

THE HOLY ROSARY

(Get your beads and say the 'Apostles Creed', the 'Our Father', three 'Hail Marys' and a 'Glory be to the Father'. Then announce the mystery (one of the below) followed by an Our Father and ten Hail Marys and a glory be to the Father. When completed say the 'Hail Holy Queen' and concluding prayer).

THE FIVE JOYFUL MYSTERIES

(Monday and Saturday)

The Annunciation

"The Angel said to Mary: "Behold you will conceive and bear a Son, and you shall name him Jesus". I am the handmaid of the Lord said Mary, let what you have said be done to me' (Lk 1: 31)

The Visitation

Elizabeth said to Mary: "of all women you are the most blessed and blessed is the fruit of your womb". "Mary said: "my soul magnifies the Lord, and my spirit rejoices in God my Saviour" (Lk: 1: 42)

The Birth of Our Lord

Mary gave birth to her Son, wrapped him in swaddling clothes and laid Him in a manger. The Angel said to the Shepherds: "To you is born this day, in the city of David, a Saviour who is Christ the Lord" (Lk2: 7-11)

The Presentation

'They brought him up to Jerusalem to present Him to the Lord. The prophet Simeon said: "this child will be a light to enlighten the pagans, and the glory of my people Israel" (Lk2: 22)

The finding in the Temple

The boy Jesus stayed behind in Jerusalem. After three days, Mary and Joseph found him in the Temple. He said to them "Did you not know that I must be about my Father's affairs" (Lk2: 43)

THE FIVE LUMINOUS MYSTERIES

(Thursdays)

The Baptism of our Lord in the Jordan

Jesus came and was baptised by John in the Jordan. And a voice came from Heaven: 'you are my son, the beloved - my favour rests on you"

The Wedding at Cana

"When the wine ran out the mother of Jesus said to Him, "They have no wine". Jesus said to the servants, 'Fill the jars with water'. And the filled them to the brim. When the steward tasted the water, it had turned into wine.

The proclamation of the Kingdom and the call to conversion

Jesus came into Galilee, and proclaimed, 'the time has come and the kingdom of God is close at hand, repent and believe in the Good News'.

The Transfiguration

'Jesus took with him Peter, James and John and led them up a high mountain where he was transfigured. With Jesus there appeared to them Elijah and Moses. A voice came from the cloud which said: 'This is my Son the beloved, listen to Him.

The institution of the Blessed Eucharist

Jesus broke the bread and handed it the disciples and said: "This is my body which is given up for you. And passing the chalice round he said: 'This is my blood poured out for you. Do this in memory of me".

Hail Holy Queen, mother of mercy. Hail 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 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.

THE FIVE SORROWFUL MYSTERIES

(Tuesdays and Fridays)

The Agony in the Garden

He knelt down and prayed, 'Father, if it be possible, remove this cup from me'. And there appeared to him an Angel from heaven, strengthening him. His sweat became like great drops of blood falling upon the ground (Luke 22)

The Scouring at the Pillar

"So Pilate anxious to satisfy the crowd, released for them Barabbas, and having scourged Jesus, he delivered him to be crucified" (Mk 15)

The Crowning with Thorns

"The soldiers clothed him in a purple cloak, and plaiting a crown of thorns they put it on his head. And they began to salute him, 'Hail King of the Jews'. And they struck his head with a reed, and spat upon him, and knelt down in homage to him." (Mk 15)

The Carrying of the Cross

"And they led him out to crucify him. They compelled a passer-by, Simon of Cyrene, to help Jesus carry his Cross. Having arrived at Golgotha - the place of the Skull - they crucified him there". (Mk 15)

The Crucifixion and Death of Jesus

"Standing by the Cross of Jesus were his Mother, and his Mother's sister, Mary the wife of Clopas, and Mary Magdalene. He said to his Mother, 'Woman, 'this is your son!' and to the disciple whom he loved said, 'this is your mother!'. After saying 'into your hands I commit my spirit,' he bowed his head and died.

THE FIVE GLORIOUS MYSTERIES

(Wednesdays and Sundays)

The Resurrection

"And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe: and they were amazed. And he said to them, 'Do not be afraid, you seek Jesus of Nazareth, whom was crucified. He is risen, he is not here'. (Mk 16)

The Ascension

"The Lord Jesus, after he had spoken to them, was taken up into heaven, to sit at God's right hand. God has placed Him over every sovereignty and power and put all things under his feet.

The Decent of the Holy Spirit

"And suddenly a sound came from Heaven like the rush of a mighty wind, and it filled the whole house where they were sitting. And there appeared tongues of fire, which rested on the head of each of them. And they were all filled with the Holy Spirit." (Acts 1)

The Assumption

Mary, after the completion of her earthly life, was assumed, body and soul, into the glory of Heaven

The Crowning of Mary, Queen of Heaven

"And a great sign appeared in Heaven, a woman clothed with the sun with the moon under her feet and on her head a crown of twelve stars". (Rev 12).

Concluding Prayer

O God who's only begotten son by his life death and resurrection has purchased for us the rewards of Eternal salvation. Grant us, we beseech Thee that meditating upon these mysteries in the most holy Rosary of the Blessed Virgin Mary we may imitate what they contain and obtain what the promise, through the same Christ Our Lord Amen.