

### The Rosary as Spiritual Meditation

The heart of the Rosary is to dwell upon the mysteries of our faith in Jesus Christ as our Savior and our Lord. As the rational mind is preoccupied with the slow rhythm of the Rosary prayers, the soul contemplates the profound mysteries of our salvation in Jesus Christ our Lord.

**Joyful Mysteries:** (Monday and Saturday)  
Annunciation, Visitation, Nativity, Presentation, and the Finding in the Temple.

**Sorrowful Mysteries:** (Tuesday and Friday)  
Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying of the Cross, and the Crucifixion.

**Glorious Mysteries:** (Wednesday and Sunday)  
Resurrection, Ascension, Descent of the Holy Spirit, Assumption, and the Coronation.

**Luminous Mysteries:** (Thursday)  
Baptism in the Jordan, Wedding Feast at Cana, Proclamation of the Kingdom, Transfiguration, and the Institution of the Eucharist.

We pray the Rosary *with Mary to Christ*, her Divine Son. Marian devotion leads us *to Christ*, and the Rosary helps us to focus *with Mary* on our *salvation in Jesus Christ*. Here is how to pray the Rosary at our parish:

Beginning the Rosary: Make the "Sign of the Cross," and recite the "Apostles' Creed." Then pray the "Our Father" on the large Rosary bead, followed by three "Hail Mary's" on the three small beads.

The Mysteries of the Rosary: With each of the five large beads, recite the "Glory Be," announce the appropriate mystery of the Rosary, and recite the "Our Father." While you slowly pray ten "Hail Mary's" on the ten beads of the decade, meditate on the mystery of the Rosary just announced.

Concluding the Rosary: Repeat this process for the five decades of the Rosary, and conclude with the "Hail, Holy Queen," the verse, "Pray for us, O holy Mother of God," and the "Sign of the Cross."

These are the only traditional prayers that are pastorally authorized to be used when saying the Rosary publicly in our parish church. However, when the Rosary is said privately, individuals may add other prayers to the Rosary according to their own private and personal devotions. Usually only one set of mysteries is used for each Rosary. Sometimes people pray different mysteries on different days. The important thing is to pray and meditate. The Rosary may be prayed at any time and at any place. While waiting in line, while traveling, or while getting ready for sleep, there are many times that we can pray the Rosary. The Rosary is good for your soul, for it helps us meditate about the things in life that really matter the most. So, remember to pray the Rosary often!

### Rosary Prayers for Public Recitation

Besides the Mysteries of the Rosary, there are several other Rosary prayers that we use in the recitation of the Rosary in our parish: the "Sign of the Cross," the "Apostles' Creed," the "Our Father," the "Hail Mary," the "Glory Be," the "Hail Holy Queen," and the "Pray for us."

**In the name of the Father**, and of the Son, and of the Holy Spirit. Amen.

**I believe in God**, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. 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 the 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 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, 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 you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, 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.

Pray the rosary slowly, quietly, and reflectively, either individually or as a group. Do not rush the prayers just to get through the Rosary. The undulating rhythm of the prayers has a calming effect that is good for every person spiritually, emotionally and even physically. If you are not obtaining these health benefits from the Rosary, then slow down, quiet down, and reflect more deeply on the mysteries of our salvation in Christ through the prayerful meditations that are at the core of the Rosary.