

THE HOLY ROSARY

WITH ADDITIONAL
PRAYERS



*T*he **Holy Rosary** (or simply, *the Rosary*) is a set of prayers popular amongst many Catholics, as a form of personal devotional prayer to the Blessed Virgin Mary. This meditative prayer form requires a set of rosary beads, which are used to help say the prayers in the correct sequence and serves to engage the entire body in prayer.

Historians believe the origins of the Rosary can be traced back to the twelfth century. It became popular practice for people to replace the daily scripture readings and psalms used by monks, with simpler memorised prayers for their own private daily devotions.

Deriving from the Latin word, *rosarium* (meaning “rose garden”), the Rosary is also known as the Dominican Rosary; according to legend, St Dominic de Guzman had an apparition of the Virgin Mary in 1214, in the church of Prouille, France, during which the concept of the Holy Rosary was given to him.

The main element of the Rosary is the repetition of the prayer known as the **Hail Mary**. These are arranged in sets of ten, called a decade. Each decade is preceded by the **Lord’s Prayer** (also known as *the Our Father*), and followed by a **Glory Be to the Father** (a *doxology*: a short hymn of praise to God, also known as *the Gloria Patri*).

The Rosary begins with making a **Sign of the Cross** and reciting the **Apostles’ Creed**, followed by an **Our Father**, three **Hail Marys** and a **Glory Be**, before beginning the first decade. After five decades, the Rosary concludes with the prayer, **Hail Holy Queen** (also known as *the Salve Regina*).

Some Catholics also choose to recite the **Fatima Prayer** after the Glory Be at the end of each decade.





While praying each decade, contemplation is given to one of the **Mysteries of the Rosary**. The mysteries are divided into four groups of five mysteries, which recall events in the lives of Jesus and Mary.

THE JOYFUL MYSTERIES

The Joyful Mysteries describe the events leading up to the birth of Jesus and then his early life.

- *The Annunciation* (Luke 1:26-38)
- *The Visitation* (Luke 1:39-56)
- *The Nativity* (Luke 2:1-7)
- *The Presentation* (Luke 2:22-39)
- *The Finding of Jesus in the Temple* (Luke 2:41-51)

THE SORROWFUL MYSTERIES

The Sorrowful Mysteries cover the passion and death of Jesus.

- *The Agony in the Garden* (Matthew 26:36-46)
- *The Scourging at the Pillar* (Matthew 27:26)
- *The Crowning with Thorns* (Matthew 27:29-30)
- *The Carrying of the Cross* (Luke 23:26-32)
- *The Crucifixion and Death of Jesus* (Luke 23:33-46)

THE GLORIOUS MYSTERIES

The Glorious Mysteries meditate on key events from Jesus' resurrection onwards and two events regarding Mary.

- *The Resurrection of Jesus* (Matthew 28:1-10)
- *The Ascension* (Luke 24:50-53)
- *The Descent of the Holy Spirit* (Acts 2:1-41)
- *The Assumption of Mary* (Revelation 12:1-5)
- *The Coronation of Mary* (Revelation 12:1)

In 2002, Pope John Paul II recommended in his Apostolic letter, *Rosarium Virginis Mariae*, the addition of a new set of mysteries known as the *Luminous Mysteries*, or the 'Mysteries of Light'.

THE LUMINOUS MYSTERIES

The Luminous Mysteries highlight key events during the life of Jesus that reveal his human and divine nature.

- *The Baptism of Jesus* (Matthew 3:11-17)
- *The Wedding Feast at Cana* (John 2:1-12)
- *The Sermon on the Mount* (Matthew 5:1-12)
- *The Transfiguration* (Matthew 17:1-8)
- *The Institution of the Eucharist* (Matthew 26:26-28)

The full Rosary consists of praying all 20 mysteries. But more typically, a single set of mysteries is prayed each day as follows:

	<i>During Advent, Christmas and Time after Epiphany: The Joyful Mysteries</i>
Sunday	<i>During Lent and Holy week: The Sorrowful Mysteries</i>
	<i>During Easter and Time after Pentecost: The Glorious Mysteries</i>
Monday	The Joyful Mysteries
Tuesday	The Sorrowful Mysteries
Wednesday	The Glorious Mysteries
Thursday	The Luminous Mysteries
Friday	The Sorrowful Mysteries
Saturday	The Joyful Mysteries

The Rosary is often recited in groups; in this setting it is customary to divide each prayer into two parts, where a leader may recite the first half of the prayer, then the rest of the group recite the second half.

THE HOLY ROSARY

with additional prayers

Each prayer of the Rosary is prayed in the following order on each bead or space between beads.

* Denotes the additional prayers that may be used

INTRODUCTION

1. **Sign of the Cross**
– bless yourself while holding the crucifix
2. **The Apostles' Creed**
3. **Our Father**
- 4-6. **Hail Mary**
7. **Glory Be**
8. **Fatima Prayer ***

FIRST DECADE

9. Announce the mystery
10. **Our Father**
- 11-20. **Hail Mary**
– meditate on the mystery
21. **Glory Be**
22. **Fatima Prayer ***

SECOND DECADE

23. Announce the mystery
24. **Our Father**
- 25-34. **Hail Mary**
– meditate on the mystery
35. **Glory Be**
36. **Fatima Prayer ***

THIRD DECADE

37. Announce the mystery
38. **Our Father**
- 39-48. **Hail Mary**
– meditate on the mystery
49. **Glory Be**
50. **Fatima Prayer ***

FOURTH DECADE

51. Announce the mystery
52. **Our Father**
- 53-62. **Hail Mary**
– meditate on the mystery
63. **Glory Be**
64. **Fatima Prayer ***

FIFTH DECADE

65. Announce the mystery
66. **Our Father**
- 67-76. **Hail Mary**
– meditate on the mystery
77. **Glory Be**
78. **Fatima Prayer ***

CONCLUSION

79. **Hail Holy Queen**
80. **Dialogue ***
81. **Memorare ***
82. **Final Prayer ***
Sign of the Cross

THE JOYFUL MYSTERIES

Monday and Saturday

- First Decade:** The Annunciation (Luke 1:26-38)
Second Decade: The Visitation (Luke 1:39-56)
Third Decade: The Nativity (Luke 2:1-7)
Fourth Decade: The Presentation (Luke 2:22-39)
Fifth Decade: The Finding of Jesus in the Temple (Luke 2:41-51)

THE SORROWFUL MYSTERIES

Tuesday and Friday

- First Decade:** The Agony in the Garden (Matthew 26:36-46)
Second Decade: The Scourging at the Pillar (Matthew 27:26)
Third Decade: The Crowning with Thorns (Matthew 27:29-30)
Fourth Decade: The Carrying of the Cross (Luke 23:26-32)
Fifth Decade: The Crucifixion and Death of Jesus (Luke 23:33-46)

THE GLORIOUS MYSTERIES

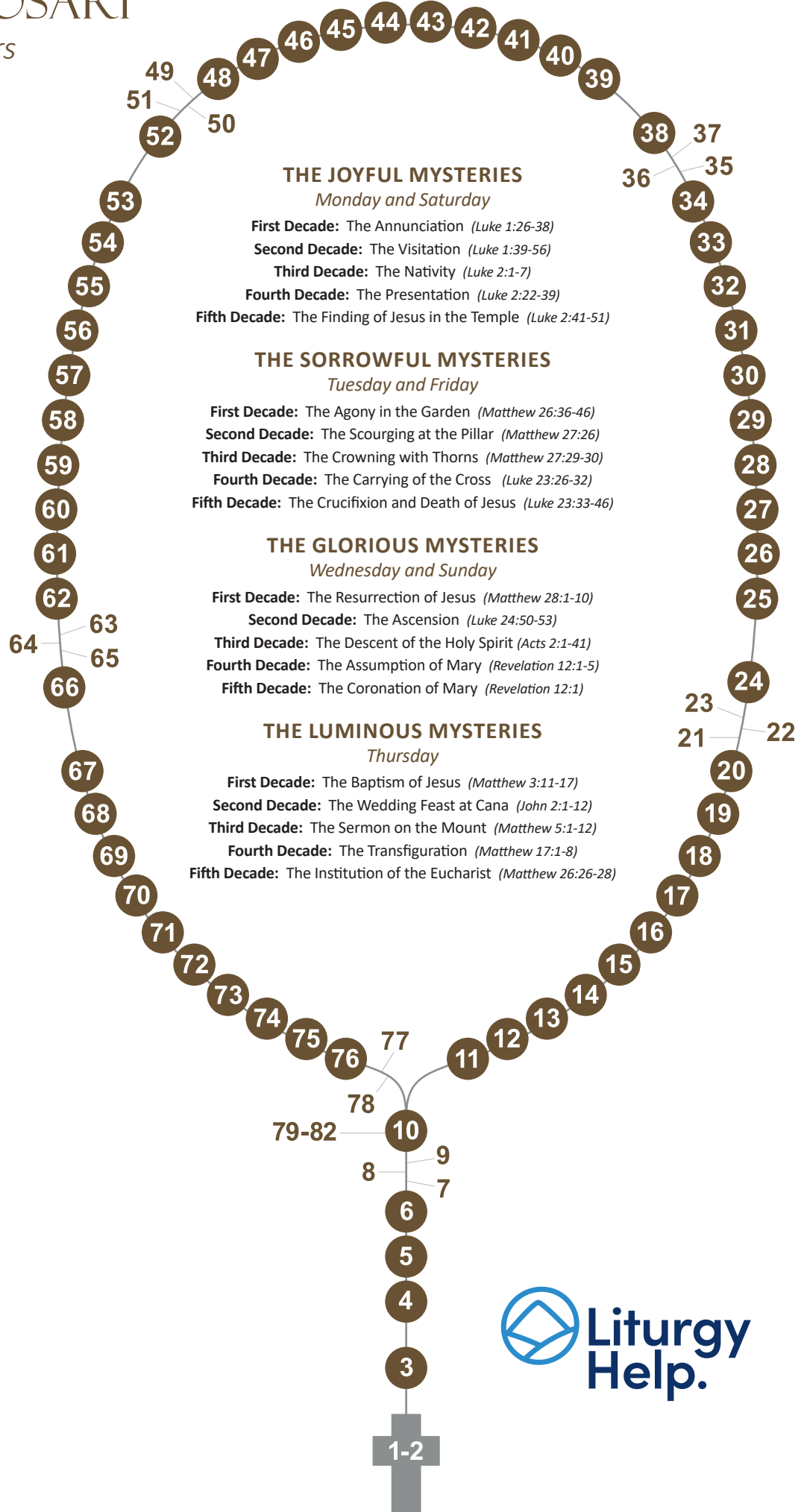
Wednesday and Sunday

- First Decade:** The Resurrection of Jesus (Matthew 28:1-10)
Second Decade: The Ascension (Luke 24:50-53)
Third Decade: The Descent of the Holy Spirit (Acts 2:1-41)
Fourth Decade: The Assumption of Mary (Revelation 12:1-5)
Fifth Decade: The Coronation of Mary (Revelation 12:1)

THE LUMINOUS MYSTERIES

Thursday

- First Decade:** The Baptism of Jesus (Matthew 3:11-17)
Second Decade: The Wedding Feast at Cana (John 2:1-12)
Third Decade: The Sermon on the Mount (Matthew 5:1-12)
Fourth Decade: The Transfiguration (Matthew 17:1-8)
Fifth Decade: The Institution of the Eucharist (Matthew 26:26-28)





PRAYERS OF THE HOLY ROSARY

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.

OUR FATHER (the Lord's Prayer)

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 you: blessed are you among women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE TO THE FATHER (the Gloria Patri)

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.

FATIMA PRAYER **additional prayer*

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy.

HAIL HOLY QUEEN (the Salve Regina)

Hail, holy Queen, Mother of Mercy! 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.

DIALOGUE **additional prayer*

Leader: Pray for us, O holy Mother of God.

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

MEMORARE **additional prayer*

Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins. To you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer.

FINAL PRAYER **additional prayer*

O God, whose only begotten Son by His Life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech that, while 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.