

# The Holy Rosary



**CATHOLIC PARISHES OF BOREHAMWOOD**

# Praying the the Rosary

1. Make the Sign of the Cross and say the “Apostles’ Creed”
2. Say the “Our Father”
3. Say three “Hail Marys” for Faith, Hope, and Charity
4. Say the “Glory Be”
5. Announce the First Mystery and then say the “Our Father”
6. Say ten “Hail Marys” while meditating on the Mystery
7. Say the “Glory Be” (Optional: Say the “O My Jesus” prayer requested by Mary at Fatima)
8. Announce the Next Mystery; then say the “Our Father” and repeat these steps (6 through 8) as you continue through the remaining Mysteries.
9. Say the closing prayers: the “Hail Holy Queen” and “Final Prayer”
10. Make the “Sign of the Cross”

Pope Saint John Paul II suggested the recitation of the Rosary as follows:

- the JOYFUL mysteries Monday and Saturday,
- the LUMINOUS on Thursday,
- the SORROWFUL on Tuesday and Friday,
- and the GLORIOUS on Wednesday and Sunday (with this exception; Sundays of Advent and Christmas – the JOYFUL; Sundays of Lent – the SORROWFUL).

## The Joyful Mysteries

1. **The Annunciation**  
Mary learns that she has been chosen to be the mother of Jesus.
2. **The Visitation**  
Mary visits Elizabeth, who tells her that she will always be remembered.
3. **The Nativity**  
Jesus is born in a stable in Bethlehem.
4. **The Presentation**  
Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. **The Finding of Jesus in the Temple**  
Jesus is found in the Temple discussing his faith with the teachers.

## The Mysteries of Light

1. **The Baptism of Jesus**  
God proclaims that Jesus is his beloved Son.
2. **The Wedding Feast at Cana**  
At Mary's request, Jesus performs his first miracle.
3. **The Proclamation of the Kingdom of God**  
Jesus calls all to conversion and service to the Kingdom.
4. **The Transfiguration of Jesus**  
Jesus is revealed in glory to Peter, James, and John.
5. **The Institution of the Eucharist**  
Jesus offers his Body and Blood at the Last Supper.

## The Sorrowful Mysteries

1. **The Agony in the Garden**  
Jesus prays in the Garden of Gethsemane on the night before he dies.
2. **The Scourging at the Pillar**  
Jesus is lashed with whips.
3. **The Crowning With Thorns**  
Jesus is mocked and crowned with thorns.
4. **The Carrying of the Cross**  
Jesus carries the cross that will be used to crucify him.
5. **The Crucifixion**  
Jesus is nailed to the cross and dies.

## The Glorious Mysteries

1. **The Resurrection**  
God the Father raises Jesus from the dead.
2. **The Ascension**  
Jesus returns to his Father in heaven.
3. **The Coming of the Holy Spirit**  
The Holy Spirit comes to bring new life to the disciples.
4. **The Assumption of Mary**  
At the end of her life on earth, Mary is taken body and soul into heaven.
5. **The Coronation of Mary**  
Mary is crowned as Queen of Heaven and Earth.

# Prayers of the Rosary

## The 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.  
On the third day He rose 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 the 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.

## Hail Mary

Hail Mary, full of grace. The Lord is with thee.  
Blessed art thou amongst 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

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 to heaven,  
especially those in most need of Thy mercy.

## Hail, Holy Queen

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 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!

## The Final Prayer

Pray for us, O Holy Mother of God  
That we made 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 reward of eternal salvation.  
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.

# The Litany of Loreto

Lord, have mercy.

*Lord, have mercy.*

Christ, have mercy.

*Christ, have mercy.*

Lord, have mercy.

*Lord, have mercy.*

Christ, hear us.

*Christ, hear us.*

Christ, graciously hear us.

*Christ, graciously hear us.*

God the Father of Heaven,

*have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit, Holy Trinity,

one God,

Holy Mary,

*pray for us.*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother immaculate,

Mother most amiable,

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,

Mirror of justice,

Seat of wisdom,

Cause of our joy,

Spiritual vessel,

Vessel of honor,

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,

Comforter 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 families,

Queen of peace,

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 Queen of the most holy Rosary.

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

**Let us pray.**

O God, whose only-begotten Son, through 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.

