



Parish Church of St Barnabas Woodford

Snakes Lane East, Woodford Green, Essex, IG8 7HX



How to Pray the Holy Rosary:

1. Make **the Sign of the Cross** while holding the crucifix,
2. Recite **The Apostles' Creed**.
3. Recite **Our Father** on the large bead.
4. Recite one **Hail Mary** on each of the three beads for an increase of faith, hope and love.
5. On the large bead recite the **Glory Be to the Father**, and the **Fatima Prayer** (O My Jesus).

Note: In a group of two or more people, the leader recites the first line or two, and the words in bold are recited together.

PRAYERS OF THE HOLY ROSARY

The Sign of the Cross:

In the name of the Father of + the Son and of the Holy Spirit.
Amen.

The Apostles' Creed:

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 Spirit,
born of the Virgin Mary, suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell;
the third day He rose again from the dead.
He ascended into heaven,
and is seated 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:

Our Father, Who art in heaven, hallowed be Thy Name;
Thy Kingdom come; Thy Will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our
trespasses, as we forgive those who trespass 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 thee;
blessed art thou among 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.

Glory Be to the Father:

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.

The Fatima Prayer "O my Jesus":

O my Jesus, forgive us our sins; save us from the fires of hell.
Lead all souls to Heaven, especially those most in need of
Your mercy". (Our Lady at Fatima, 13th July 1917)

6. Announce the 1st Mystery and pray **The Lord's Prayer** on the large bead. And then pray **10 Hail Mary** on the smaller beads, and finish each decade with **Glory Be to the Father** and **The Fatima Prayer**.

7. Do the same with the 2nd, 3rd, 4th, and 5th Mysteries. Then finish the prayers with number 8.

Joyful Mysteries (Monday and Saturday):

- 1st Joyful Mystery: The Annunciation (Luke 1:26-38)
- 2nd Joyful Mystery: The Visitation (Luke 1:39-56)
- 3rd Joyful Mystery: The Birth of Our Lord (Luke 2:1-21)
- 4th Joyful Mystery: The Presentation of Our Lord (Luke 2:22-38)
- 5th Joyful Mystery: The Finding of Our Lord in the Temple (Luke 2:41-52)

Luminous Mysteries (Thursday):

- 1st Luminous Mystery: The Baptism of Our Lord (Matthew 3:13-16)
- 2nd Luminous Mystery: The Wedding at Cana (John 2:1-11)
- 3rd Luminous Mystery: The Proclamation God's Kingdom (Mark 1:14-15)
- 4th Luminous Mystery: The Transfiguration of Our Lord (Matthew 17:1-8)
- 5th Luminous Mystery: The Institution of the Eucharist (Matt 26:17-29)

Sorrowful Mysteries (Tuesday and Friday):

- 1st Sorrowful Mystery: The Agony in the Garden (Matthew 26:36-56)
- 2nd Sorrowful Mystery: The Scourging at the Pillar (Matthew 27:26)
- 3rd Sorrowful Mystery: The Crowning with Thorns (Matthew 27:27-31)
- 4th Sorrowful Mystery: The Carrying of the Cross (Matthew 27:32)
- 5th Sorrowful Mystery: The Crucifixion (Matthew 27:33-56)

Glorious Mysteries (Sunday and Wednesday):

- 1st Glorious Mystery: The Resurrection (John 20:1-29)
- 2nd Glorious Mystery: The Ascension (Luke 24:36-53)
- 3rd Glorious Mystery: The Descent of the Holy Spirit (Acts 2:1-41)
- 4th Glorious Mystery: The Assumption of the Blessed Virgin Mary into Heaven (Revelation 12:1)
- 5th Glorious Mystery: The Coronation of the Blessed Virgin Mary as Queen of Heaven and Earth (Judith 15:9-10)

8. Conclude with **Hail Holy Queen** and the final prayer.

Hail Holy Queen:

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 towards us;
and after this our exile
show unto us the blessed fruit of thy 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 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.**

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