
**The Holy Rosary is a special gift
and invitation to you,
from Mary the Mother of Jesus**

It is a gift, because it comes from her heart to those children that she would like to come closer to her.

It is an invitation, because this Mother would like you to ponder the life of Jesus with her.

The Holy Scriptures tell us that Mary *‘pondered all these things in her heart’*.

She pondered them on earth, and she ponders them still with joy in Heaven. What mother does not delight in pondering on her child?

If you haven't prayed the Rosary for a while, or have dismissed it from your mind and heart for one reason or another, please take a fresh look at it. There are so many secrets about the life of Jesus that she wants to share with you.

Start small and easy, and gradually build up to the full Rosary. Perhaps if you are on your own, choose a set of Mysteries, Joyful, Luminous, Sorrowful or Glorious, and pray two Hail Marys for each mystery, pondering on the story within it. 10 Hail Marys a day is not an onerous way to start. After a while when you have begun to taste the fruit of pondering with Mary, and want more, then go to a decade a day, start with the First Joyful, then the next day, go to the Second Joyful, and on until you have come to the Fifth Glorious. When a decade a day is no longer enough, then try two decades. Build up gradually as your desire to ponder the face of Jesus through the eyes and heart of Mary grows within you. Sometimes praying the Rosary is easier with a friend. Start small and easy, and let Mary lead you deeper into her heart.

**The Church encourages us to respond to
Mary's gift and invitation of the Rosary**

A plenary indulgence is granted when the Rosary is recited in a church or oratory or when it is recited in a family, a religious community, or a pious association, A partial indulgence is granted for its recitation in all other circumstances. The recitation of five decades is sufficient for obtaining the plenary indulgence, but these five decades must be recited without interruption.

Devout meditation on the mysteries is to be added to the vocal prayer. In its public recitation the mysteries must be announced, but in private recitation it is sufficient for the Christian faithful simply to join meditation on the mysteries to the vocal prayer.

(An indulgence is the remission in the eyes of God of the temporal punishment due to sins whose culpable element has already been taken away. It is a gift from the treasury of the expiatory works of Jesus Christ and the Saints united to Him. If plenary it frees a person from all, or if partial, from part, of the temporal punishment due to sins. Indulgences can always be offered for the relief of the souls in purgatory.)

Blessed Alan de la Roche wrote:

The Holy Angels in Heaven salute the most Blessed Virgin with the Hail Mary—not audibly, but with their angelic intelligences. For they are fully aware that through it reparation was made for the fallen Angels' sin, God was made man and the world was renewed. Guillaume Pepin said that one night Mary appeared to a woman who prayed the Rosary and said: *‘My daughter, do not be afraid of me. I am your loving Mother whom you honour so faithfully every day. Be steadfast and persevere; I want you to know that the Hail Mary gives me so much joy that no man could ever really explain it’*

The **Rosary** begins with the Apostles Creed, and then an Our Father, Three Hail Marys and a Glory Be for the intentions of the Pope. Then each of the five mysteries is prayed with an Our Father, Ten Hail Marys, a Glory Be and the Fatima Prayer. After the five mysteries, the Hail Holy Queen is prayed. (see prayers next page)

Joyful Mysteries

(usually recited on Mondays and Saturdays)

- 1st. The Annunciation, by the Angel
- 2nd. The Visitation of Mary to Elizabeth
- 3rd. The Birth of Jesus in Bethlehem
- 4th. The Presentation of Jesus in the Temple
- 5th. The Finding of Jesus in the Temple

Luminous Mysteries

(usually recited on Thursdays)

- 1st. The Baptism of Jesus in the Jordan
- 2nd. The Wedding Feast at Cana
- 3rd. Jesus preaches and calls us back to God
- 4th. Jesus is transfigured on Mount Tabor
- 5th. Jesus institutes the Eucharist at the Last Supper

Sorrowful Mysteries

(usually recited on Tuesdays and Fridays)

- 1st. The agony of Jesus in the garden of olives
- 2nd. Jesus is scourged
- 3rd. Jesus is mocked and crowned with thorns
- 4th. Jesus carries the Cross to Calvary
- 5th. Jesus is crucified, and dies to redeem us.

Glorious Mysteries

(usually recited on Wednesdays and Sundays)

- 1st. The resurrection of Jesus from the dead
 - 2nd. The ascension of Jesus to Heaven
 - 3rd. The coming of the Holy Spirit at Pentecost
 - 4th. At the end of her life, Mary is taken body and soul into Heaven, and reunited to Jesus.
 - 5th. Mary is crowned by Jesus as Queen of Heaven and Earth.
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The Fifteen Promises of Mary to Christians who recite the Rosary

(as given to St Dominic and Blessed Alan de la Roche)

1. Whoever shall faithfully serve me by the recitation of the Rosary shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.
3. The Rosary shall be a powerful armour against Hell; it will destroy vice, decrease sin and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities and will lift them up to the desire of eternal things. Oh, that souls would sanctify themselves by this means!
5. The soul which recommends itself to me by the recitation of the Rosary shall not perish.
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred Mysteries, shall never be conquered by misfortune. God will not chastise him in His justice; he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God and become worthy of eternal life.
7. Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
8. Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in Paradise.
9. I shall deliver from Purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of glory in Heaven.
11. You shall obtain all you ask of me by the recitation of the Rosary.
12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire Celestial Court during their life and at the hour of death.
14. All who recite the Rosary are my sons, and brothers of my only Son, Jesus Christ.
15. Devotion to my Rosary is a great sign of predestination. *Imprimatur* Patrick J. Hayes D.D. Archbishop of New York

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THE APOSTLES CREED

I believe in God the Father Almighty, the 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 thence he shall 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

Our Father, who art in heaven hallowed be Your Name; Your kingdom come; Your 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

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

O my Jesus, forgive us our sins, save us from the fires of hell. Bring all souls to heaven, especially those most in need of your mercy.

HAIL HOLY QUEEN

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, O gracious advocate, Thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

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A gift for you



**from the heart
of a Mother**

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