

Queen  
of the  
Holy  
Rosary



# THE JOYFUL MYSTERIES

Day: Mon & Sat



## 1. THE ANNUNCIATION

And when the angel had come to her, he said, "Hail, full of grace, the Lord is with thee. Blessed art thou among women" (Luke 1, 28)

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## 2. THE VISITATION

And Elizabeth was filled with the Holy Spirit, and cried out with a loud voice, saying, "Blessed art thou among women and blessed is the fruit of thy womb!" (Luke 1, 41-42)

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## 3. THE NATIVITY

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn. (Luke 2, 7)

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## 4. THE PRESENTATION

And when the days of her purification were fulfilled according to the Law of Moses, they took him up to Jerusalem to present him to the Lord. (Luke 2, 22-23)

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## 5. THE FINDING IN THE TEMPLE

And it came to pass after three days, that they found him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. (Luke 2, 46)

# THE MYSTERIES OF LIGHT

Day: Thur



## 1. THE BAPTISM OF JESUS

The Spirit descended like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; and with you I am well pleased." (Mark 1, 10)

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## 2. THE WEDDING FEAST OF CANA

Jesus changed water into wine, the first of his signs, and revealed his glory; and his disciples believed in him (John 2, 11)

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## 3. THE PROCLAMATION OF THE KINGDOM WITH THE CALL TO CONVERSION

"The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." (Mark 1, 15)

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## 4. THE TRANSFIGURATION

And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. (Matthew 17, 2)

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## 5. THE INSTITUTION OF THE EUCHARIST

He took bread, gave thanks, broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." (Luke 22, 19)

# THE SORROWFUL MYSTERIES

Day: Tues & Fri



## 1. THE AGONY IN THE GARDEN

And his sweat became as drops of blood running down upon the ground. And rising from prayer he came to the disciples, and found them sleeping for sorrow. (Luke 22, 44-45)

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## 2. THE SCOURGING AT THE PILLAR

Pilate, then, took Jesus and had him scourged. (John 19, 1)

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## 3. THE CROWNING WITH THORNS

And they stripped him and put on him a scarlet cloak; and plaiting a crown of thorns they put it on his head, and a reed into his right hand. (Matthew 27, 28-29)

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## 4. THE CARRYING OF THE CROSS

And bearing the cross for himself, he went forth to the place called the Skull, in Hebrew, Golgotha. (John 19, 17)

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## 5. THE CRUCIFIXION

And Jesus cried out with a loud voice and said, "Father, into thy hands I commend my spirit". And having said this, he expired. (Luke 23, 46)



# THE GLORIOUS MYSTERIES

Day: Wed & Sun



## 1. THE RESURRECTION

He has risen, he is not here. Behold the place where they laid him. (Mark 16, 6)

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## 2. THE ASCENSION

So then the Lord, after he had spoken to them, was taken up into heaven, and sits at the right hand of God (Mark 16, 19)

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## 3. THE DESCENT OF THE HOLY SPIRIT

And they were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak. (Acts 2, 4)

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## 4. THE ASSUMPTION

And a great sign appeared in heaven: a woman clothed with the sun, and the moon was under her feet, and upon her head a crown of twelve stars. (Apocalypse 21, 1)

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## 5. THE CORONATION OF MARY QUEEN OF HEAVEN AND EARTH

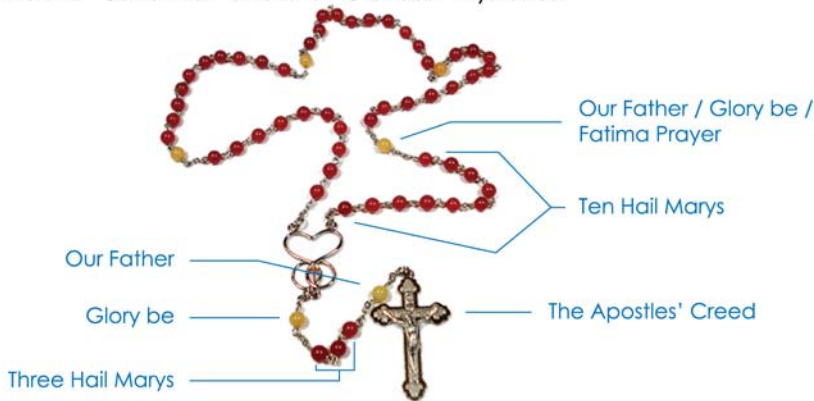
Thou art the glory of Jerusalem the honour of our people . . . the hand of the Lord hath strengthened thee, and therefore thou shalt be blessed forever . . . (Judith 15, 9-11)

## HOW TO PRAY THE ROSARY

The Rosary is made up of "decades". A decade is one "Our Father" followed by ten "Hail Marys" and a "Glory Be".

While it is usual to say five decades at a time, it is better to say one decade well, rather than five decades badly.

Begin with the sign of the cross. Pray the "Apostles' Creed" holding the crucifix and continue on the straight piece of the Rosary with one Our Father, three Hail Marys and a Glory Be, as shown in the picture. Then, to start the first decade, pray one Our Father. Moving on to the circular piece of the Rosary, continue with ten Hail Marys and finish the first decade with one Glory Be and the "Fatima Prayer". By saying five decades of the Rosary, you will complete one full circuit of the beads. To finish, after completing your chosen number of decades, pray the "Hail Holy Queen". The prayer to "St. Michael Archangel" and the "Memorare" are very powerful extra prayers. As you say each decade, think about a story in the life of Mary and Jesus. There are 20 stories to think about. Each story is called a "Mystery". On the next pages you will be able to follow the five "Joyful" Mysteries, the five "Mysteries of Light", the five "Sorrowful" and five "Glorious" Mysteries.



# THE LITANY OF THE BLESSED VIRGIN MARY

Lord, have mercy. *Lord, have mercy.*  
Christ, have mercy. *Christ, have mercy*  
Lord, have mercy. *Lord, have mercy.*  
Christ, hear us. *Christ, graciously hear us*  
God the Father of Heaven, *have mercy on us.*  
God the Son, Redeemer of the world.  
*have mercy on us.*

God the Holy Spirit, *have mercy on us.*  
Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God,  
Holy Virgin of virgins,  
Mother of Christ,  
Mother of the Church,  
Mother divine grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most lovable,  
Mother most admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Savior,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,

Pray for us

Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of Heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Comfort of the afflicted,  
Help of Christians,  
Queen of Angels,  
Queen of Patriarchs,  
Queen of Prophets,  
Queen of Apostles,  
Queen of Martyrs,  
Queen of Confessors,  
Queen of Virgins,  
Queen of all Saints,  
Queen conceived without original sin,  
Queen assumed into heaven,  
Queen of the most Holy Rosary,  
Queen of Family,  
Queen of Peace,

Pray for us

Lamb of God, who takes away the sins of the world, *spare us, O Lord.*  
Lamb of God, who takes away the sins of the world, *Graciously hear us, O Lord.*  
Lamb of God, who takes away the sins of the world, *have mercy on us.*  
V. Pray for us, O Holy Mother of God.

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

Let us pray.

Lord God, give to your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

# PRAYERS OF THE ROSARY

## THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.  
*Amen.*

## APOSTLES' CREED

I believe in God the Father almighty, 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; the third day he rose again from the dead; he ascended into heaven, and sits 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 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. Amen.*

or

Our Father in heaven, holy be your name, your kingdom come, your will be done on earth as in heaven. *Give us today our daily bread, forgive us our sins as we forgive those who sin against us; do not bring us to the test, but deliver us from evil. Amen.*

## THE HAIL MARY

Hail Mary, full of grace, the Lord is with thee; Blessed art thou among 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. Amen.*

## 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.*



## **FATIMA PRAYER**

O MY JESUS, forgive us our sins, save us from the fires of hell and lead all souls into heaven especially those who are in most need of your mercy. *Amen.*

## **HAIL, HOLY QUEEN**

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy upon us, and after this exile show unto us the blessed fruit of your 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.*

## **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 pray, that, while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, we ask this through the same Christ our Lord. *Amen.*

## **PRAYER TO ST. MICHAEL**

Holy Michael, Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him we humbly pray; and we ask you Prince of the Heavenly Hosts, by the power of God, thrust down to hell Satan and all other evil spirits who wander through the world for the ruin of souls. *Amen.*

## **THE MEMORARE**

Remember, most loving Virgin Mary, never was it heard that anyone who turned to you for help was left unaided. Inspired by this confidence, though burdened by my sins, I run to your protection for you are my mother. Mother of the Word Incarnate, do not despise my words of pleading but be merciful and hear my prayer. *Amen.*

## **ABOUT THE ROSARY**

The Rosary is the story of the New Testament. Through the beads we follow the life of Mary and Jesus. We follow Mary from the day the Archangel Gabriel came to ask her to become the Mother of Christ, to the day she was crowned Queen of Heaven. We follow Jesus from the moment the Holy Spirit came down on Mary, through his childhood, his cruel death on the cross, the joy of Easter when he rose from the dead, to the day he ascended to Heaven in glory. What a story! And it is all true.

Mary waits for your prayers. If you speak to her she always listens. She is our mother. When you pray the Rosary, begin by telling Mary what you would like her to use your prayers for - and then think about the stories that are hidden in the beads.

The Rosary is such a tremendously powerful weapon against Satan, that armed with the Rosary in our hearts, and the beads in our hands, we can even stop wars. If we but knew how powerful this prayer is - we would never want to put the beads down.

### **THE MYSTERIES OF LIGHT.**

In October 2002 Pope John Paul II added the  
"Mysteries of Light" to the Holy Rosary,  
calling us to pray the rosary daily;  
for our families - and for world peace.

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