



*Self-Guided Walk to Remember Rosary*



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The Rosary is a Scripture-based prayer. It begins with the *Apostles' Creed*, which summarizes the great mysteries of the Catholic faith. The *Our Father*, which introduces each mystery, is from the Gospels. The first part of the *Hail Mary* is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the *Hail Mary*. The Mysteries of the Rosary center on the events of Christ's life.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

Because our "Walk to Remember" is typically held on a Sunday, we follow the Five Glorious Mysteries of the Rosary.

The **Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

The **Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

The **Five Glorious Mysteries** are traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

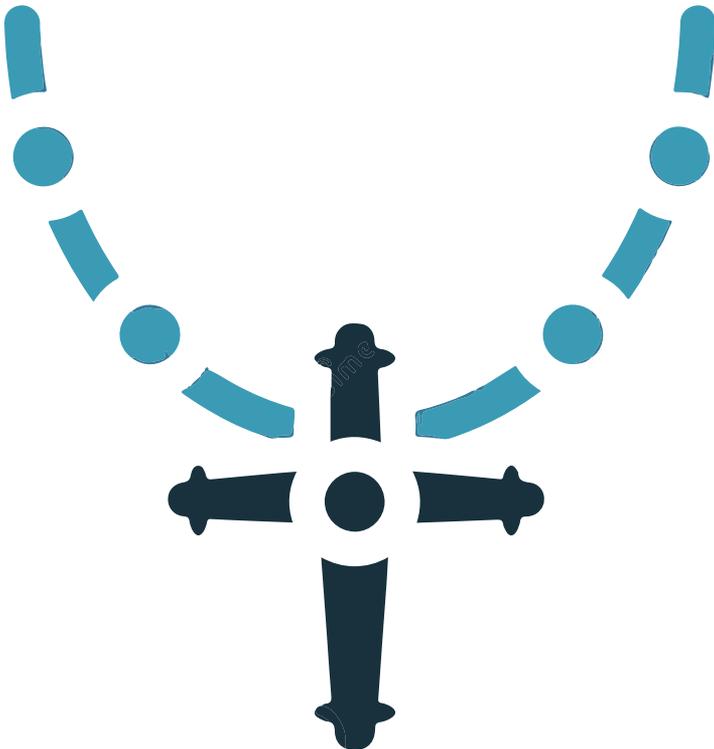
1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

# *Praying the Rosary*

1. Holding the Crucifix and looking at it, make the Sign of the Cross. Then pray the *Apostles' Creed*.
2. On the first large bead, pray an *Our Father*.
3. On each of the next three small beads, pray the *Hail Mary* reflecting on *Faith, Hope and Charity*. Then pray the *Glory Be*.
4. On the next large bead, (and at the start of each of the five “decades” – group of ten small beads), **announce each of the five Mysteries**, reflecting on what happened to Jesus at this time and what it means in your life today. Then pray the *Our Father*.
5. On each of the ten beads of the decade, pray *ten Hail Marys* while reflecting on the Mystery. Then pray a *Glory Be*.
6. After each decade, recite the *Fatima prayer* (requested by the Blessed Virgin Mary at Fatima).
7. At the end of the five decades, pray the *Hail, Holy Queen*, followed by the *Closing Prayer*.
8. Conclude the Rosary with the Sign of the Cross.



# *Prayers of the Rosary*

## **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 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 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.

## **The Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of thy mercy.

## **The Hail Holy Queen (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 valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin-Mary.

## **Closing Prayer**

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ. *Let us pray: 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.*

# *Reflections on the Glorious Mysteries*

## *Isaiah 25: 6, 7-9*

On this mountain the Lord of hosts will provide for all peoples. On this mountain he will destroy the veil that veils all peoples, the web that is woven over all nations: He will destroy death forever. The Lord God will wipe away the tears from all faces; The reproach of his people he will remove from the whole earth; For the Lord has spoken. On that day it will be said: "Behold our God, to whom we looked to Save us! This is the Lord for whom we looked; Let us rejoice and be glad that he has saved us!"

The Word of the Lord.

### **The First Glorious Mystery: The Resurrection**



On the third day after Jesus' death, his friends returned to the tomb to continue their mourning, but the tomb was empty; Jesus was not there. As he promised, he had risen from the dead. As we gather here in prayer this day, we too believe we will stand before an empty tomb. Our loved ones have died and will be raised up on the last day.

**Meditation:** Lord Jesus, three days after you died, you rose from the dead, giving us the gift of eternal life for all who hope and believe in You. Our loved ones have died believing in this gift of eternal life. We pray that they will experience the joy of living with you for all eternity.

### **The Second Glorious Mystery: The Ascension of Our Lord**



Following the resurrection from the dead, Jesus continued to walk among his friends to give witness that he had risen as he promised. After forty days, he ascended into heaven, promising those he loved he was going to prepare an eternal place for them so that where he was, they also might someday be. We gather here this day because our loved ones have gone to that eternal place and, with Jesus, are now preparing a home for each one of us.

**Meditation:** Lord Jesus, forty days after rising from the dead, you ascended to The Father. Your followers experienced a deep separation and pain in their hearts. Yet You assured them they would once again be with You. We are experiencing that same pain of separation from our loved ones. May we live in the hope of once again seeing our dear loved ones.

### The Third Glorious Mystery: The Descent of the Holy Spirit



Those who had shared so intimately in the life of Jesus were left, after his ascension to heaven, with an emptiness that seemed to defy consolation. Jesus had promised them, “I will not leave you orphans.” As we gather in the presence of our loved ones this day, we ask that the Holy Spirit, which burned within their hearts, bring us consolation and strength.

**Meditation:** Lord Jesus, we are mindful of Your presence in our lives and the many ways in which You draw us to life with You and Your Mother Mary. We are grateful for the many ways our loved ones gave witness to Your presence in their lives. We pray that they will be united with You and will share in the glory of eternal life.

### The Fourth Glorious Mystery: The Assumption



Mary, the mother of Jesus, knew what it was to stand by helplessly as the one she loved suffered and died. When her son left this earth for the heavenly home, she felt as if her own heart went with him. Her only consolation was the sure faith that God would raise her up one day, to be with him – and he did. As we gather here in the presence of our loved ones this day, we ask Mary to take the pain that is in our hearts and lift it up in the consolation of faith she knew – that we will all one day be united with Jesus, with Mary and with our loved ones.

**Meditation:** Lord Jesus, Mary was assumed into heaven to be reunited with You and with The Father. May we live a life on earth that is pleasing to You, so that we may be reunited with you and our loved ones in the promise of eternal life.

### The Fifth Glorious Mystery: The Coronation of Mary



Mary’s earthly life of steadfast faith was crowned with eternal happiness when, at last, she rejoined her son in heaven. The same crown awaits us as we continue our life’s journey in the faith that someday we too will reach that place for which, even now, our hearts yearn. While our lives must now continue without our dear loved ones, the sure hope of a heavenly reunion and the consolation that they now watch over us in the company of Jesus and Mary urge us on until the eternal crown of glory stands before our own eyes.

**Meditation:** Lord Jesus, Mary was crowned queen of heaven and earth. By her example, she gives us the guidance and the strength to follow You in our journey in life. May our loved ones share in this glory and help us follow You more closely on this path of life we walk on earth.



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