

## **APPENDIX 8**

### **The Holy Rosary**

The complete rosary comprises 20 decades, divided into four distinct parts, each containing five decades. The first part (5 Joyful Mysteries), consists of five joyful events in the life of Jesus and Mary, at and around the time of Jesus' conception, birth, infancy and childhood. The second part (5 Luminous Mysteries) recalls five events / aspects of Jesus' 3-year public ministry. The third part (5 Sorrowful Mysteries) considers five sorrowful events during the Passion and Crucifixion of Jesus. The fourth part recalls Christ's Resurrection and Ascension, the Descent of the Holy Spirit at Pentecost and our Lady's Assumption and Coronation.

Begin by making the Sign of the Cross. Then say the Apostles' Creed, one Our Father, three Hail Marys, and one Glory Be on the small chain. Then recall the first mystery. Say one Our Father, ten Hail Marys, and one Glory Be. This completes one decade. All the other decades are said in the same manner with a different mystery meditated upon during each decade. At the end of the rosary, the Salve Regina (Hail, Holy Queen) may be recited.

The mysteries of the rosary are intended to be a "contemplation of the face of Christ in the school of Mary", cf. Pope John Paul II in his 2002 apostolic letter on the Rosary entitled *The Rosary of the Virgin Mary*. By meditating on these truths, we come to a better understanding

of our faith: the Incarnation of the Lord, the Redemption, and the Christian life – present and future.

In the following outline, the words in parentheses indicate suggested intentions for virtues and graces to ask our Lord for through the praying of each particular mystery.

#### **The Joyful Mysteries** *(Prayed on Mondays and Saturdays)*

1. The Annunciation (Humility)
2. The Visitation (Love of Neighbor)
3. The Nativity (Spirit of Poverty)
4. The Presentation (Obedience to God's Will).
5. The Finding of Jesus in the Temple (Fidelity to Vocation)

#### **The Luminous Mysteries** *(Prayed on Thursdays)*

1. The Baptism of Jesus (Openness to the Holy Spirit)  
(Openness to the Holy Spirit)
2. The Wedding at Cana (To Jesus through Mary)
3. The Proclamation of the Kingdom of God and the Call to Conversion (Repentance and Trust in God)
4. The Transfiguration (Desire for Holiness)
5. The Institution of the Eucharist (Adoration)

#### **The Sorrowful Mysteries** *(Prayed on Tuesdays and Fridays)*

1. The Agony in the Garden (Spirit of Prayer)
2. The Scourging at the Pillar (Modesty and Purity)
3. The Crowning with Thorns (Courage)
4. The Carrying of the Cross (Patience in Suffering)
5. The Crucifixion (Self-Denial)

#### **The Glorious Mysteries** *(Prayed on Wednesdays and Sundays)*

1. The Resurrection (Faith)
2. The Ascension (Hope)
3. The Descent of the Holy Spirit upon the Apostles (Love of God, increase of the Gifts of the Holy Spirit)
4. The Assumption of the B.V.M. (Final Perseverance and Eternal Happiness)
5. The Coronation of the B.V.M. (True Devotion to Mary)

### **Fatima Prayer**

**(May be said after the Glory Be at the end of each mystery)**

O my Jesus, forgive us our sins.  
Save us from the fires of hell.  
Lead all souls to heaven,  
Especially those in most need of  
Thy mercy.

### **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 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.

Pray for us, O holy Mother of God.

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

**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 in 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.

### **Prayer to Our Lady**

O Virgin Mary, Our Lady of the Blessed  
Sacrament, you are the glory of the  
Christian people, the joy of the Universal  
Church, and the hope of the world. Pray  
for us, and awaken in all believers a  
vibrant devotion for the Most Holy  
Eucharist, so that they may be worthy to  
partake daily of this Holy Sacrament  
of the Altar. Amen.

O Virgin, full of goodness, Mother of  
Mercy, I entrust my body and soul, my  
thoughts, my actions, and my life and  
death to you.

O my Queen, help me, and deliver me  
from the power of evil. Obtain for  
me the grace of loving my Lord Jesus  
Christ, your Son, with a true and perfect  
love.

And after Him, O Mary, obtain for me  
that same grace, so that I may love you  
with all my heart and above all things.  
Amen.

**--St. Thomas Aquinas**