

Mysteries of the Rosary

The Joyful Mysteries (P3)

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

The Sorrowful Mysteries (P4)

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

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of Our Lady into Heaven
5. The Crowning of Our Lady as Queen of Heaven

In P6 the Joyful, Sorrowful and Glorious Mysteries should all be revised.

The Mysteries of Light

1. The Baptism of Jesus
2. The Marriage Feast of Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Holy Eucharist

Grace before meals (traditional) (P5)

Bless us O Lord,
and these your gifts which we are about to receive
from your goodness, through Christ our Lord. Amen.

Grace after Meals

We give you thanks, almighty God, for all your
benefits
Who livest and reignest world without end. Amen.

Act of Sorrow (traditional) (P5)

O my God, because you are so good
I am sorry that I have sinned against you,
and with your help I will not sin again. Amen

Stations of the Cross (P5)

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls for the first time
4. Jesus meets Mary his mother
5. Simon of Cyrene helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is placed in the tomb
15. *(Jesus rises from the dead)*

Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of the faithful
and enkindle in them the fire of your love.
Send forth your Spirit, and they shall be created,
and you shall renew the face of the earth.

O God, who has taught the hearts of the faithful by
the light of the Holy Spirit, grant that by the gift of
the same Spirit we may be always truly wise, and
ever rejoice in his consolation, through Christ Our
Lord. Amen.

De Profundis (P6)

Out of the depths have I cried to thee, O Lord;
Lord, hear my voice.

Let thine ears be attentive to the voice of my
supplication.

If thou, O Lord should mark iniquities;
Lord, who shall endure it?

For with thee there is merciful forgiveness;
and by reason of thy law I have waited for thee, O
Lord.

My soul hath relied on his word;

my soul hath hoped in the Lord.

From the morning watch even until night,
let Israel hope in the Lord.

Because with the Lord there is mercy,
and with him plentiful redemption.

And he shall redeem Israel from all its iniquities.

Eternal rest give unto them, O Lord.

And let perpetual light shine upon them.

May they rest in peace. Amen.

Memorare (P6)

Remember,

O most gracious Virgin Mary

That never was it known

That anyone,

Who fled to thy protection

Implored thy help,

Or sought thy intercession,

Was left unaided.

Inspired by this confidence,

I fly unto thee,

O Virgin of Virgins my mother.

To thee do I come,

Before thee I stand,

Sinful and sorrowful.

O Mother of the Word Incarnate,

Despise not my petitions,

But in thy mercy hear and answer them. Amen

Hail Holy Queen (P7)

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.

Pray for us, O holy Mother of God,

that we may be made worthy of the promises of
Christ.