

## Prayers of the Rosary

### Apostles' Creed

We 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 arose again from the dead. He ascended into heaven, and sits at the right hand of God, the Father Almighty; from there He shall come to judge the living and the dead. We 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.

### Joey Creed

We believe in one God, the Father who created the world and all that is good. We believe in Jesus Christ, God's son. He became human, suffered, died and rose again so that we might have eternal life. We believe in the Holy Spirit who comes from the Father and the Son and brings life to all. Amen.

### Our Father

Our Father, who art in heaven; hallowed be Your name; Your kingdom come; Your will be done, on earth, as it is in heaven. Give us this day our daily bread; and forgive us our sins as we forgive those who sin against us, and lead us not into temptation; but deliver us from evil. Amen.

### 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.

### 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.

### 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 our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary! V. Pray for us, O Holy Mother of God. R. That we may be made worthy of the promises of Christ. Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech You, that meditating upon 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.

## Why pray the Rosary?

At heart, the Rosary is a Christ-centred prayer, in which we sit with Mary and contemplate Jesus. Through the rhythmic meditation of the Rosary, we are led to reflect on the events of his life.

Mary is the model of how to love Jesus. She lived her life with her eyes fixed on him. By reflecting on how she loved her son, we can learn how we also can love him and know him.

Praying the Rosary is a wonderful way to communicate with our spiritual parents - our Heavenly Father and our mother Mary. When we pray the Rosary, we are calling on our spiritual parents to comfort, guide and inspire us. So when family relationships get tense, the Rosary is a powerful way to unite with our heavenly family.



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# The Rosary 4 Kids

## Simple ways to pray the Rosary with Kids

The Rosary need not be boring if you bring some creativity to your prayer. Try these ideas to engage your children.

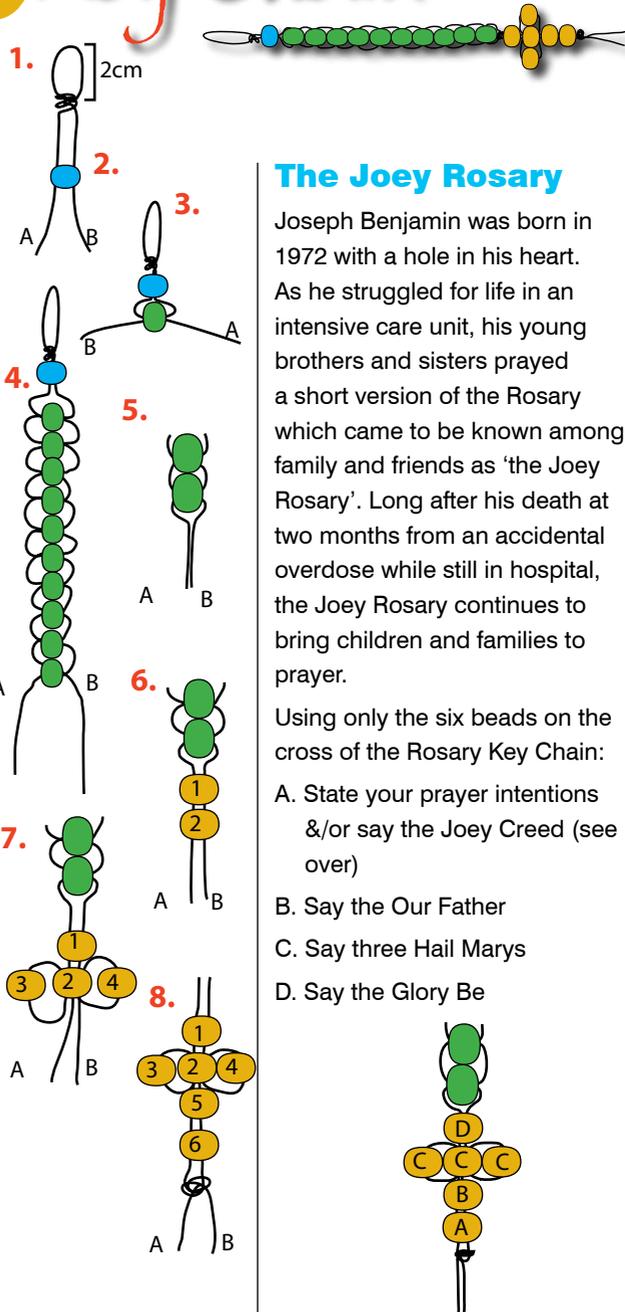
- Let them make their own beads using the keychain plan or even a full Rosary set. Encourage them to make sets for other relatives and friends.
- Create a sense of reverence and mystery when you pray as a family, by lighting candles or dimming the lights.
- Get the rhythm - for a different experience say the prayers of the Rosary to a rap beat!
- Use visual props, such as pictures of scenes from Jesus' life, icons or images.
- Have some members of the family lead the prayers, saying only the first half of each of the prayers, with the other members saying the second part.
- When your child feels helpless or frustrated about a situation, get him to offer a Rosary. Intentions for the sick and troubled help us to connect with those in distress and alleviates our sense of helplessness.
- Integrate the Rosary into your everyday life - say it together in the car on the way to school, while you wait for the train, or when doing dishes.
- Don't just race through the prayers, think about the words. The Hail Mary is based on the words spoken to Mary by the Archangel Gabriel and her cousin Elizabeth. These words express the wonder of heaven on earth - God becomes human in Jesus. Ponder the name of Jesus when you say this prayer.

# The Rosary Key Chain

## Materials:

- 80 cm of cord, fused at the ends for easy threading (Brickie's twine works well)
- 1 bead for the Our Father
- 10 beads for the 'Hail Marys'
- 6 beads for the Cross

1. Fold the cord in half and knot a loop approximately 2 cm from the end.
2. Put the ends (A&B) through the Our Father Bead
3. Thread one 'Hail Mary' bead on to the cord passing both ends (A & B) through the bead in opposite directions.
4. Repeat with each bead until 10 'Hail Mary's' are inserted.
5. Tension the cord and bring the two ends together.
6. To make the Cross, insert A & B together through 2 'Cross' beads (1 & 2) in the same direction.
7. Separate A & B ends and place one bead (3) on A then pass the cord through bead 2 in the same direction as the previous pass through. Repeat with B end on bead 4, passing through bead 2 and out the bottom.
8. Add two more beads (5 & 6) with A & B ends passing through together in the same direction. Tension and knot the end.

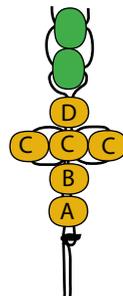


## The Joey Rosary

Joseph Benjamin was born in 1972 with a hole in his heart. As he struggled for life in an intensive care unit, his young brothers and sisters prayed a short version of the Rosary which came to be known among family and friends as 'the Joey Rosary'. Long after his death at two months from an accidental overdose while still in hospital, the Joey Rosary continues to bring children and families to prayer.

Using only the six beads on the cross of the Rosary Key Chain:

- A. State your prayer intentions &/or say the Joey Creed (see over)
- B. Say the Our Father
- C. Say three Hail Marys
- D. Say the Glory Be



## The Rosary Decade

This short version of the full rosary can be said after the family has shared general prayers. You may like to precede the decade by reflecting on one of the scripture passages associated with the Mysteries of the Rosary.

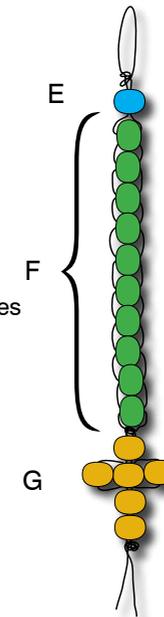
Using the entire Key Chain:

- E. State your intentions or read the scripture passage of the chosen Mystery. Say the Our Father
- F. Say ten Hail Marys.
- G. Say the Glory Be.

## The Rosary

Traditionally Catholics would pray a full 'Mystery' of the Rosary each day, which included the 'Joey Rosary' and five decades, each decade being preceded by a reflection.

1. Using the six beads of the cross, pray:
  - The Apostles' Creed (bead A)
  - The Our Father (bead B)
  - Three Hail Marys (beads C)
  - The Glory Be (bead D)
2. State the first Mystery. Read the scripture passage, and invite any special intentions or prayers.
4. Using the whole key chain, pray the Our Father (E), ten Hail Mary's (F) and the Glory Be (G).
5. Repeat for each Mystery until all five have been prayed.
6. At the end, pray the Hail Holy Queen.



## The Mysteries of Joy

1. Mary is visited by the Archangel Gabriel and Jesus is conceived - Lk 1:26-38
2. Mary Visits Elizabeth - Lk 1:39-56
3. Jesus is born in Bethlehem - Lk 2:1-20
4. Jesus is presented in the temple - Lk 2:22-40
5. Jesus is found in the temple - Lk 2:41-52

## The Mysteries of Light

1. Jesus is baptised by John the Baptist - Lk 4:21-22
2. Jesus makes wine from water at the wedding in Cana - Jn 2:1-12
3. Jesus announces the Kingdom of Heaven - Mk 1:4-15
4. Jesus is transfigured - Lk 9:28-36
5. Jesus celebrates the first eucharist with his disciples - Lk 22:14-23

## The Mysteries of Sorrow

1. Jesus prays in the garden of Gethsemane - Mk 14:32-34
2. Jesus is whipped - Mk 15:15
3. Jesus is crowned with thorns - Mk 15:16-20
4. Jesus carries the cross to Calvary - Mk 15:20-22
5. Jesus is nailed to the cross and dies - Mk 15:33-42

## The Mysteries of Glory

1. Jesus rises from the dead - Lk 24:1-8
2. Jesus ascends into heaven - Acts 1:6-11
3. The Holy Spirit is sent to be with Jesus' disciples - Acts 2:1-13
4. Mary goes to heaven body and soul - Is 66:10-14
5. Mary is crowned Queen of heaven - Rev 12:1