



Pray the Rosary Daily

1. Make the Sign of the Cross: "In the Name of the Father, and of the Son and of the Holy Spirit. Amen." and say the "Apostle's Creed".
2. Say the "Our Father".
3. Say three "Hail Mary's".
4. Say the "Glory Be to the Father".
5. Announce the First Mystery then say the "Our Father".
6. Say ten "Hail Mary's," while meditating on the Mystery.
7. Say the "Glory Be to the Father".
8. After each decade say the "Fatima Prayer".
9. Announce the Second Mystery: then say the "Our Father". Repeat 6, 7 and 8 and continue with the Third, Fourth and Fifth Mysteries in the same manner.
10. Say the "Hail, Holy Queen" after the five decades are completed.

JOYFUL MYSTERIES - Monday & Saturday

1. **The Annunciation** (Luke 1:28) - for love of Humility
2. **The Visitation** (Luke 1:41-42) - for Charity towards my neighbour
3. **The Birth of Christ** (Luke 2:7) - for the spirit of Poverty
4. **The Presentation** (Luke 2:22-23) - for the virtue of Obedience
5. **Finding in the Temple** (Luke 2:46) - for the virtue of Piety

LUMINOUS MYSTERIES - Thursday

1. **Baptism of Jesus** (Matthew 3:16-17) - for Submission to God's Will
2. **Christ at the Wedding Feast of Cana** (John 2:3-5) - for devotion to Mary
3. **The Proclamation of the Kingdom of Heaven** (Mark 1:14-15) - for the grace of Conversion
4. **The Transfiguration** (Matthew 17:1-2) - for Holy fear of God
5. **The Institution of the Holy Eucharist** (Luke 22:19) - for Thanksgiving to God

SORROWFUL MYSTERIES - Tuesday & Friday

1. **Agony in the Garden** (Luke 22:44-45) - for true Contrition for sin
2. **Scourging at the Pillar** (John 19:1) - for the virtue of Purity
3. **Crowning with Thorns** (Matthew 27:28-29) - for moral Courage
4. **Carrying of the Cross** (John 19:17) - for the virtue of Patience
5. **The Crucifixion** (Luke 23:46) - for final Perseverance

GLORIOUS MYSTERIES - Wednesday & Sunday

1. **The Resurrection** (Mark 16:6) - for the virtue of Faith
2. **The Ascension** (Mark 16:19) - for the virtue of Hope
3. **Descent of the Holy Spirit** (Acts 2:4) - for the virtue of Love
4. **The Assumption** (Revelations 12:1) - for a Happy Death
5. **Crowning of Mary** (Judith 15:9-10) - for Eternal Salvation

Pope Francis recommends reciting the Rosary Prayer as a "spiritual medicine" that is "good for the heart".



"Little children, prayer works miracles ... take the Rosary and pray; pray until prayer becomes for you a joyful meeting with your Saviour."
Our Lady of Medjugorje, 2001

APOSTLE'S 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; on the third day He arose again from the dead; He ascended into Heaven and is seated at the right hand of God the Father almighty; from there He will 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, 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.

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, 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, lead all souls into Heaven, especially those most in need of Thy mercy.

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 valley 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.

V. Pray for us, O Holy Mother of God,

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

Conclude with: 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.

St. Michael the Archangel defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray and do thou O prince of the Heavenly host, by the power of God, cast into hell satan and all the evil spirits who prowl around the world, seeking the ruin of souls. Amen.