

The Institution of the Eucharist

Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."
1 Corinthians 11:23-26



THE GLORIOUS MYSTERIES

The Resurrection

'Jesus, who was crucified, is not here, for he has risen as he said he would' (Mt 28:6,7).

'Christ has in fact been raised from the dead, the first-fruits of all who have fallen asleep. Death came through one man and in the same way the resurrection of the dead has come through one man' (1 Cor 15:21).

The Ascension (Acts 1:8,9).

'He was lifted up while they looked on, and a cloud took him from their sight. Two men in white said to them, "Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there"'

Pentecost

'Suddenly they heard what sounded like a powerful wind from heaven and something appeared to them that seemed like tongues of fire, and they were all filled with the Holy Spirit' (Acts 2:2,4).

The Assumption of Mary (Eccl 24:9, 10).

'From eternity in the beginning he created me and for eternity I shall remain. I ministered before him in the holy temple and thus was established in Jerusalem'

The Coronation of Mary as Queen of heaven

'Now a great sign appeared in heaven, a woman adorned with the sun, standing on the moon with twelve stars on her head for a crown. The woman brought a male child into the world, the son was to rule all nations with an iron sceptre' (Rev 12:1,5).

PRAYING THE ROSARY



There are four sets of "mysteries" in the Rosary

Traditionally we have prayed the Joyful, Sorrowful and Glorious mysteries.

Pope John Paul II introduced also the Mysteries of Light.

Each mystery meditates on a moment in the life of Christ.

We pray one Our Father, ten Hail Marys, and one Glory be to the Father holding that moment in mind. The short scripture can be read at the beginning of each decade or several times as you pray.

You can begin with prayers for the Pope's Intentions :

The Apostles' Creed, one Our Father, three Hail Marys, one Glory be

and continue with five decades for one of the Mysteries, or pray one decade alone.

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.

Hail, holy Queen, Mother of mercy,
hail, our life, our sweetness, and our hope.
To you we cry, the children of Eve; to you we send up our sighs,
mourning and weeping in this land of exile.
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.





THE JOYFUL MYSTERIES

The Annunciation

'Rejoice, so highly favoured! The Lord is with you' (Lk 1:28).

'I am the handmaid of the Lord; let what you have said be done to me' (Lk 1:38).

The Visitation

'Blessed is she who believed that the promise made her by the Lord would be fulfilled' (Lk 1:45).

'My soul proclaims the greatness of the Lord,
for the Almighty has done great things for me' (Lk 1:46).

The Nativity

'Today in the town of David, a saviour has been born to you: he is Christ, the Lord' (Lk 2:11).

The Presentation of Jesus in the Temple

'Now Master, you can let your servant go in peace just as you promised; because my eyes have seen the salvation which you have prepared for all the nations to see' (Lk 2:29).

The Finding of Jesus in the Temple

(Lk 2:49-51).

'Did you not know that I must be busy with my Father's affairs?'

'He then went down with them and came to Nazareth,
and lived under their authority. His mother stored up all these things in her heart'



THE SORROWFUL MYSTERIES

The Agony in the Garden

'Father if you are willing, take this cup away from me. Nevertheless let your will be done, not mine'. (Lk 22: 42,43)

The Scourging at the Pillar

'So Pilate, anxious to placate the crowd, released Barabbas for them, and having ordered Jesus to be scourged, handed him over to be crucified' (Mk 15:15).

The Crowning with Thorns

'The soldiers twisted some thorns into a crown and put it on his head, and dressed him in a purple robe. They kept coming up to him and saying, "Hail, king of the Jews," and they slapped him in the face' (Jn 19:1,2).

The Carrying of the Cross

'Then when they had finished making fun of him, they took off the cloak, and dressed him in his own clothes, and led him away to crucify him' (Mt 27:31).

The Crucifixion

'When they reached the place called The Skull they crucified him there and the two criminals also, one on the right and the other on the left...and Jesus cried out in a loud voice, "Father, into your hands I commend my Spirit." With these words he breathed his last' (Lk 22:33,46).



THE MYSTERIES OF LIGHT

Baptism in the Jordan

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." *Mark 1:10,11*

Self-Manifestation at Cana

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. His mother said to the servants, "Do whatever he tells you." When the steward tasted the water it had become wine. *John 2:1-11*

Proclamation of the Kingdom of God

From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near." *Matthew 4:13-17*

The Transfiguration

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" *Luke 9:28-36*