

The Rosary

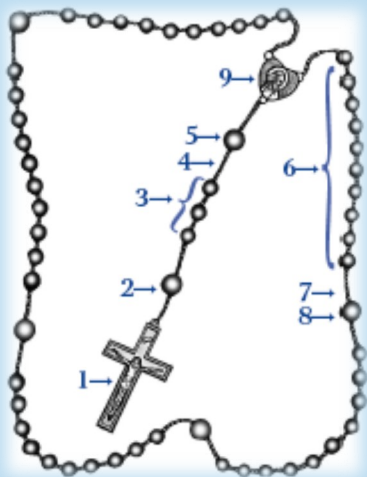
The rosary is a devotional prayer to Mother Mary that uses scriptural meditation, which focuses on the life, death and Resurrection of Jesus Christ. It can be an individual or a communal prayer.

The Rosary beads help us to keep track of the meditation and prayer.

How to Pray the Rosary

On the 5 decades (sets of 10 beads) of a rosary, we pray and meditate on the corresponding set of 5 Mysteries from the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries, or the Luminous Mysteries.

1. Make the Sign of the Cross and say the *Apostles Creed*.
2. Say the *Our Father*.
3. Say 3 *Hail Marys*.
4. Say the *Glory be to the Father*.
5. Announce the First Mystery; then say the *Our Father*.
6. Say 10 *Hail Marys*, while meditating on the Mystery.
7. Say the *Glory be to the Father*. After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima:
"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."
8. Announce the Second Mystery then say the *Our Father*. Repeat steps 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner.
9. Say the *Hail, Holy Queen* on the medal.



The Mysteries are traditionally assigned to certain days of the week:

- Joyful—Monday & Saturday
- Sorrowful—Tuesday & Friday
- Glorious—Wednesday & Sunday
- Luminous—Thursday

For more information on the prayers, as well as the Mysteries, please visit www.marian.org/mary/rosary/howto.php.



The Rosary, though clearly Marian in character, is at heart a Christ-centred prayer.
—Pope John Paul II

The Regina Coeli

From *Holy Saturday to Pentecost* we sing or recite one of the Church's most joyful anthems, the *Regina Coeli (O, Queen of Heaven)*. This prayer celebrates Jesus' Resurrection.

According to *The Golden Legend*, a thirteenth century work on the lives of the Saints, Pope Saint Gregory the Great in the 6th century was leading a procession asking for relief from a virus afflicting the population of Rome. Being carried in the procession was an icon of the Blessed Virgin Mary.

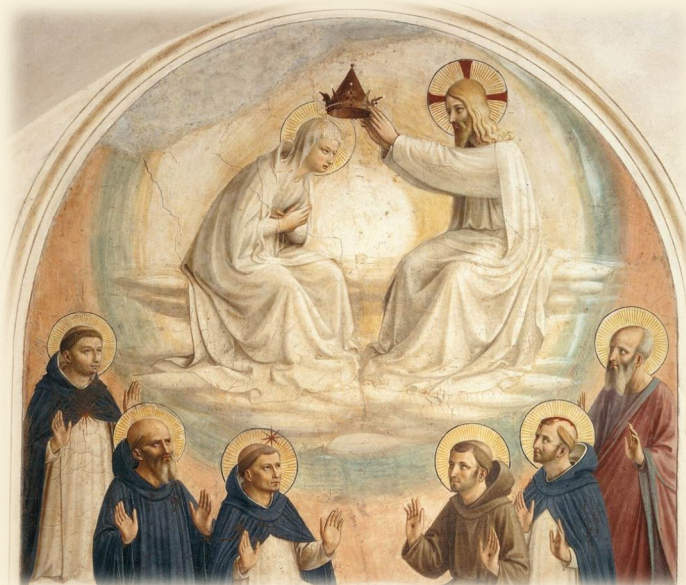
Suddenly, the air was filled with a heavenly perfume dispelling the virus. Looking up, Saint Gregory beheld angels singing: "O, Queen of Heaven rejoice, Alleluia! For He whom you deserved to bear, Alleluia! Has risen as He said, Alleluia!" To which the holy Pope added: "O, pray to God for us, Alleluia!" Since then this story has been associated with the origins of Regina Coeli.

In this time when our world is afflicted with the COVID-19 virus, let us play to Mary to intercede for us through the reciting of the *Regina Coeli*.

- V. Queen of Heaven, rejoice, alleluia.
- R. For He whom you deserved to bear, alleluia.
- V. Has risen, as He said, alleluia.
- R. Pray for us to God, alleluia.
- V. Rejoice and be glad, O Virgin Mary, alleluia.
- R. For the Lord is truly risen, alleluia.

Let us pray:

O God, who by the Resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world, grant, we beseech you, that through the intercession of the Virgin Mary, his Mother, we may enjoy the happiness of eternal life, through the same Christ Our Lord. Amen.



The Coronation of Mary with Saints by Fra Angelico