

Praying the Rosary

Religion for May 18-22



The Rosary is a form of meditative prayer. The word “rosary” comes from Latin and means a “garland of roses.” We learned last week that the rose is one of the flowers used to symbolize the Virgin Mary. When praying the Rosary, each prayer symbolizes a rose. We are offering up a spiritual bouquet to Mary.

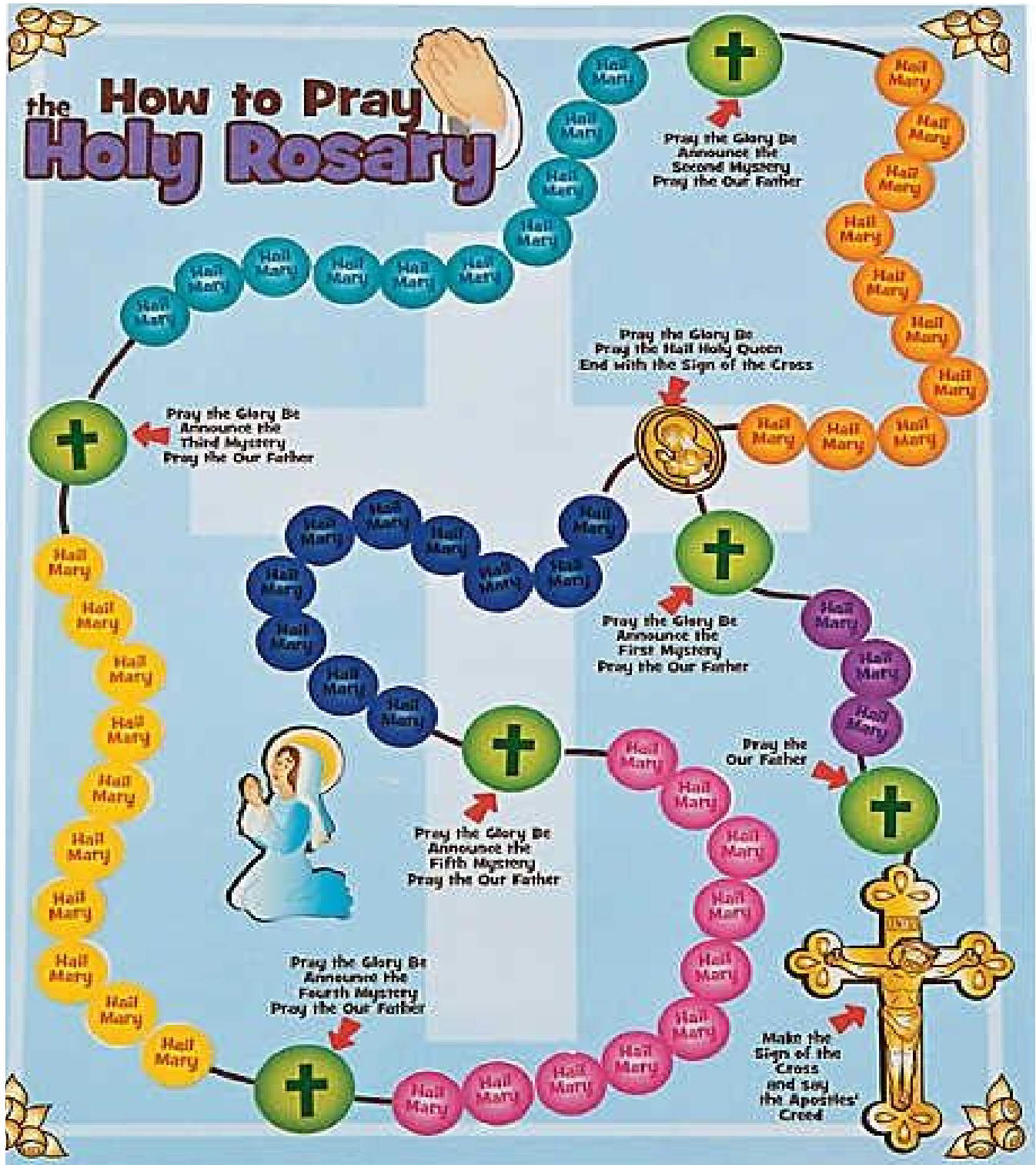
As a continuation of our month-long dedication to Mary, we will pray the Rosary this week. The children learned how to pray the Rosary at school during the month of October. They know the main prayers, but they may need a little help remembering how to get started. Try to pray one of the Glorious Mysteries each day and reflect on Jesus and His Blessed Mother.



Be sure to send me a short email to let me know how praying the Rosary went for you this week.

virginiap@mountcarmelschool.net

To do: Try to pray a decade or mystery of the Rosary each day. Use this diagram to help pray the Glorious Mysteries on the following pages.



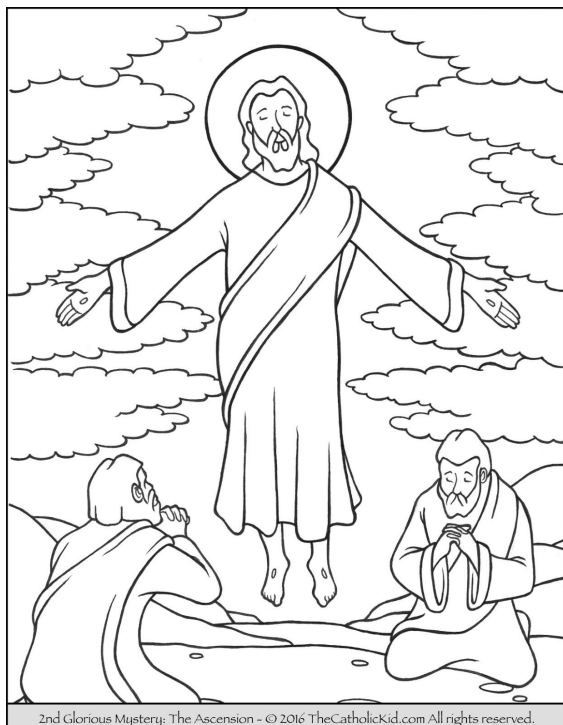
Monday: The 1st Glorious Mystery – The Resurrection

As you say the prayers, think about Jesus rising from the dead.



Tuesday: The 2nd Glorious Mystery – The Ascension

As you pray, focus on Jesus ascending into Heaven.



Wednesday: The 3rd Glorious Mystery – The Descent of the Holy Spirit (Pentecost)

As you pray, think about the Holy Spirit descending onto the Apostles and Mary on Pentecost as tongues of fire.



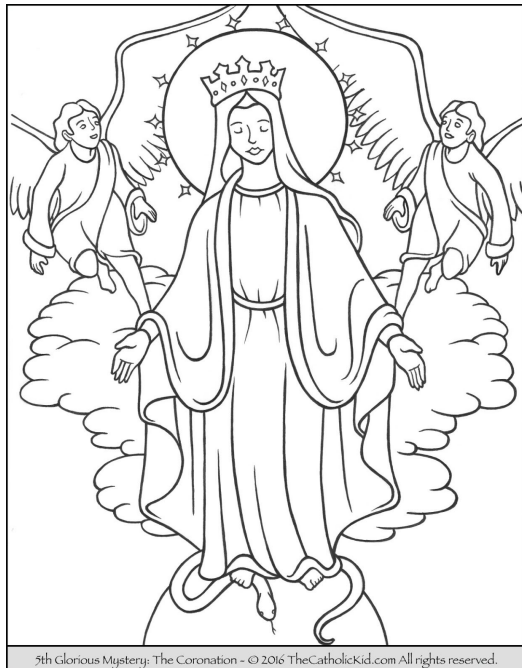
Thursday: The 4th Glorious Mystery – The Assumption

As you pray, think of Mary being taken up into Heaven. (body and spirit)



Friday: The 5th Glorious Mystery – The Coronation

As you pray, think of Mary being crowned Queen of Heaven and Earth.



Prayers you may need help with:

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 arose again from the dead. He ascended into

heaven and is seated at the right hand of the Father. 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."

Hail Holy Queen (Salve Regina)

"Hail holy Queen, Mother of mercy, 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 valley 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, pray for us, O Holy Mother of God, that we may be made worthy to the promises of Christ."



