



Praying the Rosary

1. While holding the crucifix, make the Sign of the Cross and say the Apostles' Creed.
2. On the first bead say the Our Father.
3. Pray one Hail Mary on each of the next three beads for an increase in faith, hope and charity.
4. On the next single bead, pray the Glory Be.
5. Before praying the next set of ten beads (called a decade), meditate on the First Mystery.
6. Announce the mystery, imagine the event, and begin to meditate on it by itself or in association with whatever matter the mystery brings to your heart.
7. Pray an Our Father.
8. Pray a Hail Mary on the first bead of the decade, and on each following bead.
9. After praying the decade, pray the Glory Be. You may also want to add the Fatima invocation.

10. Reflect on the Second Mystery, then pray an Our Father on the next single bead.
11. Pray the Hail Mary on the next ten beads. Repeat the sequence around the rosary.
12. At the end of the last decade, pray the Hail, Holy Queen.

The Sign of the Cross

In the name of the Father, and 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 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 rose 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

The Lord's Prayer (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

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

The Glory Be (The Doxology)

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 Joyful Mysteries

(Mondays and Saturdays)

1. The Annunciation of the birth of the Lord to Mary by the archangel Gabriel (Luke 1:26-38)
2. The Visitation of Our Lady with St Elizabeth, the mother of St John the Baptist (Luke 1:39-56)
3. The Nativity of Our Lord (Matthew 1:18-25; Luke 2:1-20)
4. The Presentation of the Christ Child in the Temple (Luke 2:22-32)
5. The Finding of the Child Jesus in the Temple (Luke 2:41-52)

The Sorrowful Mysteries

(Tuesdays and Fridays)

1. The Agony in the Garden of Gethsemane (Mark 14:32-42)
2. The Scourging of Jesus (John 19:1)
3. The Crowning with Thorns (Mark 15:16-20)
4. The Carrying of the Cross (John 19:12-17)
5. The Crucifixion (Matthew 27:33-56; Mark 15:22-41; Luke 23:26-49; John 19:16-30)

The Luminous Mysteries

(Thursdays)

1. The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
2. The Self-Manifestation of Our Lord at the Wedding at Cana (John 2:1-11)
3. The Proclamation of the Kingdom of God (Mark 1:14-15)
4. The Transfiguration of Our Lord (Matthew 17:1-8; Luke 9:28-29)
5. The Last Supper, when the Eucharist was instituted (Matthew 26)

The Glorious Mysteries

(Wednesdays and Sundays)

1. The Resurrection (Luke 24:1-12; John 20)
2. The Ascension (Luke 24:50-53; Acts 1:1-12)
3. The Descent of the Holy Spirit at Pentecost (Acts 2:1-4)
4. The Assumption of the Blessed Virgin Mary (Song 2:8-14)
5. The Coronation of the Blessed Mother (Revelation 12:1-4)