



- A RESOURCE FOR ONGOING FORMATION -

Part 3: Prayer

Appendices (c) The Rosary

What it means 'to say the rosary'

The prayers begin at the crucifix and continue round in a circle of small beads divided into five groups of ten by larger beads. Each group of ten is called a 'decade of the rosary'. There are fifteen decades in the complete rosary, which usually means going round it three times. It is uncommon to say all fifteen decades in one sitting since one usually wishes to say one of the three Mysteries, which are as follows:

Mon/Thurs

Sun—Advent-Lent

Joyful

Annunciation/angel Gabriel appears to Mary
Visitation/Mary visits Elizabeth, John Baptist 's mother
Nativity/Jesus is born in Bethlehem
Presentation/Mary offers Jesus in the temple
Finding of Jesus/12 year old Jesus lost in Jerusalem

Tues/Fri

Sun—Lent

Sorrowful

Agony in the garden/Jesus prays in Gethsemane
Scourging/Jesus beaten at the pillar
Crowning/Jesus receives the crown of thorns
Carrying the cross/Jesus journeys to Calvary
Crucifixion/Jesus dies for us

Wed/Sat

Sun—rest of the year

Glorious

Resurrection/Jesus rises from the dead
Ascension/Jesus returns to the Father
Pentecost/Church receives the Holy Spirit
Assumption/Mary, body and soul, taken to heaven
Coronation/Mary crowned Queen of Heaven

There are numerous ways of saying the rosary. The following is quite usual:

(1) Choose a Mystery (2) Take hold of the crucifix, make the sign of the cross (3) say Apostles' Creed (4) Using the beads in turn say Our Father, 3 Hail Marys, Glory be (5) Decades begin: first large bead 'Our Father'; ten small beads Hail Marys (6) Use large bead and say Glory be (7) At the conclusion of five/fifteen decades you might say Hail, Holy Queen.



Scripture—

Phil 4. 6-8

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence, and if there is anything worthy of praise, think about these things.