

# The Rosary

This powerful prayer is offered with Mary, Our Lady, who leads us ever closer to Jesus, her Son. There are 3 aspects to the prayer: meditation (pondering on the mysteries of Jesus and Mary), intercession (offering up each decade for a special intention) and growing in peace (the gentle rhythm of the prayer is calming as we try to attune our lives to the way of the Lord).

Each set of mysteries has 5 decades. Each decade consists of praying the 'Our Father' once, the 'Hail Mary' 10 times and the 'Glory be' once.

Pray it when you're walking to the shops or work, when you're on the bus or in the car, when you want a quiet 5 minutes as you arise or when you're trying to find sleep at the end of the day.

Treasure your rosary-beads or rosary-ring, for through them you will come closer to Jesus, with Mary's help, and countless people will benefit from your prayer.

## **Mysteries of Joy**

1. Annunciation... 'Let it be done to me according to your Will'
2. Visitation... 'my soul glorifies the Lord'
3. Nativity... 'Glory to God in the highest + peace to His people on earth'
4. Presentation of the Lord... 'my eyes have seen your salvation'
5. Finding of the child Jesus... 'I must be about my Father's business'

## **Mysteries of Light**

1. Baptism of the Lord... 'this is my Son, the Beloved'
2. Wedding feast of Cana... 'do whatever He tells you'
3. Announcement of the Kingdom... 'proclaim the good news'
4. Transfiguration... 'listen to Him'
5. Eucharist... 'this is my body + blood... live in me as I live in you'

## **Mysteries of Sorrow**

1. Agony in the garden... 'not my will but your will be done'
2. Scourging... 'such love'
3. Crowning with thorns... 'behold, the King'
4. Carrying the Cross... 'follow me'
5. Crucifixion... 'Father, forgive them, they know not what they do'

## **Mysteries of Glory**

1. Resurrection... 'He is Risen! Alleluia!'
2. Ascension... 'Father, Son+Spirit are one... we believe'
3. Pentecost... 'Come Holy Spirit... light up in us the fire of your love'
4. Assumption of Our Lady... 'all who believe in me will live forever'
5. Coronation of Mary + Glory of all the Saints... 'Holy, holy, holy, Lord'