

# PRAYING THE ROSARY

- Begin by making the sign of the Cross.
- Holding the Crucifix, pray the Apostles' Creed.
- On the first bead, pray the Our Father.
- On each of the next three beads, pray the Hail Mary.
- Pray the Glory Be.

For each of the five decades, read the Mystery (perhaps followed by a Scripture reading).

- On the first bead before the decade, pray the Our Father.
- On each of the ten beads of the decade, pray the Hail Mary while meditating on the Mystery.
- Pray the Glory Be.
- After finishing the decade, some pray the Fatima 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 who have most need of your mercy."

After saying the five decades, pray the Hail Holy Queen followed by:

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

"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 while meditating on 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."

Conclude the Rosary with the Sign of the Cross.

# THE MYSTERIES

The Joyful Mysteries (prayed on Mondays, Saturdays, and during the Advent season on Sundays)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

The Sorrowful Mysteries (prayed on Tuesdays, Fridays, and during the Lenten season on Sundays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

The Glorious Mysteries (prayed on Wednesdays and, outside the Advent and Lenten seasons, on Sundays)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The Luminous Mysteries (prayed on Thursdays)

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

# THE PRAYERS

## 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 life everlasting.

Amen.

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## The 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.

St. Anselm Catholic Church  
[stanselmsudbury.org](http://stanselmsudbury.org)

Amen.

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### The Hail Mary

Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners  
now and at the hour of our death.

Amen.

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### The Glory Be

Glory be to the Father, the Son, and the Holy Spirit;  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.

~

### The Hail Holy Queen (Salve Regina)

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, most gracious advocate,  
your eyes of mercy toward us;  
and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.