-37*): "Jesus gave a loud cry and breathed his last. And the veil of the Sanctuary was torn in two from top to bottom. The centurion, who was standing in front of him, had seen how he had died, and he said, 'In truth, this man was a Son of God' (*Mk 15:37-39*)."

THE GLORIOUS MYSTERIES

1. THE RESURRECTION. By rising from the dead, Jesus showed himself to be truly the Holy One of God, and reveals to us that human nature is destined for life eternal with him, the first fruits of all those who have died (*see Mk 16:1-7; Jn 20:19-31*): "Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee – that the Son of man was destined to be handed over into the power of sinful men and be crucified, and rise again on the third day."
2. THE ASCENSION. When he ascends to heaven, Jesus finally enters into the glory of the victorious, risen Lord, and where he goes, the Church will follow, since the Church is his body, and he is its Head (*see Mk 16:14-20; Acts 1:1-11*): "May he enlighten the eyes of your mind so that you can see what hope his call holds for you, how rich is the glory of the heritage he offers among his holy people, and how extraordinarily great is the power that he has exercised for us believers; this accords with the strength of his power at work in Christ, the power which he exercised in raising him from the dead and enthroning him at his right hand, in heaven (*Eph 1:18-21*)."
3. THE DESCENT OF THE HOLY SPIRIT. When the Holy Spirit comes down on the disciples it transforms them, turning them into courageous witnesses to the resurrection. The Church still teaches and acts with the power of the Spirit, given to every member through faith and the sacraments of baptism and confirmation (*see Jn 14:23-31; Acts 2:1-11*): "They were all filled with the Holy Spirit and began to speak different languages as the Spirit gave them power to express themselves."
4. THE ASSUMPTION OF THE BLESSED VIRGIN MARY. At the point of death, Mary is taken up, body and soul, into heaven to share her Son's glory; and as a Mother, to intercede for the human race (*see Lk 1:41-50; Ps 45; Gn 3:15*): "Now I am going to tell you a mystery: we are not all going to fall asleep, but we are going to be changed, instantly in the twinkling of an eye . . . this perishable nature of ours must put on imperishability, this mortal nature must put on immortality (*1 Cor 15:51*)."
5. THE CORONATION OF THE BLESSED VIRGIN MARY. Closest to Christ in charity, faith and obedience, Mary, the humble daughter of Zion, is raised to the highest dignity in the Kingdom, and becomes the most glorious member of the communion of saints. As Queen of Heaven she continually praises God and prays for us sinners that, redeemed and sanctified, we may rejoice with her (*see Rv 12:1; Jdt 13:22-25*): "Now a great sign appeared in heaven: a woman, robed with the sun, standing on the moon, and on her head a crown of twelve stars."

THE MYSTERIES OF LIGHT

1. JESUS' BAPTISM IN THE JORDAN. As Christ descends into the waters, the innocent one who became "sin" for our sake (*cf. 2Cor 5:21*), the heavens open wide and the voice of the Father declares him the beloved Son (*cf. Mt 3:17 and parallels*), while the Spirit descends on him to invest him with the mission which he is to carry out.
2. THE FIRST OF JESUS' SIGNS. Jesus first sign, given at Cana (*cf. Jn 2:1-12*), thanks to the intervention of Mary, the first among believers, when he changes water into wine and opens the hearts of the disciples to faith.
3. THE PROCLAMATION OF THE KINGDOM. Jesus proclaims the coming of the Kingdom of God, calls to conversion (*cf. Mk 1:15*) and forgives the sins of all who draw near to him in humble trust (*cf. Mk 2:3-13; Lk 7:47-48*): the inauguration of that ministry of mercy which he continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation which he has entrusted to his Church (*cf. Jn 20:22-23*).
4. THE TRANSFIGURATION. The Transfiguration is believed to have taken place on Mount Tabor. The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him" (*cf. Lk 9:35 and parallels*) and to prepare to experience with him the agony of the Passion, so as to come with him to the joy of the Resurrection and a life transfigured by the Holy Spirit.
5. THE INSTITUTION OF THE EUCHARIST. Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" his love for humanity (*Jn 13:1*), for whose salvation he will offer himself in sacrifice.