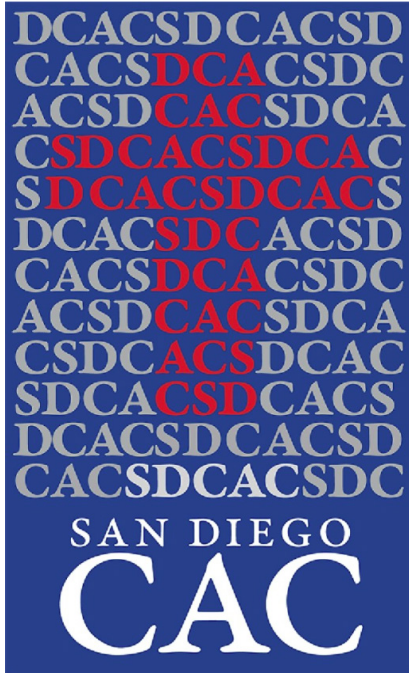


THE HOLY ROSARY



Welcome

A very warm welcome from San Diego Catholic Adult Community "Theology Uncorked". Please join us every third Monday. You can register online for our newsletter at sandiegocac.org

This Guide

Rosary means a crown of roses, a spiritual bouquet given to the Blessed Mother. The "beads" derives from an Old English word for prayers (bede) and to request (biddan or bid).



History of the Rosary

While the specifics are unclear, tradition and the Church hold that Our Lady appeared to St. Dominic and Blessed Alan de la Roche sometime in the 13th century to impart the devotion of the Rosary. The monks of the time had already developed the habit of praying the psalter – all 150 Psalms daily recited by memory. Mary gave the Rosary to these two spiritual sons to promote the habit of daily prayer among all the faithful, not just those in the religious life.

Structurally, the Rosary is divided into five decades; a decade is made up of 10 Hail Marys preceded by an Our Father and concluded with a Glory Be. Each of the five decades is associated with a mystery from the life of Christ, and there are three sets of mysteries: the Joyful Mysteries, the Sorrowful Mysteries, and the Glorious Mysteries. An entire Rosary consists of all 15 decades. Fifteen decades of 10 Hail Marys each equals a total of 150 Hail Marys, thus leading the Rosary to be known as "Mary's Psalter."



Why is Mary important?

Mary, who is our true spiritual Mother, always desires what is best for us. She who was conceived without sin and sits as the Queen of Heaven and Earth enjoys a will that is in perfect unity with the will of God. What she wants for us is nothing less than what He wants. And He who made us knows precisely what we need to do to do the work He has assigned us, and the surest path home to Him.

The Catechism of the Catholic Church says:

‘Meditation engages thought, imagination, emotion, and desire. This mobilization of faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ. Christian prayer tries above all to meditate on the mysteries of Christ, as in lectio divina or the rosary. This form of prayerful reflection is of great value, but Christian prayer should go further to the knowledge of the love of the Lord Jesus, to union with him’ (CCC 2708).

The Rosary and Indulgences

A Plenary indulgence may be gained (under the usual conditions) when the Rosary is prayed in Church, in a family group or in a religious community. Also:

- Five (5) decades of the Rosary must be prayed continuously.
- The prayers of the Rosary must be prayed vocally and one must meditate upon the Mysteries of the Rosary.
- If the recitation of the Rosary is public, the Mysteries of the Rosary must be announced.

A Plenary Indulgence can be gained only once a day (except by those who are in danger of death.) To gain a plenary indulgence one must perform the indulgenced act. Three other conditions must be fulfilled:

- A sacramental confession
- Eucharistic Communion
- Prayers for the Pope’s intentions
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In addition, one must be free of all attachments to sin, even venial sin. If this complete integrity is not present or if the above conditions are not fulfilled the indulgence is only partial. Both a plenary and partial indulgence may be applied to the dead.

Rosary Novenas

Any time you pray any set of prayers nine consecutive times, it is a novena (novena is Latin for nine). There are many traditional Catholic novenas, and several involve the Rosary. The most common is to say nine straight Saturdays or for nine consecutive hours in one day.

The Most Powerful Novena

Perhaps the most powerful novena is the 54 Day Rosary Novena, which is a series of six consecutive nine day novenas. The first three novenas are offered for the intention, while the last three are offered in thanks to God in anticipation of granting the favor.

Offering Intentions

Practically everyone who prays the Rosary “offers” the Rosary to God and Our Lady for an intention. Some people offer particular intentions before each decade. You can ask God to grant you a favor, heal a sick person, or convert a sinner. Some people offer the same intention every day--sometimes for years on end--especially when asking the Father for the conversion of a particular person. Intentions are as varied as the people who pray. Ask for big and small gifts. Be bold! In this sense, the Rosary is an exchange of gifts between friends.

It is widely known that Our Lady answers seemingly impossible intentions to those who are first beginning to pray the Rosary. This is her way of drawing you closer to Her and to Jesus. If you are praying your first Rosary, or returning to the Rosary after years of not talking to Our Lady, ask for something big, spectacular, “impossible.” She’ll often surprise you.

Approved Apparitions of the Holy Mother

Vatican document on the process of discerning authenticity of apparitions written in 1978 at the Sacred Congregation For The Doctrine Of The Faith: Norms Regarding The Manner Of Proceeding In The Discernment Of Presumed Apparitions Or Revelations

The Apparitions of Our Lady of Guadalupe in Mexico

Mary appeared four times to Juan Diego in 1531 at Tepeyac hill near Mexico City. She proclaimed herself the spiritual mother of all mankind and left her miraculous image on Juan Diego's outer garment, his tilma. To this day Mexicans have a great devotion to Our Lady of Guadalupe.

The Apparitions at Rue du Bac, Paris, France

Mary appeared to Catherine Labouré, in the chapel of the Daughters of Charity of St. Vincent de Paul, at Rue du Bac in Paris, three times in 1830. She showed her the design of the the medal of the Immaculate Conception, the "Miraculous Medal." This medal, when propagated, helped to renew devotion to Our Lady, both in France and eventually around the world.

The Apparition at La Salette, France

Mary appeared to two children, Maximin Giraud, aged 11, and Mélanie Calvat, aged 14, in 1846, one afternoon while they were looking after the animals high up on the mountain. She appealed for penance and an end to Sabbath breaking and blasphemy in the region. This apparition is credited with a major revival of Catholicism in the area.

The Apparitions at Lourdes, France

Mary appeared to Bernadette Soubirous, aged 14, a total of eighteen times at Lourdes in southern France, at the Grotto of Massabielle. She asked for penance and prayer for the conversion of sinners, and described herself as the "the Immaculate Conception." Lourdes is most famous for the miraculous spring which has been responsible for many cures accepted by the Church.

The Apparition at Pontmain, France

Mary appeared in the sky over the small town of Pontmain in north-western France to a group of young children for about three hours in January 1871, as the Franco-Prussian war was threatening the area. Her message appeared on a banner under her feet, and encouraged prayer while emphasising Jesus' love and concern. The village was spared invasion.

The Apparition at Knock, Ireland

Mary appeared at Knock, a small village in County Mayo, Ireland in August 1879. A number of villagers of diverse ages saw a silent apparition, which lasted about three hours, outside the gable end of the local church. They saw three figures, Mary, Joseph, and St John the Apostle, as well as a lamb on an altar and angels.

The Apparitions at Fatima, Portugal

Three children, Lucia de Santos, aged 10, and her two cousins, Francisco Marto, aged 9, and Jacinta Marto, aged 7, saw Mary six times between May and October 1917. She described herself as "Our Lady of the Rosary," while urging prayer, and particularly the rosary, as well as penance for the conversion of sinners, and the consecration of Russia to her Immaculate Heart.

The Apparitions at Beauraing, Belgium

Mary appeared thirty-three times to a group of children in the winter of 1932-33 at Beauraing in Belgium, in a convent garden near a hawthorn tree. She described herself as "the Immaculate Virgin" and "Mother of God, Queen of Heaven," while calling for prayer for the conversion of sinners.

The Apparitions at Banneux, Belgium

Mary appeared eight times to Mariette Beco, aged 11, outside the family home at Banneux, a small village, in Belgium. She described herself as the "Virgin of the Poor," and promised to intercede for the poor, the sick and the suffering.

How to recite the Holy Rosary

1. SAY THESE PRAYERS...

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.*)

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.

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.

O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

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. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

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 by 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.

ANNOUNCE each mystery by saying something like, "*The third Joyful Mystery is the Birth of Our Lord.*" This is required only when saying the Rosary in a group.

2. IN THIS ORDER...

INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

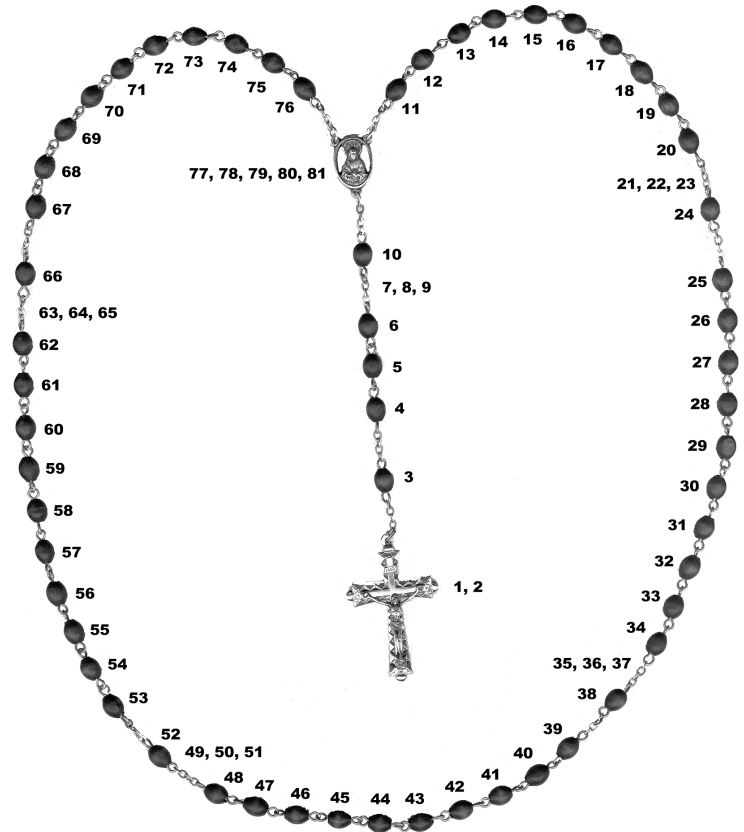
THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries"

- First Decade (Steps 9-22):** The Annunciation of Gabriel to Mary (Luke 1:26-38)
- Second Decade (Steps 23-36):** The Visitation of Mary to Elizabeth (Luke 1:39-56)
- Third Decade (Steps 37-50):** The Birth of Our Lord (Luke 2:1-21)
- Fourth Decade (Steps 51-64):** The Presentation of Our Lord (Luke 2:22-38)
- Fifth Decade (Steps 65-78):** The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

- First Decade:** The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
- Second Decade:** The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
- Third Decade:** The Proclamation of the Kingdom of God (Mark 1:14-15)
- Fourth Decade:** The Transfiguration of Our Lord (Matthew 17:1-8)
- Fifth Decade:** The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

- First Decade:** The Agony of Our Lord in the Garden (Matthew 26:36-56)
- Second Decade:** Our Lord is Scourged at the Pillar (Matthew 27:26)
- Third Decade:** Our Lord is Crowned with Thorns (Matthew 27:27-31)
- Fourth Decade:** Our Lord Carries the Cross to Calvary (Matthew 27:32)
- Fifth Decade:** The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

- First Decade:** The Glorious Resurrection of Our Lord (John 20:1-29)
- Second Decade:** The Ascension of Our Lord (Luke 24:36-53)
- Third Decade:** The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
- Fourth Decade:** The Assumption of Mary into Heaven
- Fifth Decade:** The Coronation of Mary as Queen of Heaven and Earth