

### **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;  
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 the 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 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** 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. Amen.*

**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 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.

### **(Final Prayer) 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 on these Mysteries of the  
most holy Rosary of the Blessed Virgin  
Mary, we may both imitate what they  
contain, and obtain what they promise,  
through the same Christ our Lord.  
Amen.

**For each prayer, the leader will pray the words in italics,  
and the group responds with the normal type.**



### How to Pray the Rosary

1. Make the sign of the cross and say the Apostles' Creed.
2. Pray an Our Father for the Pope's intentions.
3. Pray the Hail Mary on each of the 3 beads for an increase in faith, hope and love.
4. Pray a Glory be.
5. Recall the first mystery and pray the Our Father on the first big bead.
6. On the next ten beads pray a Hail Mary whilst reflecting on the mystery.
7. Conclude the mystery with the Glory be and the Fatima Prayer.
8. Continue with the next Mystery and repeat for all: Our Father, ten Hail Marys, the Glory be and Fatima Prayer.
9. Conclude the final mystery with the Hail Holy Queen.
10. End with the Final Prayer and the sign of the cross.

### The Mysteries of the Rosary

#### Joyful Mysteries (Monday and Saturday)

- 1<sup>st</sup> The Annunciation *Luke 1:38*
- 2<sup>nd</sup> The Visitation *Luke 1:46*
- 3<sup>rd</sup> The Nativity of Jesus *Luke 2:14*
- 4<sup>th</sup> The Presentation of Jesus *Luke 2:30*
- 5<sup>th</sup> The Finding of Jesus in the Temple  
*Luke 2:49*

#### Luminous Mysteries (Thursday)

- 1<sup>st</sup> The Baptism of Jesus *Mark 1:11*
- 2<sup>nd</sup> The Wedding at Cana *John 2:11*
- 3<sup>rd</sup> The Proclamation of the Kingdom  
*Mark 1:15*
- 4<sup>th</sup> The Transfiguration *Luke 9:33*
- 5<sup>th</sup> The Institution of the Eucharist  
*Matthew 26:26*

#### Sorrowful Mysteries (Tuesday and Friday)

- 1<sup>st</sup> The Agony in the Garden  
*Matthew 26:39*
- 2<sup>nd</sup> The Scourging at the Pillar  
*Matthew 27:26*
- 3<sup>rd</sup> The Crowning with Thorns *John 19:5*
- 4<sup>th</sup> The Carrying of the Cross *Luke 23:28*
- 5<sup>th</sup> The Crucifixion *Luke 23:46*

#### Glorious Mysteries (Wednesday and Sunday)

- 1<sup>st</sup> The Resurrection *Mark 16:8*
- 2<sup>nd</sup> The Ascension of Jesus *Luke 24:45*
- 3<sup>rd</sup> The Descent of the Holy Spirit *Acts 2:1*
- 4<sup>th</sup> The Assumption of Mary *Rev 12:1*
- 5<sup>th</sup> The Coronation of Mary *Rev 21:1*

