

# Praying the Rosary



The month of October is dedicated to the Most Holy Rosary. Here at St. Leo the Great Parish we are encouraging all parishioners and their families to make a pledge to pray the Rosary every day. The following are instructions on how to pray the Rosary as well as the required prayers and Mysteries of the Rosary.

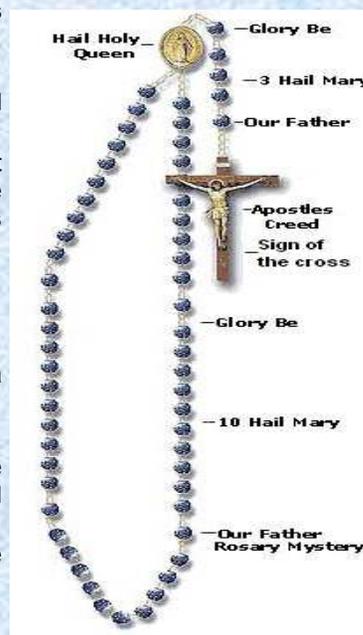
*“The Most Holy Virgin” told Lucia in a vision that.... “There is no problem I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Rosary. With the Holy Rosary we will save and sanctify ourselves, console Our Lord, and obtain the salvation of many souls. Tell the people to gather as a family and pray the Rosary every day, especially for World Peace.”*

## How to Pray the Rosary

The Rosary should be an exquisitely contemplative prayer. “Without contemplation the Rosary is a body without a soul and runs the risks of becoming a mechanical repetition of formulas”. (Pope Paul VI) The Rosary demands a quiet rhythm and lingering pace, as the person meditates on the mysteries so their unfathomable riches are disclosed. “The Rosary is a form of Christ-centered contemplation.” (Pope Paul VI)

**Begin with a moment of silence, placing yourself in the presence of God. Clear your mind of all concerns and anxieties. Then start the rosary as directed below.**

- While holding the crucifix make the **Sign of the Cross** and then recite the **Apostles Creed**.
- Recite the **Our Father** on the first large bead.
- On each of the three small beads recite a **Hail Mary** for an increase of faith, hope and charity.
- Recite **Glory Be to the Father** on the next large bead. Now you are at the medal that join the beads. Here announce any prayer intentions you have. Then announce the first Joyful, Luminous, Sorrowful or Glorious Mystery depending upon what mysteries you are meditating on this particular day.
- Then begin the decade with one Our Father all the while keeping hold of the medal.
- On each of the ten beads that follow pray ten Hail Marys. (We call this a decade.)
- Followed by one Glory Be Prayer; then the Fatima Prayer.
- When you come to the next bead, announce the second respective mystery, look at a meditation aid and then pray one Our Father.
- You will then pray ten Hail Marys followed by one Glory Be and the Fatima Prayer.
- Continue this pattern of announcing the mystery and praying a decade. Do this for the third, fourth and fifth mysteries consecutively followed by one Our Father, ten Hail Marys, one Glory Be and the Fatima Prayer.
- After the fifth and the final decade has been prayed, after the Fatima prayer, pray the Hail Holy Queen prayer.
- Now just as you began, end with the Sign of the Cross.



## Prayers of the Rosary

### The Sign of the Cross

With the Crucifix in your right hand touch your forehead saying, “In the Name of the Father”; touch your breast saying, “and of the Son”; touch your left shoulder, then your right saying, “and of the Holy Spirit.” Amen.

### 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

power of 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, and is seated at the right hand of the Father; from thence He shall come again 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 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.

### Hail Mary

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 (Doxology)

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

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.

### Hail Holy Queen

Hail, holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, O 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.

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

### The Rosary Prayer

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-Mondays and Saturdays

**1. The Annunciation:** The Archangel Gabriel announces to the Blessed Virgin that She has been chosen to be the Mother of the Messiah, the Mother of God. She responds: *"Be it done unto me according to thy word."* **Grace of the Mystery: Conformity to the adorable Will of God.**

**2. The Visitation:** The Blessed Virgin visits Elizabeth to assist her who, in her old age, is pregnant with John the Baptist. **Grace of the Mystery: True charity towards our neighbor.**

**3. The Holy Nativity:** The King of kings, Our Saviour, is born in the lowly stable of Bethlehem. **Grace of the Mystery: The spirit of poverty and humility.**

**4. The Presentation and The Purification:** To fulfill the Law, Jesus is presented in the Temple, and Mary submits to the rite of purification. **Grace of the Mystery: Obedience and chastity.**

**5. The Finding in the Temple:** To fulfill the Father's Will the Child Jesus remains in the Temple. Only after 3 days do Mary and Joseph find Him. **Grace of the Mystery: Fidelity to our duties.**

### The Luminous Mysteries-Thursdays

**1. The Baptism of Jesus:** And when Jesus was baptized...the heavens were opened and He saw the Spirit of God descending like a dove, and alighting on Him, and lo a voice from heaven, saying "this is My beloved Son," with whom I am well pleased." **Grace of the Mystery: Openness to the Holy Spirit.**

**2. The Wedding of Cana:** His mother said to the servants, "Do whatever He tells you."...Jesus said to them, "Fill the jars with water." And they filled them up to the brim. **Grace of the Mystery: To Jesus through Mary.**

**3. The Proclamation of God's Kingdom:** "And preach as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without pay, give without pay." **Grace of the Mystery: Repentance and Trust in God.**

**4. The Transfiguration:** And as He was praying, the appearance of His countenance was altered and His raiment became dazzling white. And a voice came out of the cloud saying, "This is My Son, My chosen: listen to Him!" **Grace of the Mystery: Desire for Holiness.**

**5. The Institution of the Eucharist:** And he took the bread, and when He had given thanks He broke it and gave it to them, saying, "This is My body which is given for you."...And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in My blood." **Grace of the Mystery: Adoration.**

### The Sorrowful Mysteries-Tuesdays and Fridays

**1. The Agony in the Garden:** The sins of all the world – mine included – are presented before Jesus for Him to expiate; He sweats Blood. **Grace of the Mystery: Knowledge of our sins and true contrition for them.**

**2. The Scourging at the Pillar:** The innocent Jesus is cruelly scourged; His bones are laid bare. **Grace of the Mystery: Mortification of the senses.**

**3. The Crowning with Thorns:** Jesus, crowned with cruel thorns forced into His head, is mockingly adored. **Grace of the Mystery: Disregard for human respect.**

**4. The Carrying of the Cross:** Our Lord carries the Cross to Calvary loaded down with my sins and those of the whole world. **Grace of the Mystery: Patience and generosity.**

**5. The Crucifixion and Death of Our Lord:** During his 3-hour agony, Jesus prays: *"Father, forgive them, for they know not what they do."* **Grace of the Mystery: Forgiveness of others.**

### The Glorious Mysteries-Wednesdays and Sundays

**1. The Resurrection:** After 3 days Jesus triumphantly rises from the dead as He promised. **Grace of the Mystery: Steadfast Faith.**

**2. The Ascension:** Jesus ascends into Heaven promising: *"I am with you all days, even to the consummation of the world."* **Grace of the Mystery: Steadfast Hope (Trust in God's promises).**

**3. The Descent of the Holy Spirit:** The Holy Spirit descends and transforms the timid Apostles into fearless heralds of the Gospel. **Grace of the Mystery: Courage to confess the Faith and zeal for the salvation of souls.**

**4. The Assumption:** With expectation and longing for Heaven, Mary ends Her earthly life. She is assumed Body and Soul into Heaven. **Grace of the Mystery: A happy death.**

**5. The Coronation:** Our Heavenly Mother is crowned Queen. She is *Suppliant Omnipotence*-Her prayer is all-Powerful before God. **Grace of the Mystery: Childlike devotion to Mary.**