

# October is the Month of the Rosary



*"I don't say the Rosary. It's really boring. I don't get anything out of it!!"*



*Does that sound familiar???*

Those are sentiments often heard before one learns the difference between **saying** the Rosary and **praying** it. It is easy to fall into the habit of just saying the words and not actually praying the prayer.

It happens when one discovers that the Rosary is a meditative prayer that unites us to the mysteries of God's merciful love for us. Because it is meditative in nature, it does require our effort. It is easy to look for the benefits of the prayer without actually putting any effort into it.

If one uses his imagination in mediating upon the mysteries, the Rosary will come alive. After stating the mystery, while praying the Hail Marys, place yourself at the scene. For example take the Fourth Sorrowful mystery, ***Jesus carries His Cross***. Ask yourself some questions:

Who do I see there? Can I touch His garment as He passes me by. How heavy must that cross be on His shoulders with the open wounds from the scourging? Surely there are slivers in His shoulders and hands from the rough wood of the Cross. His knees must be open and bleeding from falling so often. How must He feel when He sees His Blessed Mother? Where are the disciples? Where am I? As I imagine the scene, what are my feelings? Am I filled with gratitude for God's mercy? Do I feel sadness? Is there a message for me personally in this mystery?



By using this method, the Rosary is exciting and not boring. It is a wonderful prayer. ***"It is a powerful prayer for peace, for families and for contemplating the mysteries of Christ's life,"*** said Pope John Paul II in an apostolic letter.

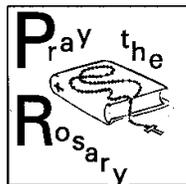
Pope John Paul said that ***"while reciting the Rosary involves repetition, its goal is contemplation and concentration, not boredom. The Rosary is my favorite prayer."***

*It is suggested the Mysteries are Prayed  
According to the Following Schedule:*

Monday	Joyous
Tuesday	Sorrowful
Wednesday	Glorious
Thursday	Luminous
Friday	Sorrowful
Saturday	Joyous
Sunday*	Glorious

*\*Exceptions*

Sundays during Lent: Sorrowful  
Sundays during Advent: Joyous



The Pope declared a ***Year of the Rosary*** in 2002, asking everyone to recite it frequently, lovingly and with the knowledge that its prayers link them with Mary and lead them to Jesus. He suggested five new mysteries, the Luminous Mysteries to be added to the Joyful, Sorrowful & Glorious:

### ***The Joyful Mysteries***

The Annunciation  
Mary Visits her Cousin Elizabeth  
Jesus is Born in a Stable in Bethlehem  
The Presentation of Jesus in the Temple  
The Finding of the Child Jesus in the Temple

### ***The Luminous Mysteries:***

Jesus' Baptism in the Jordan  
The Miracle at the Wedding in Cana  
The Proclamation of the Kingdom of God  
The Transfiguration of Jesus  
The Institution of the First Eucharist

### ***The Sorrowful Mysteries***

The Agony of Our Lord in the Garden  
The Scourging of Jesus at the Pillar  
The Crowning with Thorns  
Jesus Carries His Cross  
The Crucifixion & Death of Jesus

### ***The Glorious Mysteries***

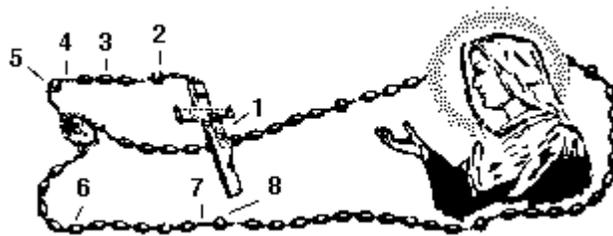
The Resurrection of Jesus  
Jesus Ascends into Heaven  
The Descent of the Holy Spirit  
Upon the Apostles  
The Assumption of Mary into Heaven  
The Crowning of Mary as Queen of Heaven

### ***A Suggested Prayer Following the Rosary***

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 mediating 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

# How To Pray The Rosary

- 1 While holding the crucifix make the Sign of the Cross and then recite the Apostles Creed.
- 2 Recite the Our Father on the first large bead.
- 3 Recite a Hail Mary for an increase of Faith, Hope and Charity on each of the three small beads.
- 4 Recite the Glory Be to the Father on the next large bead.
- 5 Recite the Fatima Prayer "O my Jesus" on the large bead.
- 6 Recall the first Rosary Mystery and recite the Our Father on the large bead.
- 7 On each of the adjacent ten small beads (also referred to as a decade) recite a Hail Mary while reflecting on the mystery.
- 8 On the next large bead, recite the Glory Be to the Father, then the Fatima Prayer.
- 9 Each succeeding decade is prayed in a similar manner by recalling the appropriate mystery, reciting the Our Father, ten Hail Marys while reflecting on the mystery, the Glory Be to the Father, and the Fatima Prayer.
- 10 When the fifth mystery is completed, the Rosary is customarily concluded with The Hail Holy Queen, and The Sign of the Cross.



**The Sign of the Cross:** In the name of the Father of the Son and of the Holy Spirit. Amen

**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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He arose again; He ascended into heaven, and sitteth 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 Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

**The Our Father:** 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.

**The Hail Mary:** 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

**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.

**The Fatima Prayer:** "O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy". (Our Lady at Fatima, 13th July 1917)

**The Hail, Holy Queen:** 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. V. Pray for us, O Holy Mother of God. R. That we may be made worthy of the promises of Christ.

*The Family That Prays Together Stays Together*