How to recite the Holy Rosary

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. 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.

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 rose again from the dead. He ascended into heaven, and sits at the right hand of God the Father almighty. He will come again 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.

GLORY BE TO THE FATHER, 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.

HAIL, HOLY QUEEN, Hail, holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do 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 exile show unto us the blessed fruit of your 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. Amen.

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 imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

HOMAGE MAY be paid to the Holy Trinity consisting thus: "Glory be to the Father, to the Son, and to the Holy Spirit." This is suggested with bows towards the Rosary in a group.

2. IN THIS ORDER...

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[illegible]

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60	[illegible]

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66	[illegible]
67	[illegible]
68	[illegible]
69	[illegible]
70	[illegible]

[illegible]

71	[illegible]
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74	[illegible]
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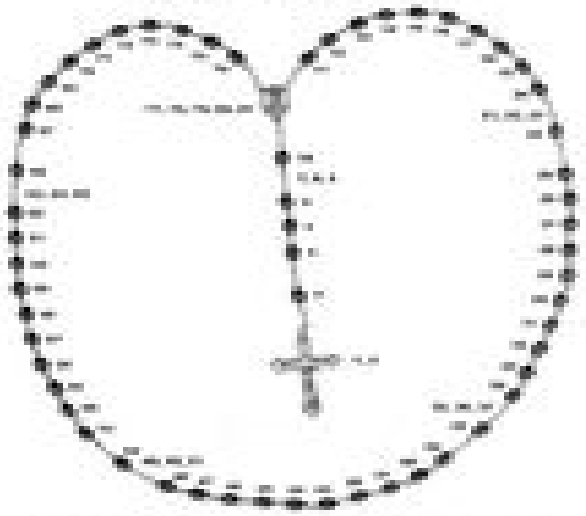
76	[illegible]
77	[illegible]
78	[illegible]
79	[illegible]
80	[illegible]

[illegible]

81	[illegible]
82	[illegible]
83	[illegible]

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries":
First Decade (Begin 1 Ave): "The Annunciation of Gabriel to Mary (Luke 1:26-38)."
Second Decade (Begin 10 Ave): "The Visitation of Mary to Elizabeth (Luke 1:39-56)."
Third Decade (Begin 20 Ave): "The Birth of the Lord (Luke 2:1-20)."
Fourth Decade (Begin 30 Ave): "The Presentation of Our Lord (Luke 2:21-38)."
Fifth Decade (Begin 40 Ave): "The Finding of Our Lord in the Temple (Luke 2:41-51)."

On Thursday, meditate on the "Luminous Mysteries":
First Decade: "The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)."
Second Decade: "The Wedding at Cana, where Christ performed His first miracle (Jn 2:1-11)."
Third Decade: "The Proclamation of the Kingdom of God (Mark 1:14-15)."
Fourth Decade: "The Transfiguration of Our Lord (Matthew 17:1-9)."
Fifth Decade: "The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)."

On Tuesday and Friday, meditate on the "Sorrowful Mysteries":
First Decade: "The Agony of Our Lord in the Garden (Matthew 26:36-56)."
Second Decade: "Our Lord is scourged at the Pillar (Matthew 27:26)."
Third Decade: "Our Lord is crowned with Thorns (Matthew 27:27-31)."
Fourth Decade: "Our Lord carries the Cross to Calvary (Matthew 27:32)."
Fifth Decade: "The Crucifixion of Our Lord (Matthew 27:33-56)."

On Wednesday and Sunday, meditate on the "Glorious Mysteries":
First Decade: "The Glorious Resurrection of Our Lord (John 20:1-29)."
Second Decade: "The Ascension of Our Lord (Luke 24:36-51)."
Third Decade: "The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)."
Fourth Decade: "The Assumption of Mary into Heaven."
Fifth Decade: "The Coronation of Mary as Queen of Heaven and Earth."

You are encouraged to copy and distribute this sheet

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