



### **A Prayer before the Rosary**

LORD JESUS CHRIST, crucified and risen from the dead, our only Saviour, listen with kindness to our prayers which we offer through the Immaculate Heart of your Mother, Mary. Have mercy on us and on the whole world, according to the goodness and wisdom of your Sacred Heart. Please bless Pope Francis and all the bishops, and others, who will take part in the coming Synod. Let your saving word shine out with clarity and your divine compassion flow with abundance, on and through the Synod. Please bless our diocese and all our families. We ask this in your Name, O Jesus, who live and reign forever and ever. Amen.

### **How To Pray The Rosary**

The purpose of the Rosary is to help keep in our hearts the principal events or mysteries in the history of our salvation, and to thank and praise God for them. There are twenty mysteries reflected upon in the Rosary, and these are divided into the five JOYFUL MYSTERIES, the five LUMINOUS MYSTERIES, the five SORROWFUL MYSTERIES, and the five GLORIOUS MYSTERIES. Pope St. John Paul the Great, suggested that the Joyful mysteries be said on Monday and Saturday, the Luminous on Thursday, the Sorrowful on Tuesday and Friday, and the Glorious on Wednesday and Sunday (with this exception: Sundays of Christmas season - The Joyful; Sundays of Lent - Sorrowful).

1. Make the Sign of the Cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys."
4. Say the "Glory be to the Father." (Here we may add: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of thy mercy.")
5. Announce the First Mystery and first intention, then time of silence for heart to heart prayer, then say the "Our Father."
6. Say ten "Hail Marys".
7. Say the "Glory be to the Father."
8. Announce the Second Mystery and second intention; then say the "Our Father." Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.

After the five decades of the Rosary:

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 vale 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!

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 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.