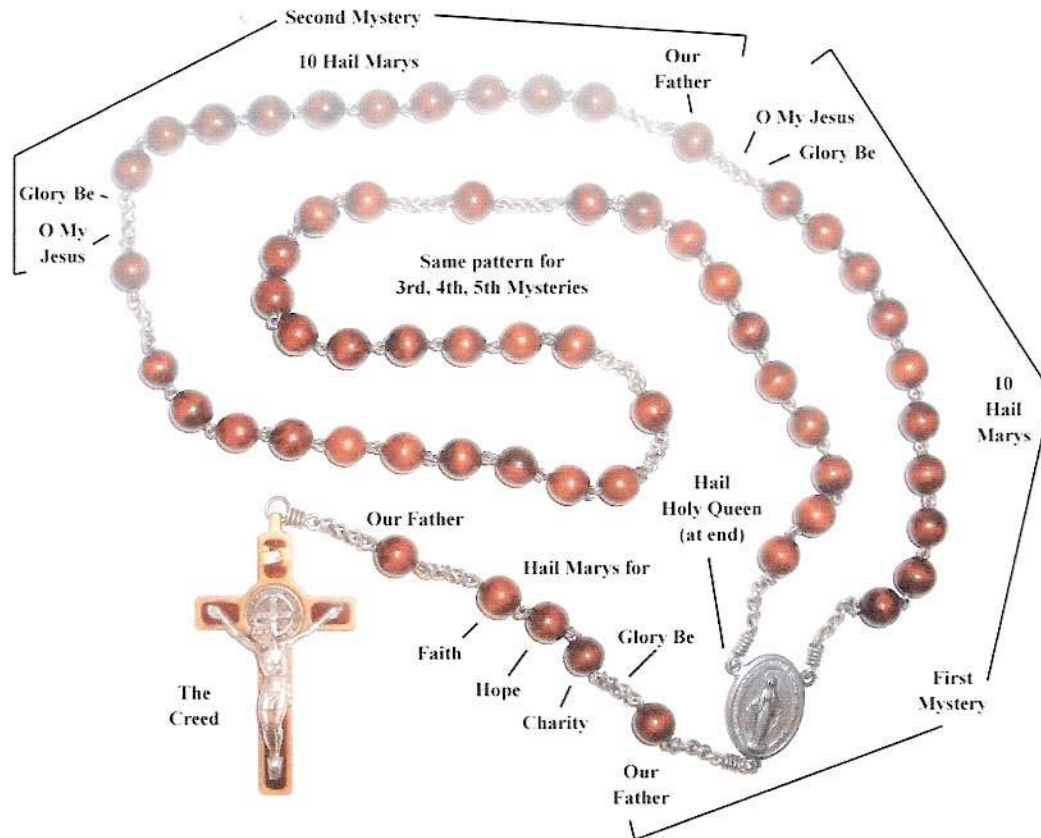




## HOW TO PRAY THE ROSARY



Begin the Holy Rosary with the *Sign of the Cross* and then the *Apostles Creed*. Continue with the *Our Father* followed by three *Hail Marys* for an increase of faith, hope and charity and then a *Glory Be*. Announce the first mystery (e.g. *'The First Joyful Mystery is the Annunciation'*). Pray an *Our Father* followed by ten *Hail Marys* followed by a *Glory Be* and then the Fatima prayer: "*O My Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven especially those most in need of Thy mercy.*"

Repeat for each of the following mysteries. Then conclude with the *Hail Holy Queen* and the prayer from the Feast of the Holy Rosary: *Let us pray. O God, whose only-begotten Son, by his life, death, and resurrection, hath purchased for us the rewards of eternal salvation : grant, we beseech thee ; that by meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise. Through the same.*

It is certainly to be recommended that one pray all fifteen decades of the rosary each day. Our Lady at Fatima emphasized the importance of praying the rosary each day. One could pray the joyful mysteries in the morning, the sorrowful mysteries at midday and the glorious mysteries in the evening.

It is always important to remember that an essential part of the rosary is to meditate the mysteries which each decade calls to mind and of course, to meditate upon the words of the prayers.

<b>The Joyful Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Annunciation to the Blessed Virgin Mary	Humility
2. The Visitation of Mary to her cousin St. Elizabeth	Charity toward our neighbor
3. The Nativity of Our Lord Jesus Christ	Detachment from the things of the world, contempt of riches, and love of poverty
4. The Presentation of the Child Jesus in the Temple, and the Purification of His Holy Mother	Purity of body and soul
5. The Finding of Our Lord in the Temple	Divine wisdom

<b>The Sorrowful Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Agony in the Garden	Contrition for our sins
2. The Scourging at the Pillar	Mortification of our senses
3. The Crowning with Thorns	Detachment from the things of the world, contempt of riches, and love of poverty
4. The Carrying of the Cross	Patience in bearing our crosses
5. The Crucifixion	The conversion of sinners, the perseverance of the just, and the relief of the souls in Purgatory

<b>The Glorious Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Resurrection	Love of God and fervor in His service
2. The Ascension	An ardent desire for heaven, our true home
3. The Descent of the Holy Ghost at Pentecost	The coming of the Holy Ghost into our souls
4. The Assumption of the Blessed Virgin Mary into Heaven	Tender devotion to our Blessed Mother
5. The Coronation of the Blessed Virgin Mary, Queen of Heaven and Earth	Perseverance in grace and a crown of glory hereafter

#### 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 Ghost, and born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living 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 life everlasting. Amen.

#### 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 valley 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. Amen