

A Guide to the Rosary

Pope Francis has encouraged us to pray the rosary every day, especially during this time of the health crisis. To pray the rosary every day is a good staple to our daily prayer life, to ask Our Blessed Lady to intercede for us.

How do I pray the rosary?

- On the crucifix make the Sign of the Cross
- Pray 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 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 arose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come 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.
- On the next large bead pray an Our Father
- On the following three beads pray a Hail Mary, one on each bead
- On the next large bead pray a Glory Be.
- On the main chain of the rosary, on the large bead pray an Our Father, on each small bead pray a Hail Mary and then on the large bead pray a Glory Be.
- As you pray each set of beads (a Decade of the Rosary) reflect on the different mysteries of the rosary.
- When you have prayed five decades pray 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 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.

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

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation; grant we beseech Thee, that meditating 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.

What are the Mysteries of the Rosary?

- *Joyful Mysteries of the Rosary*
 1. The Annunciation of the Lord to Mary
 2. The Visitation of Mary to Elizabeth
 3. The Nativity of our Lord Jesus Christ
 4. The Presentation of our Lord
 5. Finding Jesus in the Temple

- *Sorrowful Mysteries of the Rosary*
 1. The Agony of Jesus in the Garden
 2. The Scourging at the Pillar
 3. Jesus is crowned with Thorns
 4. Jesus Carried the Cross
 5. The Crucifixion of Jesus Christ

- *Glorious Mysteries of the Rosary*
 1. The Resurrection of Jesus Christ
 2. The Ascension of Jesus to Heaven
 3. The Decent of the Holy Spirit
 4. The Assumption of Mary into Heaven
 5. Mary is Crowned as Queen of Heaven

- *Luminous Mysteries of the Rosary*
 1. The Baptism in the Jordan
 2. The Wedding at Cana
 3. The Proclamation of the Kingdom of God
 4. The Transfiguration
 5. The Institution of the Eucharist

Which Mysteries do I pray each day?

- Sunday The Glorious Mysteries
- Monday The Joyful Mysteries
- Tuesday The Sorrowful Mysteries
- Wednesday The Glorious Mysteries
- Thursday The Luminous Mysteries
- Friday The Sorrowful Mysteries
- Saturday The Joyful Mysteries

What are the Prayers Pope Francis has added?

Pope Francis has asked us to pray the following two prayers at the end of the rosary:

First Prayer from Pope Francis:

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of the Roman people, you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

Second Prayer from Pope Francis:

"We fly to your protection, O Holy Mother of God". In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.