

How To Pray the Rosary

Praying the Rosary

1. While holding the crucifix, make the Sign of the Cross and say the Apostles' Creed.
2. On the first bead and all the single beads, say an 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), first meditate on the first mystery. 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.
6. Pray an Our Father.
7. Pray a Hail Mary on the first bead of the decade, and on each following bead.
8. After praying the decade, pray the Glory Be.
9. Reflect on the second mystery, then pray an Our Father on the next single bead.
10. Pray the Hail Mary on the next ten beads. Repeat the sequence around the rosary.
11. 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

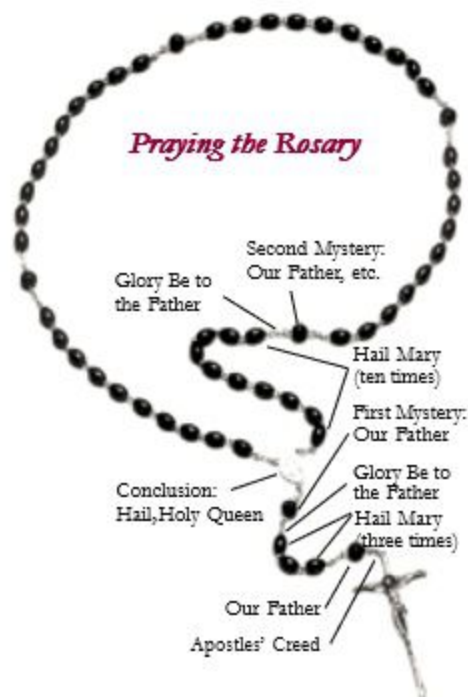
Hail Mary, full of grace.
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.

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.



Hail, Holy Queen (*Salve Regina*)

Hail, holy Queen, Mother of Mercy. Hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then most gracious advocate, your eyes of mercy toward us and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Reader:

Pray for us, O holy Mother of God.

ALL:

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

Reader:

Let us pray:

ALL:

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 while meditating on 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.

+In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

The Luminous Mysteries

(Thursdays)

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