



The Rosary: An act of love and devotion to our Blessed Mother



In the month of May, the Church gives special honor to our Spiritual Mother, Mary. We show this devotion to Mary through the hymns and May crowning ceremonies included in many of our liturgical celebrations. While you may not experience these in person this spring, you can still honor Mary with your family at home. One of the most powerful ways to do this is by praying the Rosary. In his recent “Letter on the Month of May”, Pope Francis said he wants us to “rediscover the beauty of praying the Rosary at home in the month of May” by praying the Rosary as a family. Before you begin, take time to consider the purpose and depth of the Rosary so you can fully experience its power in your life.

In praying the Rosary, you draw closer to our Lord Jesus by reflecting on significant events from His life and that of His mother, Mary. The Rosary draws you into these events, both the glorious and happy moments as well as the times of suffering, and helps to make them present in your mind and heart. These moments are known as the Mysteries of the Rosary. They are mysteries not because they need to be solved, but because they contain truths of God that go beyond our understanding. The four sets of Mysteries of the Rosary are the Joyful, Sorrowful, Glorious, and Luminous Mysteries. For a reminder on how to pray the Rosary, including each set of Mysteries and basic prayers, visit <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>.

Sometimes there is a temptation when praying the Rosary to just get it done. This can lead to a robotic recitation that keeps us from appreciating the expressions of prayer found in this devotion. The Church teaches us that there are three primary expressions of prayer:

- Vocal – expressing the interior feelings of our soul through word and song
- Meditative – using our thoughts, imagination and emotion to understand God’s will and respond to it
- Contemplative – resting in wordless adoration and praise of God

The Rosary incorporates all three. We pray aloud the Our Father and the Hail Mary and Glory Be. We use our thoughts and emotions to meditate on each of the Mysteries; exploring the lessons God wants us to learn from each event. We rest with God in silent contemplation as we begin and end each decade. Like an expensive meal in which every bite is meant to be savored, the Rosary provides us with a rich spiritual banquet that will, in the words of Pope Francis, “make us even more united as a spiritual family and will help us to overcome this time of trial.”

Use the following calendar resource to chart your daily progress on integrating the Rosary into your life during the month of May. If possible, pray the rosary as a family with each family member taking a turn to lead. Whether you pray an entire set of Mysteries, or just one decade a day, set aside the time to truly appreciate the vocal, meditative, and contemplative aspects of this beautiful devotion so that you may be drawn closer to Jesus through the heart of Mary.

Praying the Rosary: May 2020

Pope Francis has urged us to rediscover the Rosary this May in honor of our Blessed Mother Mary. Take time each day to pray the Rosary. Whether you pray an entire set of Mysteries or only a decade, be sure to appreciate the experience of all three expressions of prayer - vocal, meditative, and contemplative. Remember, the goal of the Rosary is not to get it done, but to grow in our relationship with the Lord Jesus Christ through our Blessed Mother, Mary. Color in or check off each day you were able to pray at least one decade of the Rosary.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1 Sorrowful Mysteries</i>	<i>2 Joyful Mysteries</i>
<i>3 Glorious Mysteries</i>	<i>4 Joyful Mysteries</i>	<i>5 Sorrowful Mysteries</i>	<i>6 Glorious Mysteries</i>	<i>7 Luminous Mysteries</i>	<i>8 Sorrowful Mysteries</i>	<i>9 Joyful Mysteries</i>
<i>10 Glorious Mysteries</i>	<i>11 Joyful Mysteries</i>	<i>12 Sorrowful Mysteries</i>	<i>13 Glorious Mysteries</i>	<i>14 Luminous Mysteries</i>	<i>15 Sorrowful Mysteries</i>	<i>16 Joyful Mysteries</i>
<i>17 Glorious Mysteries</i>	<i>18 Joyful Mysteries</i>	<i>19 Sorrowful Mysteries</i>	<i>20 Glorious Mysteries</i>	<i>21 Luminous Mysteries</i>	<i>22 Sorrowful Mysteries</i>	<i>23 Joyful Mysteries</i>
<i>24 Glorious Mysteries</i>	<i>25 Joyful Mysteries</i>	<i>26 Sorrowful Mysteries</i>	<i>27 Glorious Mysteries</i>	<i>28 Luminous Mysteries</i>	<i>29 Sorrowful Mysteries</i>	<i>30 Joyful Mysteries</i>
<i>31 Glorious Mysteries</i>						



The Expressions of Prayer in the Rosary



Pope Francis has encouraged all Catholics to pray the Rosary throughout May as a way to honor our Blessed Mother, Mary. The Rosary is a powerful prayer that incorporates the three expressions of prayer in the Catholic tradition. These expressions are:

- **Vocal** – expressing our interior feelings through word and song
- **Meditative** – using our thoughts, imagination and emotion to understand God's will and respond to it
- **Contemplative** – resting in silent adoration and praise of God

In the Rosary, we pray aloud the prayers of the Sign of the Cross, Our Father, Hail Mary, Glory Be, and Hail Holy Queen. We then meditate on each Mystery of the Rosary by reflecting on the events from the life of Jesus and Mary. We think about what it would have been like to be present at the Annunciation, the Agony in the Garden, the Transfiguration, or the Descent of the Holy Spirit. We ask ourselves - what does God want me to learn from these events? We rest in silence with God at the end of each decade of the Rosary – soaking in the power of each mystery – before moving on to the next.

Challenge yourself to pray the Rosary! Whether you pray an entire set of Mysteries, or just one decade, set aside the time to use all three expressions of prayer. Remember, the goal of the Rosary is not to get it done, but to grow in relationship with Jesus through the heart of his mother, Mary.

