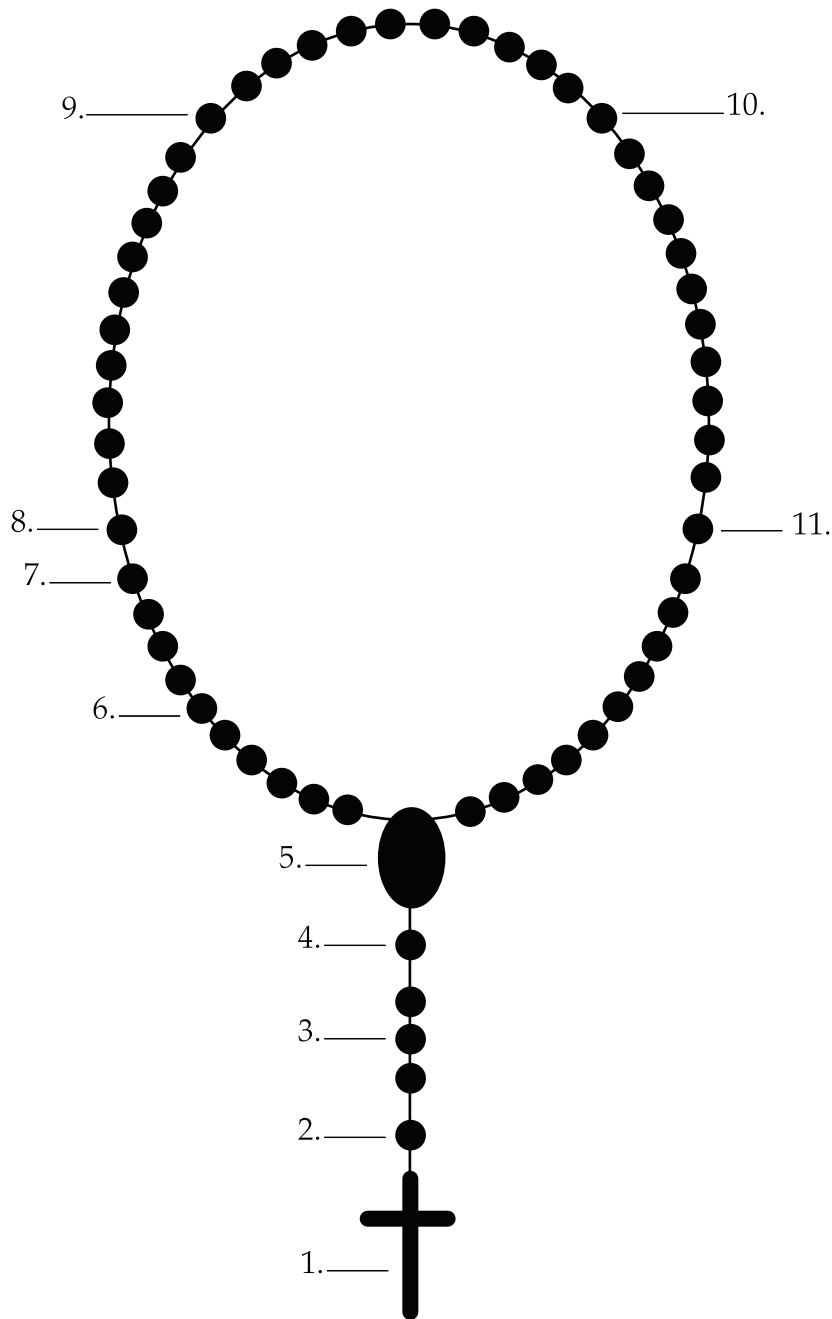




A Guide to Praying the Rosary

from
St Paul's Parish, Riverside, Illinois



1. Begin here. Make the sign of the cross and recite the Apostles' Creed.
2. Pray the Our Father.
3. Say the Hail Mary on each of the next three beads.
4. Say the Gloria Patri.
5. Read the 1st Mystery and pray the Our Father.
6. Meditate on the mystery while saying one

- Hail Mary on each of the the following 10 beads.
7. Say the Gloria Patri after the last Hail Mary.
8. Repeat this pattern, beginning with the 2nd mystery on 8, the 3rd mystery on 9, the 4th mystery on 10 and the 5th mystery on 11.

A GUIDE TO PRAYING THE ROSARY

How to Pray the Rosary

The Rosary begins with "In the Name of the Father, and of the Son, and of the Holy Ghost," followed by the Apostles' Creed recited on the cross. This is followed by one Our Father, three Hail Marys and a Gloria Patri. Then we contemplate significant events in the lives of Jesus and Mary as we say each of the five decades. Each decade consists of one Our Father, ten Hail Marys, and one Gloria Patri. The Rosary is concluded with the prayer, Salve Regina (Hail, Holy Queen).

After the Officiant says In the Name...all say:

I believe in God, the Father Almighty, maker 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, dead, and buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven, and sitteth on the right hand of God the Father Almighty. From thence He shall come to judge the quick 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 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. (3)

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now and

ever shall be, world without end. Amen.

After the Officiant reads about each of the Mysteries:

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. (10)

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now and ever shall be, world without end. Amen.

Then after the fifth Mystery, the Officiant and People say together:

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 vale 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.

Officiant: Pray for us, O holy Mother of God.

People: That we may be made worthy of the promises of Christ.

Officiant: 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 on these mysteries we may imitate what they contain and obtain what they promise: through the same Christ our Lord. Amen.

The Joyful Mysteries are particularly appropriate in Advent, the Luminous Mysteries in the Epiphany season, the Sorrowful Mysteries in Lent, and the Glorious Mysteries in the Easter season.

The Joyful Mysteries

The Annunciation

And he came to her and said, "Hail, O favored one! The Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. (St Luke 1.28-30)

The Visitation

...and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb!" (St Luke 1.41)

The Nativity

And she gave birth to her first-born Son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn. (St Luke 2.7)

The Presentation

And when the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord. (St Luke 2.22)

The Finding of Jesus in the Temple

After Three days they found him in the temple, sitting among the teachers listening to them and asking them questions. (St Luke 2.46)

The Luminous Mysteries

The Baptism in the Jordan

And when Jesus was baptized, he went immediately from the water, and behold, 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." (St Matthew 3.16-17)

The Wedding at Cana

Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the steward of the feast." ...When the steward of the feast tasted the water now become wine, and did not know where it came from, the steward of the feast called the bridegroom and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." (St John 2.7-10)

The Proclamation of the Kingdom

...he said to the paralytic—"I say to you, rise, take up your pallet, and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!" (St Mark 2.11-12)

The Transfiguration

"And he was transfigured before them; His face shone like the sun and His clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with Him. (St Matthew 17.2-3)

The Institution of the Eucharist

Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. (St Matthew 26.26-28)

The Sorrowful Mysteries

The Agony in the Garden

And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down upon the ground. And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, and he said to them. "Why do you sleep? Rise and pray that you may not enter into temptation." (St Luke 22.44-45)

The Scourging

Then Pilate took Jesus and scourged him. And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, "Hail, King of the Jews! And struck him with their hands. (St John 19.1-3)

The Crowning with Thorns

Then the soldiers of the governor took Jesus into the praetorium, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head... (St Matthew 27.28-29)

The Carrying of the Cross

So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Golgotha. (St John 19.17)

The Crucifixion

Then Jesus, crying with a loud voice, said, "Father, into thy hands I commit my spirit!" And having said this he breathed his last. (St Luke 23.46)

The Glorious Mysteries

The Resurrection

But the angel said to the women, "Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay." (St Matthew 28.5-6)

The Ascension

So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and said down at the right hand of God. (St Mark 16.19)

The Descent of the Holy Spirit

And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit... (Acts 2.2-4)

The Assumption of Mary

And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars... (Revelation 12.1)

The Coronation of Mary

And when they met her they all blessed her with one accord and said to her, "You are the exaltation of Jerusalem, you are the great glory of Israel, you are the great pride of our nation!"... May the Almighty Lord bless you for ever!" (Judith 15.9-10)

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