

Pause for Prayer

THE ROSARY

PART 1 OF A PRAYER 'HOW-TO'

WHAT IS THE ROSARY?

Catholics believe in an active prayer life, as worshipers pray during Mass, at home and in groups.

The rosary is both a collection of prayers and the beads used to keep track of them.

The word "rosary" derives from the idea that a rose symbolizes perfection and reciting the rosary prayers creates a spiritual 'garden' of prayers.



WHAT'S THE PURPOSE?

The rosary is a set of prayers which focus on the life of Jesus. One reflects on an episode in the life of Jesus or Mary, as a way of deepening one's faith.

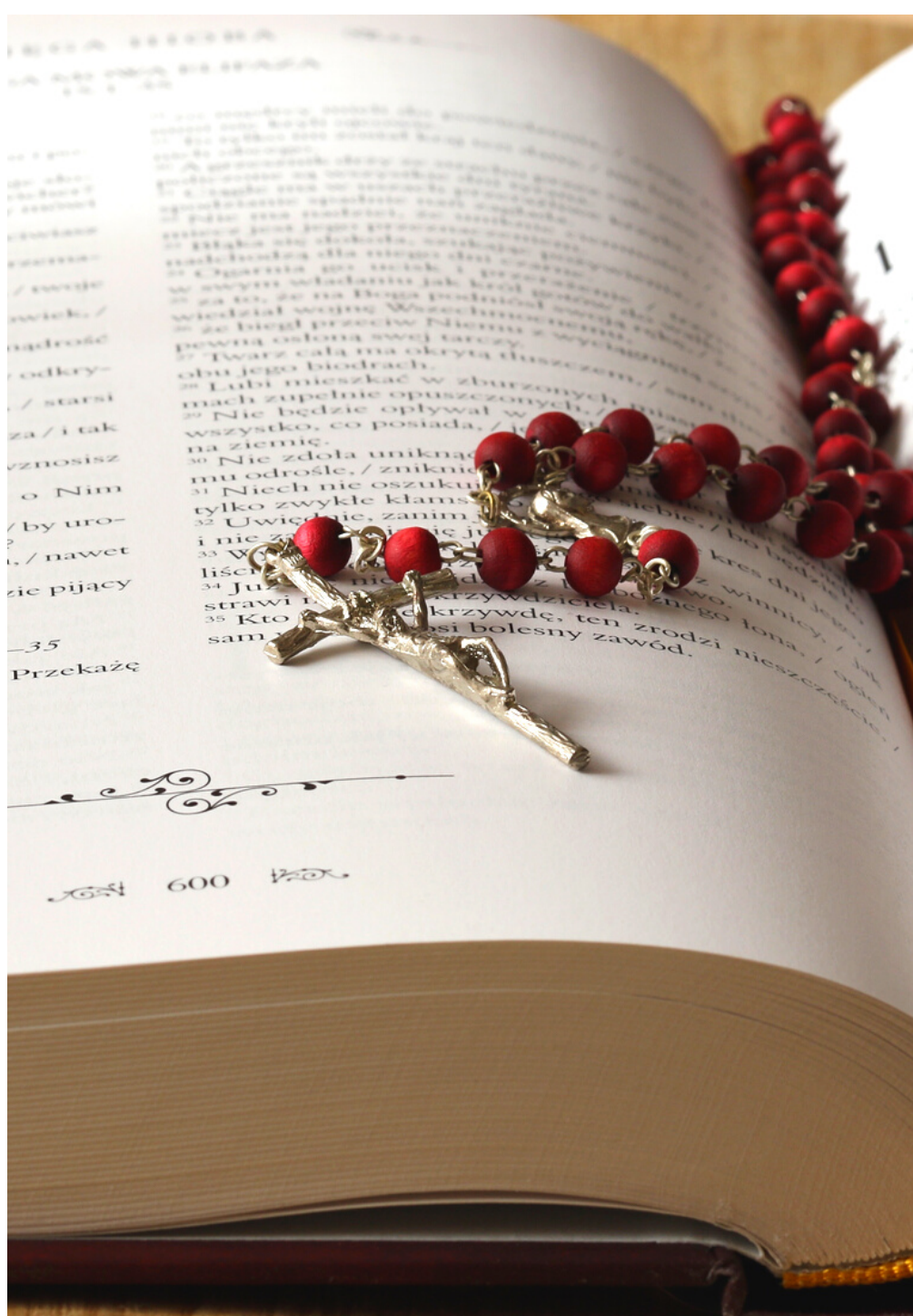
THE PRAYERS

The rosary consists of various prayers opening with the 'Apostles' Creed', a statement of belief which Catholics recite every Sunday.

Next is the 'Our Father', also known as the Lord's Prayer, taught by Jesus in the Bible.

The 'Hail Mary', which honours the mother of Jesus, follows.

Last is the 'Glory be', a short prayer mentioning the three Persons of the Trinity - God the Father, Jesus his Son and Holy Spirit - who is the love between Father and Son.

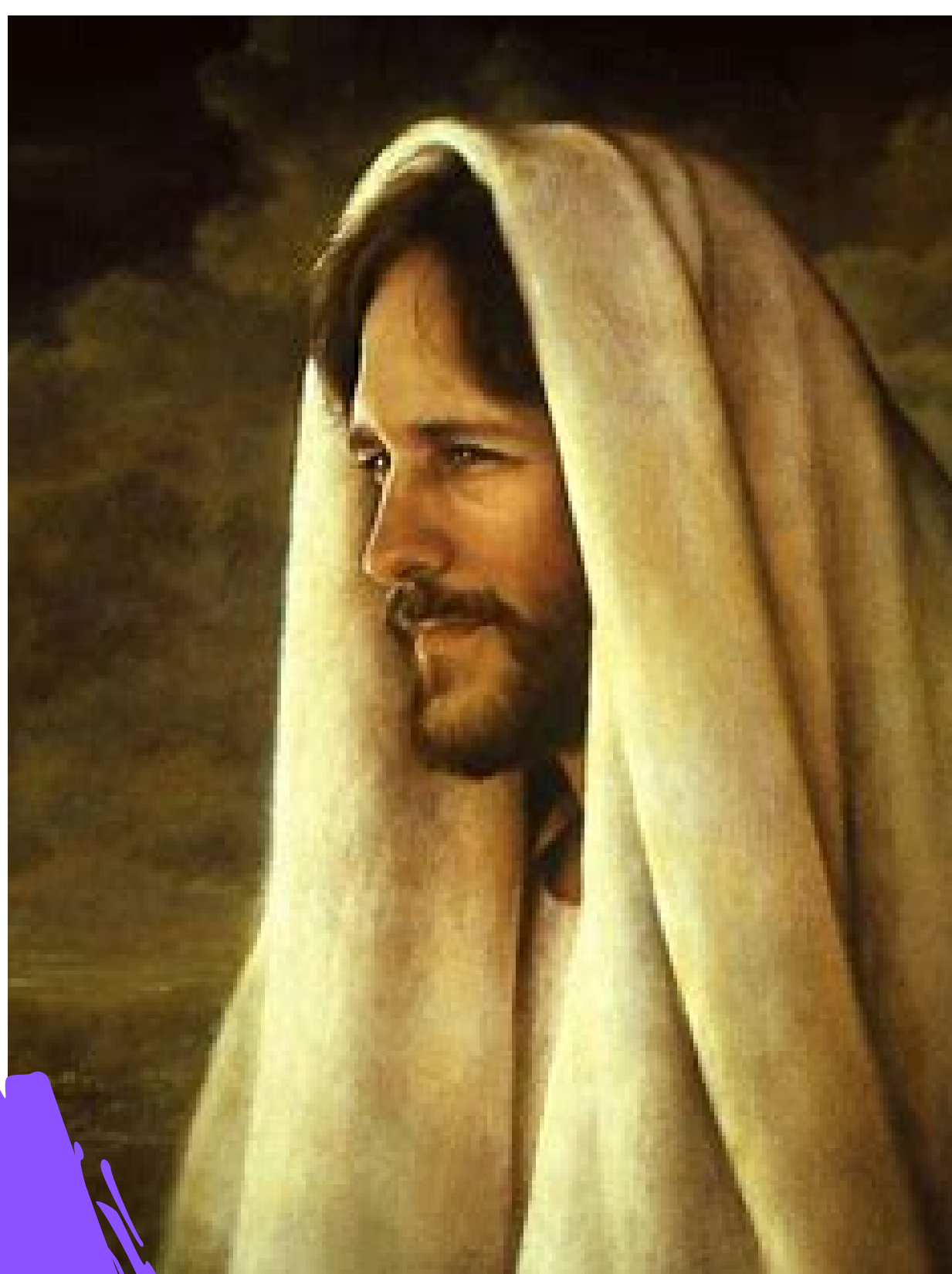
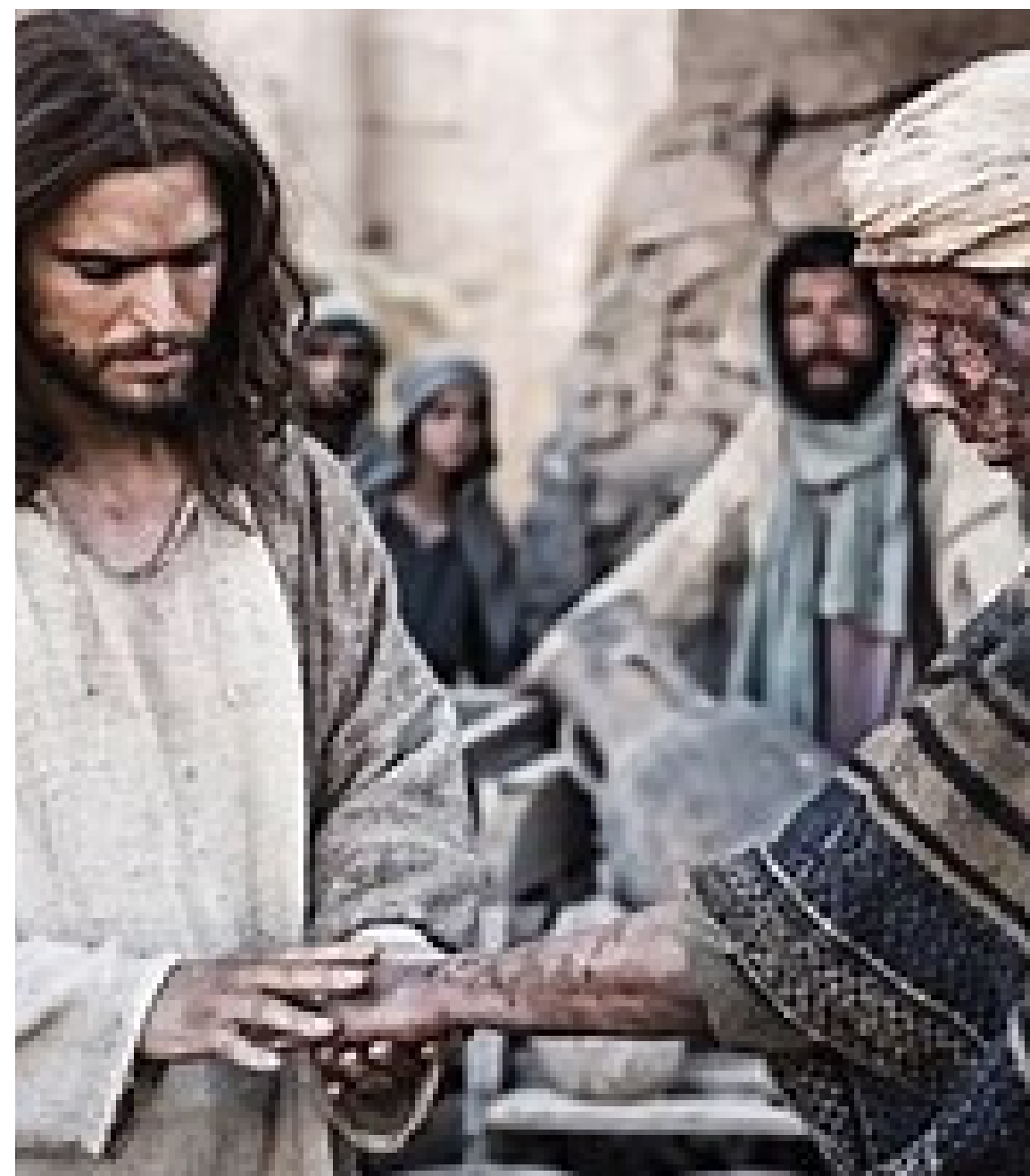


THE 'MYSTERIES'

Each set of prayers begins with a statement of the mysteries (different episodes in the lives of Jesus and Mary).

During each set of mysteries, one would reflect on an episode in the life of Jesus or Mary, as a way of deepening one's faith.

For instance, one such set of prayers is known as the 'Glorious Mysteries', which are five of episodes in Jesus' life after he rises from the dead:



- 'The Resurrection' tells the story of Jesus rising from the dead.
- In "The Ascension," Jesus, after spending 40 days on earth, leaves again to go to God in heaven.
- Once Jesus goes to heaven, he sends down the Holy Spirit, known as 'The Descent of the Holy Spirit', to live with his followers.
- In 'The Assumption', Mary's soul and body leave earth to be with God (assumed into heaven).
- Finally, because of her assumption, Mary is crowned queen of heaven and earth in 'The Coronation'.

The rosary has been the most popular prayer devotion in the Church for centuries!

