



# Holy Rosary

October is the month of the Rosary, because of the anniversary of victory at the Battle at Lepanto and the feast of Our Lady of the Rosary occurring in October. The Battle of Lepanto and the institution of the feast day took place in the 17th century; in the late 1800s, Pope Leo XIII officially dedicated the entire month to devotion to the Holy Rosary.

## History of the Rosary

The rosary was originally called the Psalter of the Blessed Virgin Mary because Our Lady is venerated by the angelic greeting (the Hail Mary) repeated one hundred fifty times, corresponding to the number of the Davidic Psalter, and by the Lord's Prayer before each decade. Superimposed on these prayers are certain meditations showing forth the entire life of Our Lord Jesus Christ, thus completing the method of prayer devised by the Fathers of the Holy Roman Church. In this we see that the rosary actually has its origin partly in the Divine Office, the official prayer of the Church, in which all 150 Psalms are recited/chanted in the course of each week.

The 150 Davidic Psalms (the Psalter of David) have always been prayed by Old Testament Israel, by post-Temple Jews, and by Christians for personal prayer, communal prayer, lamentations, praise, thanksgiving, and, in the case of Christians, to demonstrate the fulfillment of prophecy. They came to form a large part of the Divine Office sung at the various canonical hours by religious. Lay people who did not have copies of Scripture or the Breviary and lay people and religious who were illiterate would substitute 150 Pater Noster's (Our Father's) or Ave's (Hail Mary's) for the 150 Psalms they could not read.

The prayers were originally counted by transferring pebbles from one bag to another, but soon enough Christians began to tie a rope with knots on which to count. This evolved further into using beads or pieces of wood in place of the knots, and this soon came to be called the "Psalter of the Laity". Around the end of the first millennium, rosaries contained the present five decades (sets of ten beads), with the Ave beads shaped like white lilies for the purity of the Virgin and the Pater beads shaped like red roses for the wounds and Passion of Christ.

St. Dominic de Guzman popularized the Marian Psalter in the form we have it today (150 Aves with a Pater after each 10), the founder of the order of Friar Preachers, having recourse to the Blessed Virgin in order to stem the flood of the Albigensian heresy, which was spreading itself like a plague over many countries, but especially over France, instituted, by special revelation from her, in the year 1206, and afterwards very effectually promulgated, the devotion of the holy Rosary, which ever since has produced now for many ages the most marvellous results in the Christian world. So associated with the Rosary is St. Dominic that the Rosary is often called the "Dominican Rosary".

The Rosary, thus, **has always been a weapon against heresy and trouble**. In fact, the October 7, 1571 victory of Christendom over Islamic warriors at the Battle of Lepanto – the first naval victory against the infidels – was attributed directly to the rosaries prayed by the faithful.

# HOW TO PRAY THE ROSARY

## A Step-to-Step Guide on How to Pray The Rosary

### 1. Make the sign of the Cross:

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

(As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

#### **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. He shall come again 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.*

### 2. Our Father: (x1)

*Our Father, Thou 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.*

### 3. Hail Mary: (x3)

*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.*



## 4. 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 into Heaven, especially those who most in need of your mercy.*

### **i) Announce:**

Announce each mystery by saying eg, "The third Joyful Mystery is the Birth of Our Lord."

### **ii) Praying:**

Our Father (big bead), Hail Mary (10x small beads), Glory be and Fatima Prayer.

### **iii) Announce the Second Mystery;**

**Then repeat (ii) and continue with Third, Fourth and Fifth Mysteries in the same manner.**

### **iv) After 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!*

**Verse:** *Pray for us, O Holy Mother of God.*

**Response:** *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. Amen.*

### **v) Saint Michael's Prayer:**

*Saint Michael, the Archangel, defend us in our days of battle; protect us against the deceit and wickedness of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, banish into Hell, Satan and all of his evil spirits, who roam through the world, seeking the ruin of souls. Amen.*

# The Twenty Mysteries

## The Joyful Mysteries

1. **The Annunciation:** The Archangel Gabriel “announces” to Mary that she shall conceive the Son of God.
2. **The Visitation:** Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.
3. **The Nativity:** Jesus is born.
4. **The Presentation:** Mary and Joseph “present” Jesus in the Temple where they meet Simeon.
5. **The Finding in the Temple:** After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

## The Luminous Mysteries

1. **The Baptism in the Jordan:** The voice of the Father declares Jesus the beloved Son.
2. **The Wedding at Cana:** Jesus changes water into wine, His first public miracle.
3. **The Proclamation of the Kingdom:** Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to Him.
4. **The Transfiguration:** The glory of the Godhead shines forth from the face of Jesus.
5. **The Institution of the Holy Eucharist:** Jesus offers the first Mass at the Last Supper with His apostles, establishing the sacramental foundation for all Christian living.

## The Sorrowful Mysteries

1. **The Agony in the Garden:** Jesus sweats water and blood while praying the night before his passion.
2. **The Scourging at the Pillar:** Pilate has Jesus whipped.
3. **The Crowning with Thorns:** Roman soldiers crown Jesus’ head with thorns.
4. **The Carrying of the Cross:** Jesus meets His mother and falls three times on the way up Calvary.
5. **The Crucifixion:** Jesus is nailed to the cross and dies before His mother and His apostle John.

## The Glorious Mysteries

1. **The Resurrection:** Jesus rises from the dead.
2. **The Ascension:** Jesus leaves the Apostles and bodily “ascends” to heaven.
3. **The Descent of the Holy Spirit:** The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.
4. **The Assumption:** Mary is taken bodily—assumed—into heaven by God at the end of her life here on earth.
5. **The Coronation:** Mary is crowned Queen of Heaven and Earth.

## Mysteries for Certain Weekdays

Traditionally, many people say the Joyful Mysteries on Monday, the Sorrowful Mysteries on Tuesday, the Glorious Mysteries on Wednesday, and start again with the Joyful Mysteries on Thursday, the Sorrowful Mysteries on Friday. The Glorious Mysteries are then prayed on Saturday and Sunday (with this exception: Sundays of Christmas season - The Joyful; Sundays of Lent - Sorrowful). Now that the Luminous Mysteries have recently been added, the schedule is:

### The Joyful Mysteries

Monday  
Saturday

### The Luminous Mysteries

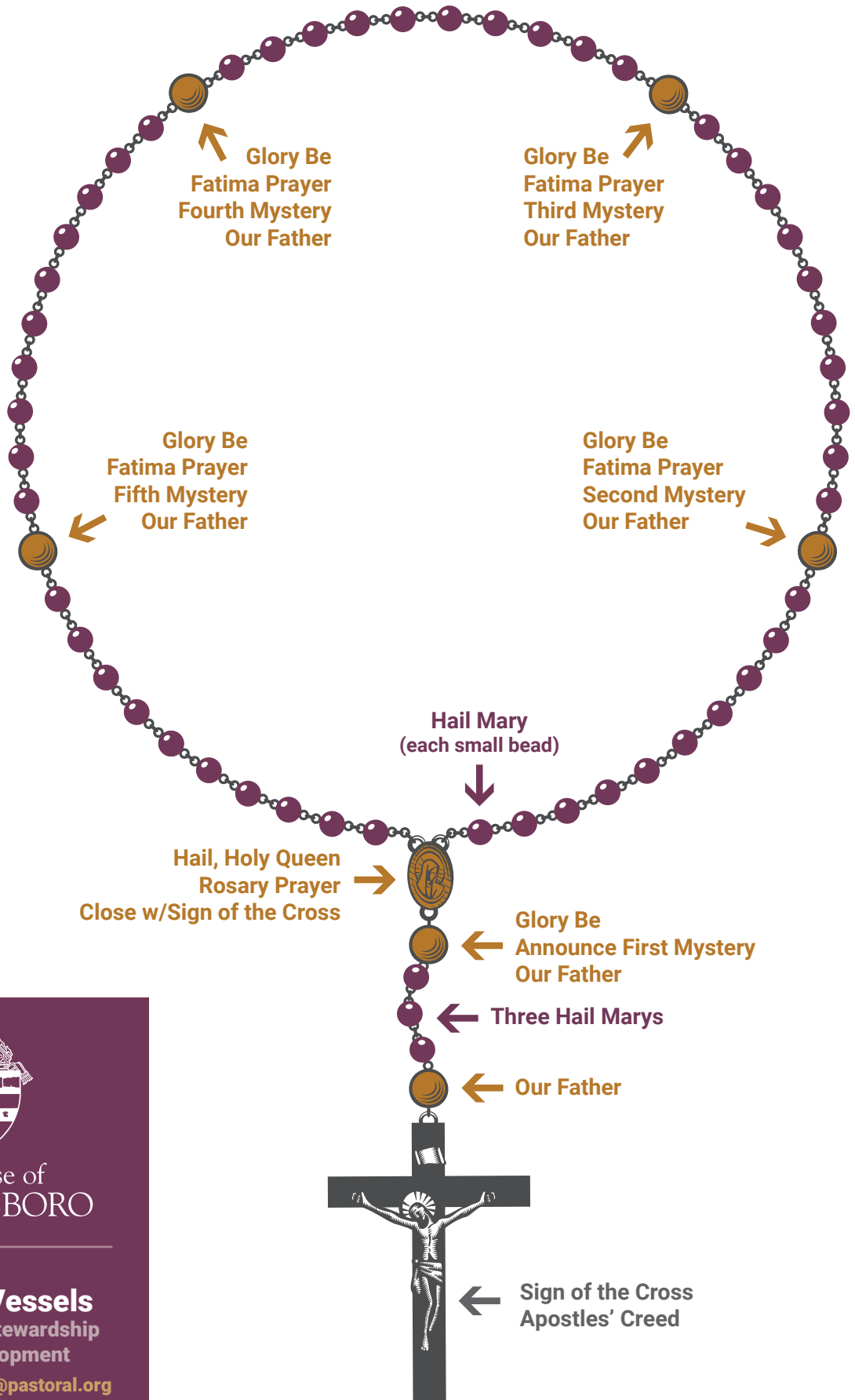
Thursday

### The Sorrowful Mysteries

Tuesday  
Friday

### The Glorious Mysteries

Wednesday  
Sunday



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