

PRAYING THE ROSARY

Begin with the Sign of the Cross.

Holding the crucifix, pray the Apostle's Creed.

On the first large bead, pray the Our Father.

On the next 3 smaller beads, pray a Hail Mary on each.

Conclude with the Glory Be.

Begin the first decade with an Our Father (1g bead)

On the next 10 smaller beads, pray a Hail Mary on each.

At the end of the smaller beads, pray the Glory Be.

This ends each decade.

Then go on to the next large bead and begin again with the Our Father, and so on.

(Each set of 1 Our Father, 10 Hail Mary's and 1 Glory Be is called a decade.)

During each decade, while saying the above prayers, try to picture in your mind, the various scenes in the life of our Lord and His mother. These are called mysteries or meditations. There are 4 mysteries: The Joyful (recited on Mondays and Saturdays), The Luminous (recited on Thursdays), The Sorrowful (recited on Tuesdays and Fridays), and The Glorious (recited on Wednesdays and Sundays).

Depending on the day of the week that the rosary is said, a different mystery is meditated on.

Joyful Mysteries: *The Annunciation, The Visitation, The Nativity, The Presentation, and The Finding in the Temple.*

Luminous Mysteries: *The Baptism at the Jordan, The Wedding at Cana, Proclamation of the Kingdom, The Transfiguration, The Institution of the Eucharist.*

Sorrowful Mysteries: *The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion.*

Glorious Mysteries: *The Resurrection, The Ascension, The Decent of the Holy Spirit, The Assumption of the Blessed Virgin Mary, The Coronation of the Blessed Virgin Mary.*