

# HOW TO PRAY THE ROSARY:

The rosary is a form of meditation on the mysteries of Christ's life. We pray in union with Mary, his mother, asking her to pray with and for us, as we meditate on the stories of Scripture.



## BASIC MECHANICS:

Looking at the cross, we hold it while we make the sign of the cross and pray the **Apostles' Creed** which is a summary of all the things we believe as Catholics.

There is then one **Our Father**, followed by three **Hail Marys**. The tradition is to meditate on the virtues of faith, hope and love, one for each Hail Mary.

The introduction concludes with the **Glory Be**.

Usually, one then begins a "mystery", calling the mystery to mind, perhaps reading a Scripture passage that corresponds to it. One may also think of a special intention for the whole rosary or for that mystery. (For example, at the mystery of the Visitation to pray for anyone you know who is expecting a child.)

Each decade begins with an **Our Father**, followed by ten **Hail Marys**, and then the **Glory Be**.

At the end of the rosary, at the medal, it is customary to pray the **Hail, Holy Queen**.

## THE MYSTERIES OF THE ROSARY:

### Joyful (Monday and Saturday)

- Annunciation
- Visitation
- Nativity
- Presentation in the Temple
- Finding in the Temple

### Luminous (Thursday)

- Baptism of Christ
- Wedding Feast at Cana
- Preaching of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

### Sorrowful (Tuesday and Friday)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

### Glorious (Wednesday and Sunday)

- The Resurrection
- The Ascension
- Pentecost
- The Assumption of Mary
- The Coronation of Mary

# Prayers of the Rosary

## 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 of 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  
He ascended into Heaven  
and is seated at the right hand  
of God, the Father Almighty.  
He will 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**, 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 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.

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