

Where the Rosary Came From

From times immemorial, the monks used to recite the 150 Psalms; those who could not read would say 150 Paternosters, keeping count on a string of beads. It was an easy step to say 150 Ave Marias. Tradition holds, however, that the method of prayer known as the Rosary was instituted by Saint Dominic (the founder of the Order of Preachers, or Dominicans) around year 1221. Pope Saint Pius V relates how, guided by Our Lady, Dominic wielded the Rosary like a sword to combat the Albigensian heresy which was wasting France and Italy. Since then, the Rosary has made its way into to ranks and classes of all manner of men, and Holy Mother the Church has esteemed the prayer of the Rosary in first place after the Sacrifice of the Mass and the Liturgy. The word "Rosary" originated during the medieval times from the Latin, "Rosarium," meaning "rose garden; a rose was a symbol of joy.

Indulgences

An Indulgence is a gift of the Church that frees a soul of the temporal punishment due to sin. Only a Catholic in a state of grace can receive an Indulgence. A **Plenary Indulgence** (full remittance of punishment) is granted when the Rosary is recited in a church or public oratory or in a family group; a **Partial indulgence** is granted in other circumstances. *Conditions:* The recitation must not be broken up; the vocal recitation must be accompanied by meditation on the mysteries; and in public, the Mysteries must be announced. One can gain many more indulgences through the Rosary if they are enrolled as a member of the Rosary Confraternity.

Order of the Mysteries

A complete Rosary is all 15 decades. In everyday speech, however, (an in order to obtain the indulgences) one Rosary is only considered to be 5 decades, or one set of Mysteries. There is however, a schedule to follow when saying only a 5-decade Rosary:

Joyful: Monday & Thursday.

Sorrowful: Tuesday & Friday.

Glorious: Saturday. On Sundays we recite the Mystery according to the Time of Year: In Advent, we say the Joyful; in Lent, the Sorrowful, and the rest of the year, the Glorious Mysteries.

What about the Luminous Mysteries?

In 2002, Pope John Paul II, in his Apostolic Letter, *Rosarium Virginis Mariae* proposed 5 new Mysteries to be included in the recitation of the Holy Rosary. The Mysteries of Light are: The Baptism in the Jordan, The Wedding at Cana, The Proclamation of the Kingdom of God, The Transfiguration, and The Last Supper. These are not a mandate, and we are free to recite or omit them according to our own preferences.

It is a wholesome and salutary thing to meditate upon any mystery of Our Lord, but there is nothing to prevent a person from including other episodes in Our Lord's life into the Traditional 15 Mysteries. The original 15 Mysteries have been greatly indulged by the Popes, and their recitation greatly encouraged by Our Lady herself.

For more copies, or for information, write to:

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The Most Holy Rosary

To learn is to know, to know is to love, and to love is to serve. The more we know about Our Blessed Lord, the more we shall desire Him, and the more we will desire to serve Him; to dwell upon Mary, Our Lady, is to dwell upon our Lord. She is a special key to the Sacred Heart of Jesus. Every living soul: man, woman or child, ought not to spend a day of their precious time here on earth without dwelling with love upon the life of Our Lord and His Mother.

By far the best form of meditation is the one which we undertake daily, with a special place and time reserved for it. It ought to be one we may perform alone or in the company of our family or friends. When we pray the Most Holy Rosary, we do exactly these things! While thinking our own thoughts about each Mystery, we recite together (The family who prays together stays together.) the vocal prayers, weaving a special garland of devotion for our Heavenly Family. The longer we keep this practice, the easier it becomes and the sweeter become the meditations. You cannot lose your faith if you are faithful to the Rosary, and you can do nothing less than please God!

The Rosary keeps the mysteries of God fresh in our mind. It is an action especially pleasing to Our Lady (therefore to Our Lord), and in it we ask for both graces and temporal favours. It takes about 15-20 minutes to say 5 decades, and this is such a small amount of time to give to God, we should be pleased to offer it.

Sister Lucy, one of the three children to whom Our Lady appeared at Fatima in 1917 relates, *"There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the holy Rosary. With the holy Rosary, we will save ourselves; we will sanctify ourselves; we will console our Lord, and obtain the salvation of many souls."*

How to Pray the Rosary

Each Mystery gives its "grace" or "fruit" which we wish to derive from dwelling on what that mystery contains. We ask for this grace, and then proceed to think about (meditate on) the Mystery at hand. The Rosary is a prayer that is said both by the *body* (who is reciting the prayers vocally) and the *soul* (who is meditating). While we say each decade (*decade* means, set of ten) of Hail Marys, we consider the people involved in each Mystery, the places where the Mystery happened and the events or actions. How did those people think and act? What did they say? How did God look at it? What effects did it have on mankind? What is the fruit of this Mystery, and why? And so on. There is, however, a certain order to follow in the prayers

to be recited.

Beginning:

Sign of the Cross

Apostles Creed

Our Father

3 Hail Marys for Faith, Hope and Charity

Glory Be

Announce the First Mystery, and say

Our Father

One Decade (=10 Hail Marys)

Glory Be

O My Jesus

Repeat Steps and with the Second Mystery

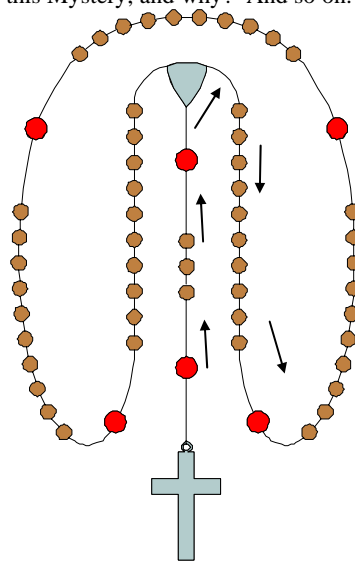
Repeat Step and with the Third Mystery, etc.

When all the Mysteries are recited, say

Hail Holy Queen

Prayer after the Rosary

Amen.



The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Ghost. 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 Ghost, 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, ascended into Heaven, and is seated at the right hand of God the Father Almighty, from whence 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 the Life Everlasting. Amen.

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. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

O My Jesus, forgive us our sins and save us from the fires of Hell. Lead all souls to Heaven, especially those most in need of Thy mercy.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee to we cry, poor banished children of Eve! To thee to we send up our sighs, mourning and weeping in this valley of tears. Turn then, O 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.

V: Pray for us O Most Holy Mother of God.

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

Prayer after the Rosary

Let us Pray (This prayer is the Collect from the Feast of the Most Holy Rosary on October 7th)

O God, Who by the Life, Death, and Resurrection of Thine only-begotten Son, hast purchased for us the rewards of Eternal Life; Grant we beseech Thee, that by 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.

The 15 Mysteries of the Rosary

Joyful Mysteries

I The Annunciation (Feast day is celebrated on March 25th): Humility

Luke I:26-38. Consider here the Archangel, the little room where Mary stayed, the message sent to her by God, Mary's humility, her answer and its greatest significance.

II The Visitation (May 31st): Love of our neighbour

Luke I:39-44. At the angel's word, Mary goes out to her cousin Elizabeth in Juda who was to be the mother of John the Baptist. Consider Elizabeth's words and actions.

III The Nativity of Our Lord in Bethlehem (December 25th): Purity, Poverty of Spirit

Luke II:4-20. Consider that Jesus is born in the stable, how there was no room at the inn for God, the shepherds, the Magi, the Angels, and what did Mary think of all this?

IV The Presentation in the Temple (February 2nd): Obedience

Luke II:21-39. Consider how Joseph and Mary sacrificed two doves; how Mary offered God to God; how Simeon prophesied the Seven Sorrows, and the old woman, Anna.

V The Finding in the Temple (Feast of the Holy Family): Desire for Jesus

Luke II:41-52. Consider how during a pilgrimage to Jerusalem that the Child Jesus was lost amongst the tens of thousands of people there; Mary and Joseph seek and find Him.

Sorrowful Mysteries

I The Agony in the Garden (Holy Thursday): knowledge of the horror of sin; true contrition

Luke XXII:44-71. Jesus thinks of all the sins of mankind and is especially pained by man's indifference and ingratitude in return for all His love and suffering.

II The Scourging at the Pillar (Corpus Christi): Spirit of penance (desire to suffer for Christ)

John XIX:1; Matt.XXVII:26. Jesus is tied to a pillar where a pair of Roman soldiers scourge Him almost unto death so that he was nearly unrecognizable.

III The Crowning of Thorns (Christ the King): virtue of fortitude

Matthew XVII:27-31. They dressed Him like a king and mocked Him and beat Him and spit in his face. This is Christ, our King, whom we are to follow after.

IV The Carrying of the Heavy Cross (September 14th): Patience and long-suffering

John XIX:15-24. If we had not sinned, Jesus would not have taken this road in order to bear away our damnation. Our Lady watches as He progresses to Golgotha.

V The Crucifixion of Our Lord (Good Friday): Perseverance; Self-sacrifice

John XIX:19-37. He gives us all He has: His Way, which leads to Eternal Life, the Truths He has learned from His Father, His own Life, and also His own holy Mother.

Glorious Mysteries

I The Resurrection of Our Lord (Easter Sunday): Faith

Mark XVI. Imagine! The dead comes back to life! We see that no matter how much we suffer here, in the end we will gain back all we have ever given for the love of God.

II The Ascension of Our Lord into Heaven (Ascension Thursday): Trust in God (Hope)

Acts I:3-12. Jesus sends the Apostles (with Peter as their Head Pastor) the last time: to teach, govern, and sanctify the sheep and lambs that form His Church on earth.

III The Descent of the Holy Ghost (Pentecost): Zeal for the salvation of souls

Acts II:1-41. Mary and the Apostles waited, as Christ asked in the Upper Room persevering in prayer until the Holy Ghost descends as tongues of fire.

IV The Assumption of Our Lady into Heaven (August 15th); Grace of a happy death

Our Lady is taken body and soul into Heaven, for God would not suffer His own mother the corruption of the earth. This doctrine having been held by the Apostles, has been handed down to us through the Sacred Traditions of Holy Mother Church.

V The Coronation (August 22nd): Trust in Mary's intercession and motherly love

Mary, upon reaching Heaven, is crowned by Her Son as Queen of Heaven and Earth. She is the daughter of the Father, Mother of the Son, and Spouse of the Holy Ghost.