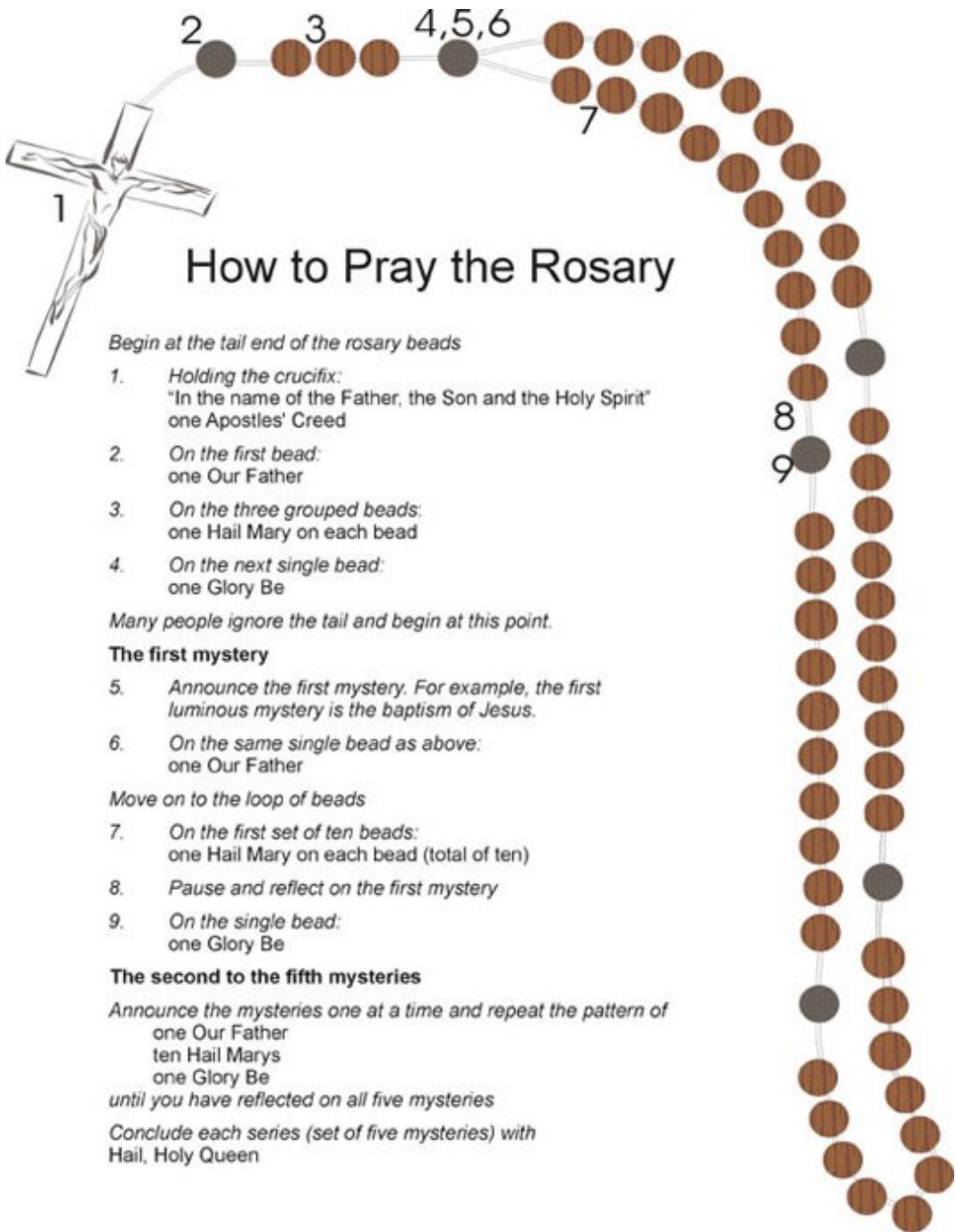




St. James'

ANGLICAN CHURCH





How to Pray the Rosary

Begin at the tail end of the rosary beads

1. *Holding the crucifix:*
"In the name of the Father, the Son and the Holy Spirit"
one Apostles' Creed
2. *On the first bead:*
one Our Father
3. *On the three grouped beads:*
one Hail Mary on each bead
4. *On the next single bead:*
one Glory Be

Many people ignore the tail and begin at this point.

The first mystery

5. *Announce the first mystery. For example, the first luminous mystery is the baptism of Jesus.*
6. *On the same single bead as above:*
one Our Father

Move on to the loop of beads

7. *On the first set of ten beads:*
one Hail Mary on each bead (total of ten)
8. *Pause and reflect on the first mystery*
9. *On the single bead:*
one Glory Be

The second to the fifth mysteries

Announce the mysteries one at a time and repeat the pattern of
one Our Father
ten Hail Marys
one Glory Be

until you have reflected on all five mysteries

Conclude each series (set of five mysteries) with
Hail, Holy Queen

The Rosary

The rosary is a devotion for all the children of God, young or old, learned or unlearned, in sickness or in health. To use it one must be able to picture the mysteries of our Lord's life, and know the prayers which follow.

PREPARATION

Start by making the sign of the Cross.

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

On the cross at the end of the beads, say the Apostles' Creed as an act of faith.

APOSTLE'S CREED

All **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 sitteth 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.**

On the first large bead say the Lord's Prayer, thinking of the intention with which you are going to say the rosary.

THE LORD'S PRAYER

Kneel

Leader Our Father who art in heaven, Hallowed be thy Name,
Thy kingdom come, Thy will be done, on earth as it is in heaven.

All **Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever. Amen.**

On each of the three small beads say a Hail Mary asking our Lady by her intercession that we may be:

- 1. given the increase of faith*
 - 2. given the increase of hope*
 - 3. given the increase of charity*
- which are the true conditions of all real prayer.*

Leader Hail Mary, full of grace, the Lord is with thee,
Blessed are thou amongst women and Blessed is the fruit of thy womb, Jesus.

All **Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death, Amen.**

On the chain, say the Gloria Patri as an Act of Thanksgiving to the Blessed Trinity for the gift of Mary through whom we have been found worthy to receive the author of life.

Leader Glory be to the Father, and to the Son and to the Holy Spirit,
All **as it was in the beginning, in now and ever shall be, world without end. Amen.**

THE FIVE DECADES

*On each large bead is said the Lord's Prayer,
on each small bead the Hail Mary (meditating on the mystery)
and on the chain after each decade of ten small beads, the Gloria Patri.*

THE FIRST SORROWFUL MYSTERY: THE AGONY IN THE GARDEN

Our Father...

1. Then Jesus went with them to a place called Gethsemani... and he began to experience sorrow and distress. (Mt. 26: 36-37) - **Hail Mary...**
2. Then he said to them, "My heart is nearly broken with sorrow. Remain here and stay awake with me." (Mt. 26: 38) - **Hail Mary...**
3. He withdrew from them and knelt down and prayed. (Lk. 22:41) - **Hail Mary...**
4. "Father, if it is possible, let this cup pass from me. Still, let it be as you would have it, not as I." (Mt. 26:39) - **Hail Mary...**
5. When he returned to his disciples, he found them asleep. He said to Peter, "So you could not stay awake with me for even an hour? Be on guard and pray that you may not undergo the test. The spirit is willing, but nature is weak." (Mt. 26: 40-42) - **Hail Mary...**
6. In his anguish, he prayed more earnestly. An angel appeared to him, coming from Heaven to give him strength. (Lk. 22: 44,43) - **Hail Mary...**
7. "The hour is on us when the Son of Man is to be handed over to the power of evil men." (Mt. 26:45)- **Hail Mary...**
8. While he was still speaking, Judas, one of the twelve, arrived accompanied by a great crowd with swords and clubs. (Mt. 26: 47) - **Hail Mary...**
9. He immediately went over to Jesus, said to him, "Peace, Rabbi," and embraced him. (Mt. 26: 49) - **Hail Mary...**
10. Jesus answered, "Friend, do what you are here for." At that moment they stepped forward to lay hand on Jesus and arrest Him. (Mt. 26: 50) - **Hail Mary...**

Glory be to the Father...

THE SECOND SORROWFUL MYSTERY: THE SCOURGING AT THE PILLAR

Our Father...

1. As soon as it was daybreak, the chief priests, with the elders and scribes, reached a decision. They bound Jesus, led him away, and handed him over to Pilate. Pilate interrogated him: "Are you the king of the Jews?" (Mk. 15: 1-2) - **Hail Mary...**
2. Jesus answered, "My Kingdom does not belong to this world"... At this, Pilate said to him, "So then you are a king?" Jesus replied, "It is you who say I am a king. The reason I was born, the reason why I came into the world is to testify to the truth. Anyone committed to the truth, hears my voice." (Jn. 18:36-37) - **Hail Mary...**
3. This much only will I say, "From now on, the Son of Man will have his seat at the right hand of the Power of God." (Lk. 22: 69) - **Hail Mary...**
4. "So you are the Son of God?" they asked in chorus. He answered, "It is you who say that I am." (Lk. 22: 70) - **Hail Mary...**
5. Pilate's next move was to take Jesus and have him scourged. (Jn. 19:1) - **Hail Mary...**
6. Despised and rejected by men, a man of sorrows. (Is. 53: 3) - **Hail Mary...**
7. And yet, ours were the sufferings he bore. (Is. 53: 4) - **Hail Mary...**
8. He was pierced through for our faults, crushed for our sins. (Is. 53: 5) - **Hail Mary...**
9. They blindfolded him, slapped him and then taunted him. (Lk. 23: 64) - **Hail Mary...**
10. And after he had had Jesus scourged, Pilate handed him over to be crucified. (Mk. 15: 15) - **Hail Mary...**

Glory be...

THE THIRD SORROWFUL MYSTERY: THE CROWNING WITH THORNS

Our Father...

1. The soldiers now led Jesus away into the hall known as the Praetorium; at the time they assembled the whole cohort. (Mk. 15: 16) - **Hail Mary...**
2. They dressed him in royal purple, then wove a crown of thorns and put it on him. (Mk. 15: 17) - **Hail Mary...**
3. They began to salute him, All hail! King of the Jews! (Mk. 15: 18) - **Hail Mary...**
4. Continually striking Jesus on the head with a reed and spitting at him, they genuflected before him and pretended to pay him homage. (Mk. 15: 19) - **Hail Mary...**
5. Pilate said to the crowd: "Observe what I do. I am going to bring him out to you to make you realize that I find no case against him." (Jn. 19: 4) - **Hail Mary...**
6. When Jesus came out wearing the crown of thorns and the purple cloak, Pilate said to them, "Look at the man!" (John 19: 5) - **Hail Mary...**
7. As soon as the chief priests and the temple guards saw him they shouted, "Crucify him! Crucify him!" (Jn. 19: 6) - **Hail Mary...**
8. "Why, what crime has he committed?" asked Pilate. They only shouted the louder, "Crucify him!" (Mk. 15: 14) - **Hail Mary...**
9. Pilate said to the Jews, "Look at your king!" (Jn. 19: 14) - **Hail Mary...**
10. In the end, Pilate handed Jesus over to be crucified. (Jn. 19: 16) - **Hail Mary...**

Glory be...

THE FOURTH SORROWFUL MYSTERY: JESUS CARRIES THE CROSS

Our Father...

1. When they had finished making a fool of him, they stripped Jesus of the cloak, dressed him in his own clothes, and led him off to crucifixion. (Mt. 27: 31) - **Hail Mary...**
2. On their way out they met a Cyrenian named Simon. This man they pressed into service to carry the cross. (Mt. 23: 27) - **Hail Mary...**
3. A great crowd of people followed him, including women who beat their breasts and lamented over him. (Lk. 23: 27) - **Hail Mary...**
4. Jesus turned to them and said: "Daughters of Jerusalem, do not weep for me. Weep for yourselves and for your children." (Lk. 23: 28) - **Hail Mary...**
5. Two others who were criminals were led along with him to be crucified. (Lk. 23: 32) - **Hail Mary...**
6. Upon arriving at the site called Golgotha, (a name which means Skull Place), they gave him a drink of wine flavored with gall, which he tasted but refused to drink. (Mt. 27: 33-34) - **Hail Mary...**
7. When they had crucified him, they divided his clothes among them by casting lots; then they sat down there and kept watch over him. (Mt. 27: 35-36) - **Hail Mary...**
8. "Whoever wishes to be my follower must deny his very self." (Lk. 9: 23) - **Hail Mary...**
9. "He must take up his cross every day and follow in my steps." (Lk. 9: 23) - **Hail Mary...**
10. "Whoever would save his life will lose it, whoever loses his life for my sake, will save it." (Lk. 9: 24) - **Hail Mary...**

Glory be...

THE FIFTH SORROWFUL MYSTERY: THE CRUCIFIXION

Our Father...

1. Jesus said, "Father, forgive them, they do not know what they are doing." (Lk. 23: 32) - **Hail Mary...**
2. One of the criminals said: "Jesus, remember me when you enter upon your reign." And Jesus replied, "I assure you; this day you will be with me in paradise." (Lk. 23: 42-43) - **Hail Mary...**
3. Seeing his mother there with the disciple whom he loved, Jesus said to his mother, "Woman, there is your son." (Jn. 19: 26) - **Hail Mary...**
4. In turn he said to the disciple, "There is your Mother." From that hour onward, the disciple took her into his care. (Jn. 19: 27) - **Hail Mary...**
5. Then toward mid-afternoon, Jesus cried out in a loud tone, "My God, my God, why have you forsaken me?" (Mt. 27: 46) - **Hail Mary...**
6. Jesus realizing that everything was now finished, said to fulfill the Scriptures, "I am thirsty." There was a jar there, full of common wine. They stuck a sponge soaked in this wine on a stick, and raised it to his lips. (Jn. 19: 28) - **Hail Mary...**
7. When Jesus took the wine, He said, "Now it is finished." (Jn. 19: 30) - **Hail Mary...**
8. Jesus uttered a loud cry and said, "Father, into your hands I commend my spirit." After he said this, he expired. (Lk. 23: 46) - **Hail Mary...**
9. Darkness came over the whole land until midafternoon with an eclipse of the sun. The curtain in the sanctuary was torn in two. (Lk. 23: 44-45) - **Hail Mary...**
10. They took Jesus' body, and in accordance with Jewish burial custom, bound it up in wrappings of cloth with perfumed oils. (Jn. 19: 40) - **Hail Mary...**

Glory be...

CONCLUSION

It is usual to add these prayers after the recitation of the rosary.

All **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 vale of tears.
Turn then, most gracious advocate, thine eyes of mercy towards us;
and after this our exile,
show unto us the Blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet virgin Mary.**

Leader Pray for us, O Holy Mother of God.
That we may be made worthy of the promises of Christ.

Leader Let us pray.
O God, who by the birth, life, death and resurrection of thy son, hast given to us the reward of eternal life, grant that as we meditate upon these mysteries, in the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same, thy son, Jesus Christ, our Lord, who liveth and reigneth with thee and the Holy Ghost, one God, forever and ever. **Amen.**

Remember, O most loving Virgin Mary, that never was it known that any who fled to thee for thy protection, implored thy help, and sought thine intercession, was left unaided. Encouraged by this assurance, I fly unto thee, O Virgin of Virgins, my mother, to thee I come, before thee, I present myself, sinful and sorrowful.
O mother of the Incarnate Word, despise not my petitions, but in thy mercy, hear and answer them.
Amen.

Leader Most Sacred Heart of Jesus,
All **have mercy upon us.**

Leader Most Sacred Heart of Jesus,
All **have mercy upon us.**

Leader Most Sacred Heart of Jesus,
All **have mercy upon us.**

*Please take this booklet away with you ,
to aid in your own reflection and prayers.*



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