

You don't need a Rosary to join in.....You can use your fingers, thumbs or even your toes!



The Rosary

The Sorrowful Mysteries Traditional form

Opening Prayer

Queen of the Holy Rosary, inspire in my heart a true love of this devotion so that by meditating on the mysteries of our redemption which are recalled in it, I may be enriched with its fruits and obtain peace for the world the conversion of sinners, and the fullness of your grace. I ask this for the greater glory of God, for your own honour, and for the good of souls, especially my own.

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 sitteth 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 life everlasting. Amen.

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.

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. (x3)

Glory be to the Father, and the to Son, and to the Holy Spirit.
As it was in the beginning, is now and ever shall be. World without end. Amen.

1st Sorrowful Mystery

The Agony in the Garden

Our Father....

Give us this day...

Jesus prayed: 'My Father, if this cup cannot pass by without my drinking it, your will be done!'
(Matthew 26: 42)

“Hated by those, he came to save” says the hymn We have a Gospel to Proclaim and how that is demonstrated as Jesus prepares Himself for the ultimate betrayal. One of the Twelve, one of the innermost circle, will give up the Saviour who has only ever shown love, who has only ever done what is good. Not only that, but all His friends and followers will desert Him. He will be utterly alone. He will be given up and He knows what is to come. And still He conforms His will to the Father’s.

Hail Mary...

Holy Mary, Mother of God... (x10)

Glory be to the Father....

As it was in the beginning,....

2nd Sorrowful Mystery

The Scouring at the Pillar

Our Father....

Give us this day...

Pilate said to them 'what am I to do with the man you call king of the Jews?' They shouted back, 'Crucify him!' 'Why?' Pilate asked them 'What harm has he done?' But they shouted all the louder, 'Crucify him!' So Pilate, anxious to placate the crowd, released Barabbas for them and, having ordered Jesus to be scourged, handed him over to be crucified. *(Mark 15: 12-15)*

The scourge was a whip with bits of metal or bone sewed into it. A scourging was 40 lashes, but the prisoner received 39 because if he was given more lashes than his sentence his torturer would be whipped, so the victim received a discount just in case of miscounting.

Hail Mary...

Holy Mary, Mother of God... (x10)

Glory be to the Father....

As it was in the beginning,....

3rd Sorrowful Mystery

The Crowning with Thorns

Our Father....

Give us this day...

The soldiers twisted some thorns into a crown and put it on his head, and dressed him in a purple robe. They kept coming up to him and saying, 'Hail, king of the Jews!'; and they slapped him in the face. *(John 19: 2-3)*

This will become one of the most enduring symbols of Holy Week: thorns, twisted and jammed on the head of the humble and sinless Saviour. The mocking, the torture and the cruelty were intended to be a demonstration of complete power. Power over Jesus Christ. The Word. Through whom all the universe was made. His crown of thorns can inspire us and humble us.

Hail Mary...

Holy Mary, Mother of God... (x10)

Glory be to the Father....

As it was in the beginning,....

4th Sorrowful Mystery

Jesus Carries His Cross

Our Father....

Give us this day...

When the soldiers had finished making fun of him, they took off the cloak and dressed him in his own clothes and led him away to crucify him.

(Matthew 27: 31)

And so that weight is laid upon the shoulders of the Lord. On His way to the crucifixion, He will meet some who wish to ease His load whilst others will jeer and jostle. His meeting with sympathy and disdain will serve as a lesson to us of how we should help those crushed by the weight of the crowd even today.

Hail Mary...

Holy Mary, Mother of God... (x10)

Glory be to the Father....

As it was in the beginning,....

5th Sorrowful Mystery

The Crucifixion

Our Father....

Give us this day...

It was now about the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the Temple was torn right down the middle; and when Jesus had cried out in a loud voice, he said, 'Father, into your hands I commit my spirit' With these words he breathed his last. When the centurion saw what had taken place, he gave praise to God and said, 'This was a great and good man'.

(Luke 23: 44-47)

It took someone who was a disinterested observer, an independent individual, to see what so many did not want to see: the greatness and the goodness of Jesus Christ. As we contemplate His death, let us see how we are responding to His greatness and His goodness in our lives: what do others, who are independent and disinterested, make of the way we follow our Lord?

Hail Mary...

Holy Mary, Mother of God... (x10)

Glory be to the Father....

As it was in the beginning,....

When all five mysteries have been reflected upon all sing:

**Salve, Regina, Mater misericordiæ,
vita, dulcedo, et spes nostra, salve.
Ad te clamamus exsules filii Hevæ,
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.**

**Eia, ergo, advocata nostra, illos tuos
misericordes oculos ad nos converte;
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, O pia, O dulcis Virgo Maria.**

which means:

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope; hail. To you do we cry, poor banished children of Eve, to you do we send up our sighs; mourning and weeping, in this vale of tears. Turn then, most gracious advocate, your eyes of mercy towards us. And after this exile, show to us the blessed fruit of your 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.

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 both imitate what they contain and obtain what they promise, through the same Christ our Lord.

Amen.

Let us bless the Lord.

Thanks be to God.

