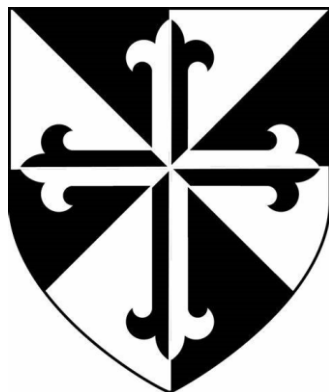




A Dominican Method of Praying the Rosary



Opening Versicles

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

℣. Hail Mary, full of grace, the Lord is with thee.

℟. **Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.**

℣. O Lord, open our lips. +

℟. **And our mouths shall proclaim your praise.**

℣. O God, come to our aid.

℟. **O Lord, make haste to help us.**

℣. 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.**

Alleluia. (or, during Lent: Praise be to Thee, O Lord, King of everlasting glory.)

Mysteries of the Rosary

Each decade is said antiphonally. The leading of the prayers alternates with each decade.

At the end of each decade we say:

Mary, mother of grace, mother of mercy,
shield me from the enemy and receive me at the hour of my death. Amen

Joyful: Mondays and Saturdays

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

Sorrowful: Tuesdays and Fridays

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Glorious: Wednesdays and Sundays

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of the Blessed Mother in Heaven

Luminous: Thursdays

1. The Baptism of Christ in the Jordan
2. The Manifestation of Christ at the wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Holy Eucharist

Conclusion

Hail, holy queen, Mother of mercy, hail our life, our sweetness, and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs mourning and weeping in this vale of tears.
Turn then, most gracious advocate, thine eyes of mercy toward us,
and after this our exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet virgin Mary.

∿ Queen of the Most Holy Rosary, pray for us.

℟ 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 thee,
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.**

∿ May the divine + assistance remain always with us.

℟ Amen.

∿ May the souls of the faithful departed, through the mercy of God, rest in peace.

℟ Amen.

Some excerpts from Marialis Cultus, an Apostolic Exhortation of his Holiness Pope Paul VI for the right ordering and development of devotion to the Blessed Virgin Mary

43. Our assiduous and affectionate interest in the Rosary has led us to follow very attentively the numerous meetings which in recent years have been devoted to the pastoral role of the Rosary in the modern world, meetings arranged by associations and individuals profoundly attached to the Rosary and attended by bishops, priests, religious and lay people of proven experience and recognized ecclesial awareness. Among these people special mention should be made of the sons of Saint Dominic, by tradition the guardians and promoters of this very salutary practice. Parallel with such meetings has been the research work of historians, work aimed not at defining in a sort of archaeological fashion the primitive form of the Rosary but at uncovering the original inspiration and driving force behind it and its essential structure. The fundamental characteristics of the Rosary, its essential elements and their mutual relationship have all emerged more clearly from these congresses and from the research carried out.

44. Thus, for instance, the Gospel inspiration of the Rosary has appeared more clearly: the Rosary draws from the Gospel the presentation of the mysteries and its main formulas. As it moves from the angel's joyful greeting and the Virgin's pious assent, the Rosary takes its inspiration from the Gospel to suggest the attitude with which the faithful should recite it. In the harmonious succession of Hail Marys the Rosary puts before us once more a fundamental mystery of the Gospel - the Incarnation of the Word, contemplated at the decisive moment of the Annunciation to Mary. The Rosary is thus a Gospel prayer, as pastors and scholars like to define it, more today perhaps than in the past.

46. As a Gospel prayer, centred on the mystery of the redemptive Incarnation, the Rosary is therefore a prayer with a clearly Christological orientation. Its most characteristic element, in fact, the litany-like succession of Hail Marys, becomes in itself an unceasing praise of Christ, who is the ultimate object both of the angel's announcement and of the greeting of the mother of John the Baptist: "Blessed is the fruit of your womb". We would go further and say that the succession of Hail Marys constitutes the warp on which is woven the contemplation of the mysteries. The Jesus that each Hail Mary recalls is the same Jesus whom the succession of the mysteries proposes to us - now as the Son of God, now as the Son of the Virgin - at His birth in a stable at Bethlehem, at His presentation by His Mother in the Temple, as a youth full of zeal for His Father's affairs, as the Redeemer in agony in the garden, scourged and crowned with thorns, carrying the cross and dying on Calvary, risen from the dead and ascended to the glory of the Father to send forth the gift of the Spirit...

47. There has also been felt with greater urgency the need to point out once more the importance of a further essential element in the Rosary, in addition to the value of the elements of praise and petition, namely the element of contemplation. Without this the Rosary is a body without a soul, and its recitation is in danger of becoming a mechanical repetition of formulas and of going counter to the warning of Christ: "And in praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words". By its nature the recitation of the Rosary calls for a quiet rhythm and a lingering pace, helping the individual to meditate on the mysteries of the Lord's life as seen through the eyes of her who was closest to the Lord. In this way the unfathomable riches of these mysteries are unfolded.