

# Praying the Rosary

Fr Paul White SMMS

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## Monday and Saturday

### The Joyful Mysteries

*On the cross – the Apostle's 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 the life everlasting. Amen.

*On the first bead – the 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.**

*On the next three beads – Three Hail Marys*

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.**

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.**

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.**

*On the next bead – the Gloria*

**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.**

*We contemplate the first Mystery:*

## The Annunciation of Gabriel to Mary

Luke 1

26 In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, 27 to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. 28 And he came to her and said, 'Greetings, favoured one! The Lord is with you.'<sup>[b]</sup> 29 But she was much perplexed by his words and pondered what sort of greeting this might be. 30 The angel said to her, 'Do not be afraid, Mary, for you have found favour with God. 31 And now, you will conceive in your womb and bear a son, and you will name him Jesus. 32 He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. 33 He will reign over the house of Jacob for ever, and of his kingdom there will be no end.' 34 Mary said to the angel, 'How can this be, since I am a virgin?'<sup>[c]</sup> 35 The angel said to her, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born<sup>[d]</sup> will be holy; he will be called Son of God. 36 And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. 37 For nothing will be impossible with God.' 38 Then Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her.

*The first decade – ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the second Mystery:*

The Visitation of Mary to Elizabeth

Luke 1

<sup>39</sup> In those days Mary set out and went with haste to a Judean town in the hill country, <sup>40</sup> where she entered the house of Zechariah and greeted Elizabeth. <sup>41</sup> When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit <sup>42</sup> and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. <sup>43</sup> And why has this happened to me, that the mother of my Lord comes to me? <sup>44</sup> For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. <sup>45</sup> And blessed is she who believed that there would be<sup>[e]</sup> a fulfilment of what was spoken to her by the Lord.'

*We say the 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.**

*The second decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the third Mystery:*

## The Nativity of Our Lord

### Luke 2

8 In that region there were shepherds living in the fields, keeping watch over their flock by night. 9 Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. 10 But the angel said to them, ‘Do not be afraid; for see—I am bringing you good news of great joy for all the people: 11 to you is born this day in the city of David a Saviour, who is the Messiah,<sup>[a]</sup> the Lord. 12 This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.’ 13 And suddenly there was with the angel a multitude of the heavenly host,<sup>[b]</sup> praising God and saying,

14 ‘Glory to God in the highest heaven,

and on earth peace among those whom he favours!’<sup>[c]</sup>

15 When the angels had left them and gone into heaven, the shepherds said to one another, ‘Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.’ 16 So they went with haste and found Mary and Joseph, and the child lying in the manger. 17 When they saw this, they made known what had been told them about this child; 18 and all who heard it were amazed at what the shepherds told them. 19 But Mary treasured all these words and pondered them in her heart. 20 The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.



*We say the 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.**

*The third decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fourth Mystery:*

## The Presentation in the Temple

Luke 2

22 When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord 23 (as it is written in the law of the Lord, ‘Every firstborn male shall be designated as holy to the Lord’), 24 and they offered a sacrifice according to what is stated in the law of the Lord, ‘a pair of turtle-doves or two young pigeons.’

25 Now there was a man in Jerusalem whose name was Simeon;<sup>[d]</sup> this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. 26 It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Messiah.<sup>[e]</sup> 27 Guided by the Spirit, Simeon<sup>[f]</sup> came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, 28 Simeon<sup>[g]</sup> took him in his arms and praised God, saying,

29 ‘Master, now you are dismissing your servant<sup>[h]</sup> in peace,  
according to your word;  
30 for my eyes have seen your salvation,  
31 which you have prepared in the presence of all peoples,  
32 a light for revelation to the Gentiles  
and for glory to your people Israel.’

*We say the 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.**

*The fourth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fifth Mystery:*

## Finding Jesus in the Temple

### Luke 2

41 Now every year his parents went to Jerusalem for the festival of the Passover. 42 And when he was twelve years old, they went up as usual for the festival. 43 When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but his parents did not know it. 44 Assuming that he was in the group of travellers, they went a day's journey. Then they started to look for him among their relatives and friends. 45 When they did not find him, they returned to Jerusalem to search for him. 46 After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. 47 And all who heard him were amazed at his understanding and his answers. 48 When his parents<sup>[1]</sup> saw him they were astonished; and his mother said to him, 'Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety.' 49 He said to them, 'Why were you searching for me? Did you not know that I must be in my Father's house?'<sup>[m]</sup> 50 But they did not understand what he said to them. 51 Then he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart.

52 And Jesus increased in wisdom and in years,<sup>[n]</sup> and in divine and human favour.

*We say the 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.**

*The fifth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We end with the Salve Regina:*

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 towards 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 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 life;  
grant, we beseech thee,  
that by 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.**

May the divine assistance remain with us always. **Amen.**

May the souls of the departed through the mercy of God rest in  
peace. **Amen.**

Tuesday and Friday

## The Sorrowful Mysteries

*On the cross – the Apostle's 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 the life everlasting. Amen.

*On the first bead – the 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.**

*On the next three beads – Three Hail Marys*

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.**

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.**

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.**

*On the next bead – the Gloria*

**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.**



*We contemplate the first Mystery:*

The Agony of Our Lord in the Garden of Gethsemane

Luke 22

39 He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. 40 When he reached the place, he said to them, 'Pray that you may not come into the time of trial.'<sup>[g]</sup> 41 Then he withdrew from them about a stone's throw, knelt down, and prayed, 42 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' <sup>[[43</sup> Then an angel from heaven appeared to him and gave him strength. 44 In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.]]<sup>[h]</sup> 45 When he got up from prayer, he came to the disciples and found them sleeping because of grief, 46 and he said to them, 'Why are you sleeping? Get up and pray that you may not come into the time of trial.'<sup>[i]</sup>

*The first decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the second Mystery:*

Our Lord is scourged at the pillar

John 19:1

Then Pilate took Jesus and had him flogged.

*We say the 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.**

*The second decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the third Mystery:*

Our Lord is crowned with thorns.

John 19:2

And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe.

*We say the 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.**

*The third decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fourth Mystery:*

Our Lord carried the cross to Calvary

John 19:16-17

So they took Jesus; <sup>17</sup> and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew<sup>[d]</sup> is called Golgotha.

*We say the 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.**

*The fourth decade – Ten Hail Marys*

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.**

On the bead at the end of the decade – The Gloria

**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.**

*We contemplate the fifth Mystery:*

The Crucifixion

Luke 23

33 When they came to the place that is called The Skull, they crucified Jesus<sup>[e]</sup> there with the criminals, one on his right and one on his left. [[34 Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.’]]<sup>[f]</sup> And they cast lots to divide his clothing. 35 And the people stood by, watching; but the leaders scoffed at him, saying, ‘He saved others; let him save himself if he is the Messiah<sup>[g]</sup> of God, his chosen one!’ 36 The soldiers also mocked him, coming up and offering him sour wine, 37 and saying, ‘If you are the King of the Jews, save yourself!’ 38 There was also an inscription over him,<sup>[h]</sup> ‘This is the King of the Jews.’

39 One of the criminals who were hanged there kept deriding<sup>[i]</sup> him and saying, ‘Are you not the Messiah?<sup>[j]</sup> Save yourself and us!’ 40 But the other rebuked him, saying, ‘Do you not fear God, since you are under the same sentence of condemnation? 41 And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.’ 42 Then he said, ‘Jesus, remember me when you come into<sup>[k]</sup> your kingdom.’ 43 He replied, ‘Truly I tell you, today you will be with me in Paradise.’

44 It was now about noon, and darkness came over the whole land<sup>[l]</sup> until three in the afternoon, 45 while the sun’s light failed;<sup>[m]</sup> and the curtain of the temple was torn in two. 46 Then Jesus, crying with

a loud voice, said, 'Father, into your hands I commend my spirit.'  
Having said this, he breathed his last.

*We say the 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.**

*The fifth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We end with the Salve Regina:*

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 towards 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 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 life;  
grant, we beseech thee,  
that by 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.**

May the divine assistance remain with us always. **Amen.**

May the souls of the departed through the mercy of God rest in  
peace. **Amen.**



Wednesday and Sunday  
**The Glorious Mysteries**

*On the cross – the Apostle's 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 the life everlasting. Amen.

*On the first bead – the 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.**

*On the next three beads – Three Hail Marys*

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.**

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.**

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.**

*On the next bead – the Gloria*

**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.**

*We contemplate the first Mystery:*

## The Resurrection

### Mark 16

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. <sup>2</sup> And very early on the first day of the week, when the sun had risen, they went to the tomb. <sup>3</sup> They had been saying to one another, ‘Who will roll away the stone for us from the entrance to the tomb?’ <sup>4</sup> When they looked up, they saw that the stone, which was very large, had already been rolled back. <sup>5</sup> As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. <sup>6</sup> But he said to them, ‘Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. <sup>7</sup> But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you.’ <sup>8</sup> So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.<sup>[a]</sup>

### *The first decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the second Mystery:*

The Ascension

Mark 16

19 So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God. 20 And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message by the signs that accompanied it.

*We say the 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.**

*The Second decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the third Mystery:*

The Descent of the Holy Spirit

Acts 2

When the day of Pentecost had come, they were all together in one place. <sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. <sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

*We say the 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.**

*The third decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fourth Mystery:*

The Assumption

I Cor

<sup>21</sup> For since death came through a human being, the resurrection of the dead has also come through a human being; <sup>22</sup> for as all die in Adam, so all will be made alive in Christ. <sup>23</sup> But each in his own order: Christ the first fruits, then at his coming those who belong to Christ.

*We say the 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.**

*The fourth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**



*We contemplate the fifth Mystery:*

The Coronation of the Blessed Virgin Mary as Queen of Heaven

Rev 12:1

A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.

*We say the 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.**

*The fifth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We end with the Salve Regina:*

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 towards 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 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 life;  
grant, we beseech thee,  
that by 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.**

May the divine assistance remain with us always. **Amen.**

May the souls of the departed through the mercy of God rest in peace. **Amen.**

Thursday  
**The Luminous Mysteries**

*On the cross – the Apostle's 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 the life everlasting. Amen.

*On the first bead – the 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.**

*On the next three beads – Three Hail Marys*

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.**

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.**

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.**

*On the next bead – the Gloria*

**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.**

*We contemplate the first Mystery:*

The Baptism of Our Lord

Mark I

9 In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 10 And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. 11 And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

*The first decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the second Mystery:*

## The Wedding at Cana

John 2

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. <sup>2</sup> Jesus and his disciples had also been invited to the wedding. <sup>3</sup> When the wine gave out, the mother of Jesus said to him, 'They have no wine.' <sup>4</sup> And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.' <sup>5</sup> His mother said to the servants, 'Do whatever he tells you.' <sup>6</sup> Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. <sup>7</sup> Jesus said to them, 'Fill the jars with water.' And they filled them up to the brim. <sup>8</sup> He said to them, 'Now draw some out, and take it to the chief steward.' So they took it. <sup>9</sup> When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom <sup>10</sup> and said to him, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.' <sup>11</sup> Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

*We say the 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.**

*The second decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the third Mystery:*

The Proclamation of the Kingdom of God

Mark 1:15

The time is fulfilled, and the kingdom of God has come near repent,  
and believe in the good news.



*We say the 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.**

*The third decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fourth Mystery:*

The Transfiguration

Mark 9

2 Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, 3 and his clothes became dazzling white, such as no one<sup>[b]</sup> on earth could bleach them. 4 And there appeared to them Elijah with Moses, who were talking with Jesus. 5 Then Peter said to Jesus, ‘Rabbi, it is good for us to be here; let us make three dwellings,<sup>[c]</sup> one for you, one for Moses, and one for Elijah.’ 6 He did not know what to say, for they were terrified. 7 Then a cloud overshadowed them, and from the cloud there came a voice, ‘This is my Son, the Beloved;<sup>[d]</sup> listen to him!’

*We say the 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,  
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And lead us not into temptation,  
but deliver us from evil.**

*The fourth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**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.**

*We contemplate the fifth Mystery:*

The Institution of the Eucharist

Matthew 26

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, ‘Take, eat; this is my body.’ 27 Then he took a cup, and after giving thanks he gave it to them, saying, ‘Drink from it, all of you; 28 for this is my blood of the [d] covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.’

*We say the 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.**

*The fifth decade – Ten Hail Marys*

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.**

*On the bead at the end of the decade – The Gloria*

**Glory be to the Father,**

**and to the Son,**

**and to the Holy Spirit,**

**as it was in the beginning,**

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*We end with the Salve Regina:*

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 towards us.

And after this, our exile,

show unto us the blessed fruit of thy womb, Jesus.

○ clement, ○ loving, ○ sweet Virgin Mary.

Pray for us 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 life;  
grant, we beseech thee,  
that by meditating upon these mysteries of  
the Most Holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
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through the same Christ our Lord. **Amen.**

May the divine assistance remain with us always. **Amen.**

May the souls of the departed through the mercy of God rest in  
peace. **Amen.**