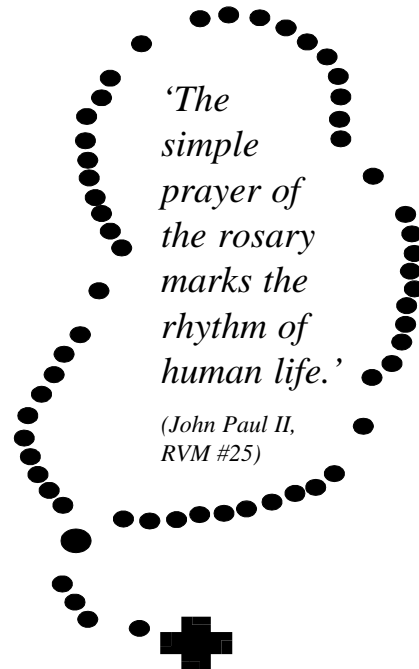


## Moments of prayer and contemplation

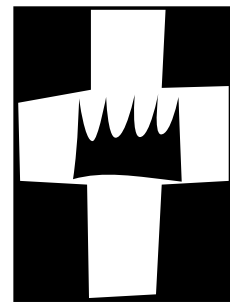
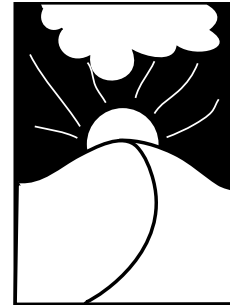
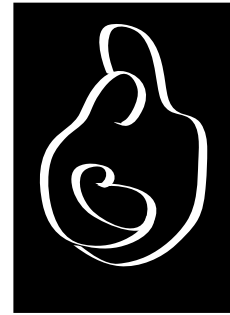
The rosary helps us to see our human lives in the light of Christ. It is a prayer that can be prayed at any time, however its simplicity and repetition make the rosary particularly helpful in life's pauses, journeys and moments of waiting. In response to the question 'When is a good time to say the rosary?' here is what some people said:

- Around the hospital bed of a dying relative.
- While waiting for the bus (or train or ferry), or on the journey itself.
- With a child who has just been presented with a new set of rosary beads.
- While waiting for critical news (e.g. the results of life-threatening surgery).
- While breastfeeding at two o'clock in the morning.
- With an elderly, housebound person.
- With the people of God at any time.
- Lying in bed at night waiting for your teenager who should have been home an hour ago.
- After a good cry! (Combined with the release of tears, the rosary is like soothing ointment to a bruised heart.)
- While doing a tedious solitary task (e.g. Buttering slices of bread for the scouts' sausage sizzle.)
- At an 'odd' moment when the inclination strikes.
- On those nights when you can't sleep.
- In the car on a long trip.

Share your favourite time for praying the rosary. In the 'rhythm' of everyday life, what works best for you?



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# Contemplating Christ with Mary

A fresh look at the rosary

The rosary is a simple but profound prayer. Through its meditative rhythm it leads us to reflect on the events of Jesus' life and draws our own lives into the mystery of the gospel. Although Marian in character, at heart the rosary is a Christ-centred prayer. It is a succinct expression of the gospel. In the rosary, we sit with Mary and contemplate the face of Christ.

'In a unique way the face of the Son belongs to Mary' (RVM, 10). Throughout her life Mary's whole person was attuned to Jesus. At times she would look upon him with *eyes filled with wonder* (Lk 2:7); at times with a *questioning look* (Lk 2:48); always with a *penetrating gaze* (Jn 2:5). At times it would be a *look of sorrow* (Jn 19:26-27). At Easter her eyes would be filled with the *radiance of the resurrection*. Finally, at Pentecost, with a *gaze afire*, she would witness the outpouring of the Spirit (Acts 1:14).

Mary lived with her eyes fixed on Christ, treasuring his words and the events of his life and pondering them in her heart (Lk 2:19). Her memories of Jesus were like a living 'rosary' prayed throughout her earthly life. By reciting the mysteries of the rosary, the Christian community enters into the memories and contemplative gaze of Mary.

(Cf. John Paul II, *Rosarium Virginis Mariae*, 1,10-11)



## Joyful Mysteries

1. The annunciation *Lk 1:26-38*
2. The visitation *Lk 1:39-56*
3. The birth of Christ *Lk 2:1-20*
4. The presentation in the temple *Lk 2:22-40*
5. The finding of Jesus in the temple *Lk 2:41-52*

*God of joy and delight! By taking flesh in Mary's womb and living as one of us you have revealed the depths of your love and the intimacy we enjoy with you through Jesus Christ. Led by your Spirit, help us to discover the gospel as 'good news' in our lives, a source of unquenchable joy even amidst times of trial. Amen.*

In a weekly schema, *Mondays* and *Saturdays* are the days suggested for reciting the joyful mysteries.

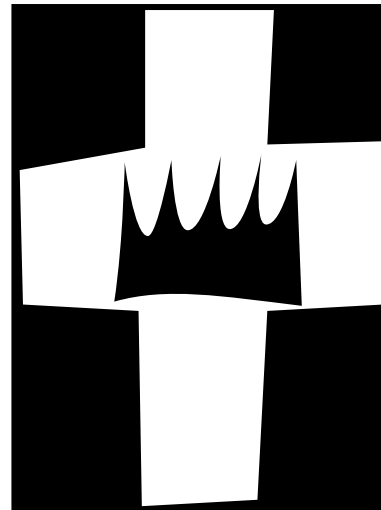


## Luminous Mysteries

1. Baptism in the Jordan *Lk 3:21-22*
2. The wedding at Cana *Jn 2:1-12*
3. Proclamation of God's Kingdom and the call to conversion *Mk 1:14-15*
4. The transfiguration *Lk 9:28-36*
5. The institution of the Eucharist at the Last Supper *Lk 22:14-23*

*God of light! You illuminate the universe with your love. You show us who we really are as created in you. You lead us beyond our obscured vision, our darkness, to our true selves. Like Mary may our hearts be open and responsive to the gospel of Jesus Christ. Filled with the Holy Spirit may we bear this light to others. Amen.*

*Thursday* is the suggested day for reciting the mysteries of light. These five new mysteries were added to the centuries-old rosary in 2002.



## Sorrowful Mysteries

1. The agony in the Garden *Mk 14:32-42*
2. The scourging of Jesus *Mk 15:15*
3. The crowning with thorns *Mk 15:16-20*
4. The carrying of the cross *Mk 15:20-22*
5. The crucifixion *Mk 15:33-42*

*God of infinite love! As we stand at the foot of the cross with Mary, beholding the broken body of Jesus, we feel the radical depths of your love, your willingness to surrender all for us. In the difficult and 'deathly' moments of our lives, help us to draw deeply from the lifegiving, saving power of the Cross. Amen.*

*Tuesdays* and *Fridays* are the days suggested for the sorrowful mysteries. Friday is traditionally a day of penance for Christians.



## Glorious Mysteries

1. The resurrection *Lk 24:1-8*
2. The ascension of Jesus *Acts 1:6-11*
3. The Spirit received at Pentecost *Acts 2:1-13*
4. The assumption of Mary *Is 66:10-14*
5. The crowning of Mary, Queen of heaven *Rev 12:1*

*God of life! Your life is more powerful than death. In Mary, who shares in the glory that belongs to Christ, we glimpse our eternal destiny. Through the power of your Spirit, lead us to an ever greater appreciation of our new life in Christ, lived in the heart of the Church and calling us to the day when all of history will come to rest in you. Alleluia! Amen.*

*Wednesdays* and *Sundays* are the suggested days for the glorious mysteries. Sunday, the Christian Sabbath, is 'the day of the resurrection'.