

ROSARY PRAYERS



A reading from the Gospel of John

'Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home'

Jesus told his disciple to take Mary into his own home. We are all called to make room for Mary in our hearts and prayers. She can bring us closer to her Son. Over the coming weeks we may have to spend more time in our own homes. I therefore commend to you a way of praying that will help you to reach out to Jesus in prayer and to meditate on his the Gospel.

Because it involves scripture readings, an act of penitence, a profession of faith and prayer it is a sort of service in miniature, which will unite you with Christians across the globe and with the heavenly company, without having to travel!

It involves the repetition of a series of well-known prayers that are basic to the Christian faith. At the centre of the prayer are the words spoken by the angel Gabriel to Mary, when he told her he would give birth to the Messiah. Once you get used to saying them, you will find that repeating these phrases from Scripture will help you relax and find comfort. People often use a rosary - a ring of beads - to help them say the prayers. But you can just sit calmly and say them without. If you have particular concerns on your heart, bring them to mind as you say the prayers.

- The Apostles Creed is said once at the beginning:

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 Ghost, 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, sitteth at the right hand of God, the Father Almighty; from thence He shall 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

- The Lord's Prayer is said.
- Then say 10 'Hail Marys' 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.
- Then say a 'Glory be' ... 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.
- Then repeat the Lord's Prayer, 10 Hail Mary's, and a 'Glory be' (as many times as you like, or, if you are using beads, until you complete a circuit)