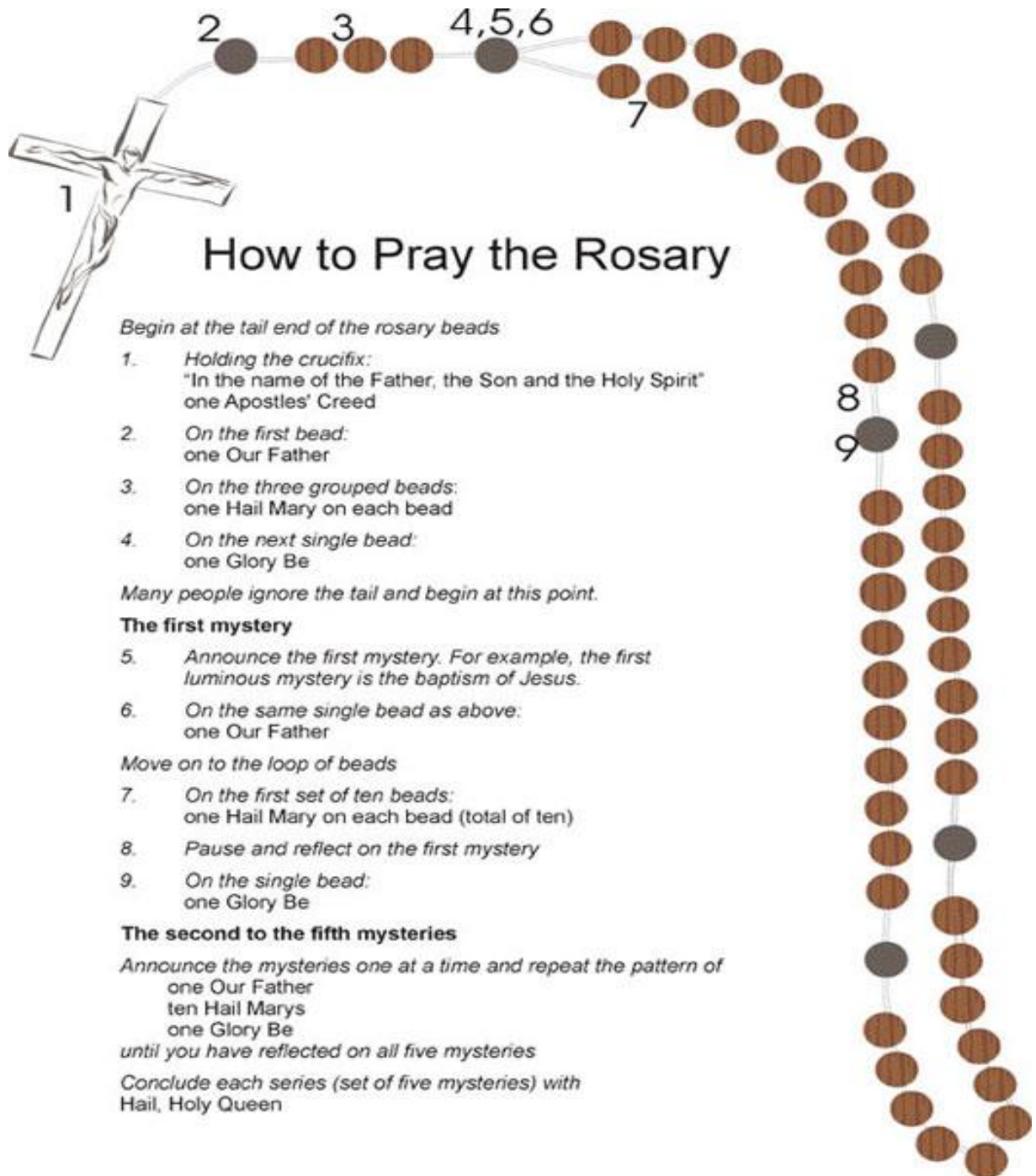


The Rosary (Source: Archdiocese of Toronto)

The Rosary is made up of praying twenty decades (groups of ten) of Hail Marys, each introduced by the Lord's Prayer and finished with the doxology (Glory Be). Each decade is connected with a mystery, a meditation on an important event or moment in the life of Jesus or Mary. These reflections are divided into four groups of five mysteries. The first contains **joyful mysteries** (recited on Mondays and Saturdays); the second, the **mysteries of light or luminous mysteries** (Thursdays); the third, the **sorrowful mysteries** (Tuesdays and Fridays); and the fourth, the **glorious mysteries** (Wednesdays and Sundays). To help memory, the prayers are usually counted on a string of beads.



How to Pray the Rosary

Begin at the tail end of the rosary beads

1. *Holding the crucifix:*
"In the name of the Father, the Son and the Holy Spirit"
one Apostles' Creed
2. *On the first bead:*
one Our Father
3. *On the three grouped beads:*
one Hail Mary on each bead
4. *On the next single bead:*
one Glory Be

Many people ignore the tail and begin at this point.

The first mystery

5. *Announce the first mystery. For example, the first luminous mystery is the baptism of Jesus.*
6. *On the same single bead as above:*
one Our Father

Move on to the loop of beads

7. *On the first set of ten beads:*
one Hail Mary on each bead (total of ten)
8. *Pause and reflect on the first mystery*
9. *On the single bead:*
one Glory Be

The second to the fifth mysteries

Announce the mysteries one at a time and repeat the pattern of
one Our Father
ten Hail Marys
one Glory Be
until you have reflected on all five mysteries
Conclude each series (set of five mysteries) with
Hail, Holy Queen

How to Pray the Rosary (Source: Archdiocese of Toronto)

Begin at the tail end of the rosary beads

1. Holding the crucifix: "In the name of the Father, the Son and the Holy Spirit", one Apostles' Creed
2. On the first bead: one Our Father
3. On the three grouped beads: one Hail Mary on each bead
4. On the next single bead: one Glory Be

(Many people ignore the tail and begin at this point.)

The first mystery:

5. Announce the first mystery. For example, the first luminous mystery is the baptism of Jesus.
6. On the same single bead as above: one Our Father

Move on to the loop of beads

7. On the first set of ten beads: one Hail Mary on each bead (total of ten)

8. Pause and reflect on the first mystery

9. On the single bead: one Glory Be

The second to the fifth mysteries:

Announce the mysteries one at a time and repeat the pattern of
one Our Father
ten Hail Marys
one Glory Be

until you have reflected on all five mysteries

Conclude each series (set of five mysteries) with
Hail, Holy Queen