

HOW TO PRAY

The HOLY ROSARY

Dear Brothers and Sisters,

As we find ourselves unable in these days to go to our churches, attend Mass or other public services, it is more important than ever that we feel confident in praying at home and in maintaining our spiritual lives and our sense of being in God's presence and being prayerful members of His Church.

One of the best loved and best known ways of exercising that vocation to be people of prayer is praying the Rosary; The most holy Rosary of the Blessed Virgin Mary.

I'm sure many of you are very familiar with this means of prayer, but for those of you who are not so familiar, I hope that this guide will talk you through how to pray the Rosary and will aid you in your prayer life.

Yours in Christ

+ Jonathan Fulham.

The Rt Revd Jonathan Baker, Bishop of Fulham

What is The Holy Rosary?

The word Rosary, derives from a latin word, *Rosarium*, meaning a "Rose Garden". One of the beautiful titles under which Our Lady is known in the Old Testament is "Rose of Sharon", perhaps the word Rosary has something to do with that Old Testament title which has been applied to Our Blessed Lady.

At the heart of the prayer of the Rosary are some of the most familiar and most important prayers of the Church: The Lord's Prayer, The Hail Mary and The Gloria. Through these prayers we pray through some of the main beliefs and doctrines of our Church. We pray the incarnation, we pray the Trinity and we pray the prayer which Jesus Christ himself taught us to pray, The Lord's Prayer.

The Rosary consists of traditionally three, but now four, mysteries. Each Rosary is made up 5 decades of beads, each decade is formed of ten beads. We use these beads to reflect upon a particular theme, we call these themes the Mysteries of the Rosary. These are episodes from our Lord's life, which we reflect upon, and meditate on whilst praying.

Prayers used during The Rosary

The Apostles Creed

I believe in God the Father almighty,
maker 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, dead, and buried.
He descended into hell;
the third day he rose again from the dead;
he ascended into heaven,
and sitteth on the right hand of God
the Father almighty;
from thence he shall come to judge the quick
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 Hail Mary

Hail, Mary, full of grace; the Lord is with thee:
blessèd 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.

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.

The Glory Be to the Father

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 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.

Pray for us, O Holy Mother of God

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

What are the Mysteries of The Rosary

Joyful Mysteries

First Decade: The Annunciation of Gabriel to Mary (Luke 1:26-38; John 1:14)

Second Decade: The Visitation of Mary to Elizabeth (Luke 1:39-56)

Third Decade: The Birth of Our Lord (Luke 2:6-20; Matthew 1:18-25)

Fourth Decade: The Presentation of Our Lord (Luke 2:22-39)

Fifth Decade: The Finding of Our Lord in the Temple (Luke 2:41-51)

Luminous Mysteries

First Decade: The Baptism of Our Lord in the River Jordan

(Matthew 3:11-17; Mark 1:9-11; Luke 3:15-22; John 1:26-34)

Second Decade: The Wedding at Cana, when Christ manifested Himself (John 2:1-12)

Third Decade: The Proclamation of the Kingdom of God

(Mark 1:14-15; Matthew 5:1-16; Matthew 6:33; Matthew 7:21)

Fourth Decade: The Transfiguration of Our Lord

(Matthew 17:1-8; Mark 9:2-10; Luke 9:28-36)

Fifth Decade: The Institution of the Holy Eucharist

(Matthew 26:26-28; Mark 22:25; Luke 22:14-20; John 6:33-59)

Sorrowful Mysteries

First Decade: The Agony of Our Lord in the Garden

(Matthew 26:36-46; Mark 14:32-42; Luke 22:39-46)

Second Decade: Our Lord is Scourged at the Pillar

(Matthew 27:26; Mark 15:15; Luke 23:16-22; John 19:1)

Third Decade: Our Lord is Crowned with Thorns

(Matthew 27:29-30; Mark 15:16-20; John 19: 2-3)

Fourth Decade: Our Lord Carries the Cross to Calvary

(Luke 23: 26-32; Matthew 27:31-32; Mark 15:21; Luke 23:26-32)

Fifth Decade: The Crucifixion of Our Lord

(Luke 23: 33-46; Matthew 27: 33-54; Mark 15: 22-39; Luke 23: 33-47; John 19:17-37)

Glorious Mysteries

First Decade: The Glorious Resurrection of Our Lord

(Matthew 28: 1-10; Mark 16: 1-18; Luke 24: 1-49; John 20:1-29)

Second Decade: The Ascension of Our Lord (Mark: 16: 19-20; Luke 24: 50-51; Acts 1: 6-11)

Third Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)

Fourth Decade: The Assumption of Mary into Heaven (Revelation 12:1)

Fifth Decade: The Coronation of Mary (Revelation 12:1)

How do you pray The Holy Rosary?

First choose which Mystery you wish to reflect upon while praying The Rosary.

- 1: While holding the crucifix make the Sign of the Cross and recite the Apostles Creed
- 2: Recite the Our Father with the small bead above the crucifix
- 3: Say a Hail Mary on each of the three small beads
- 4: Recite the Glory Be to the Father on the next large bead.
- 5: Move onto the first decade of bead and say a Hail Mary on each of the ten beads
- 6: On the bead between the next set of beads repeat the Glory Be to the Father
- 7: Each following decade is prayed in the same way by reciting the Hail Marys while meditating on the mystery, followed by the Glory Be inbetween each decade.
- 8: After the final decade has been prayed, recite the Salve Regina and make the Sign of the Cross. You have then completed saying The Rosary.

