

The Rosary

“Our purpose for reciting the Rosary is to inspire and motivate us by reflecting on the active lives of Jesus, Mary and Joseph as portrayed in the Gospel. Our purpose is to present this wonderful prayer as an added spiritual tool for Vincentians as they carry out Christ’s message, ‘I was naked and you clothed me, hungry and you fed me, lonely and you visited with Me...’ May this Rosary Meditation empower us as Vincentians to think, act and pray with the mental attitude of Jesus, Mary and Joseph.”

“We all aspire and hope to achieve holiness in our lives. May this Vincentian Rosary Reflection booklet not only bring peace and comfort to you, but more importantly, provide practical, every day Reflection for your active Vincentian Ministry to God’s needy and poor.”

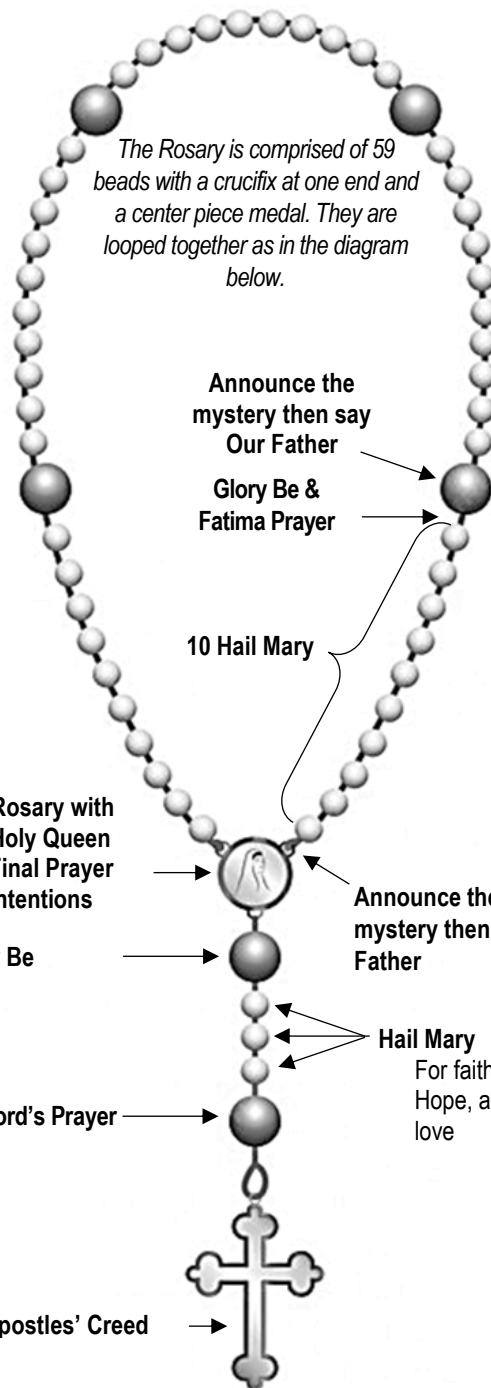
Beginning to pray the Rosary

1. Make the Sign of the Cross
2. Say the Apostles Creed
3. The Our Father is said on each of the divider beads.
4. The Hail Mary is recited on each of the grouped beads.
5. The Glory Be To The Father is said after the three Hail Mary’s at the beginning of the Rosary and after each decade of the grouped beads.
6. The Fatima Prayer is said after each decade.
7. Reflect on the Mysteries of each decade.
8. The Hail Holy Queen prayer is said at the end of the Rosary on the centerpiece medal.
9. **At End of Rosary:**
For the general and missionary intentions of the Pope, we pray: Lord hear our prayer!
For the prayer intentions of the Church, the Society, and the poor, we pray: Lord hear our prayer!

Prayers of the Rosary

The 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 rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.



The Lord’s Prayer

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, Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, Pray for us sinners now and at the hour of our death. Amen

Glory Be to the Father

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

Fatima Prayer

O my Jesus, Forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of your mercy. Amen.

Hail, Holy Queen

Hail Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us, and after this our exile, shown unto 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.

Rosary Final Prayer

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 the Mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord, Amen

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**The Vincentian Rosary Meditation 2008 was prepared by Rev. Gerald L. Timmel, Vincentian Spiritual Advisor, Archdiocese of Louisville, Kentucky.**

**Vincentian mysteries are used with permission from Rev. Gerald L. Timmel.**

## **Sorrowful Mysteries** *(Tuesday and Friday)*

### **Agony in the Garden**

You were alone and thinking by Yourself. After all Your hard work, things weren't going right. The pressure was so great like the Scripture said; You felt You were "sweating blood"! When you experience pressure in your Vincentian ministry, do you take time like Jesus to pray? Recall a situation.

### **Scourging at the Pillar**

People can be cruel to us because of our efforts to help the poor and needy. We often take "verbal beatings". If Christ could endure physical pain, let us ask His help to endure our mental pain during these verbal scourgings.

### **Crowning with Thorns**

That crown of thorns had many piercing thorns...each causing Jesus physical pain. The pain was also mental. Name or become aware of the thorns, the mental anguish which caused you mental pain as you tried to help one of Christ's needy.

### **Carrying the Cross**

As Vincentians we can truly relate to Jesus' burden. The "cross carrying" of trying to help needy people: not enough money or food, pain of knowing you can't help more, the heavy burden of the "con artists" making us fall at times, and/or making uncharitable mistakes. Dear Jesus, help us get up and carry the many different crosses which come our way.

### **Jesus Dies on the Cross**

When we feel frustrated and our ministry to God's poor is "killing us"! Let's trust God, Our Father. Let's imitate Jesus by pleading, "Father into your hands, I commend my Spirit." Let go. Let God.

## **Glorious Mysteries** *(Wednesday and Sunday)*

### **Resurrection**

Name a time, an incident, or a situation in which after all your efforts and good work, you felt failure and frustrated. Then in almost an instant, things changed and worked out. You just experienced the joy of Jesus' Resurrection, your own resurrection experience.

### **Ascension**

Jesus has returned to Heaven...victorious. Before He left, He challenged us to preach the Gospel, feed the poor, and clothe the naked, visit the lonely. Now you have a very powerful SOMEONE whom you know personally. Be confident that Jesus will answer your prayers "in His good time".



### **Descent of the Holy Spirit**

Again reflect on a situation where you personally did not know what to do. You prayed to the Holy Spirit for guidance. Lo and Behold!!! Almost out of nowhere, the Holy Spirit sent or inspired an answer!!!

### **Assumption of Mary**

Mary was a woman. As a mother and a member of her community, you now have another powerful helper in heaven. Don't be afraid to seek her help and guidance in your ministry to God's children. As you pray this decade, ask our Mother Mary for something specific.

### **Crowning of Mary as Queen of Heaven and Earth**

Be HAPPY!! You now have a link between Heaven and Earth. You have someone next to Jesus to intercede and plead your case to Jesus. IT WORKS. Recall the Wedding Feast of Cana.

## **Joyful Mysteries** *(Monday and Saturday)*

### **The Annunciation**

Mary is unexpectedly surprised when she is asked and accepts the new task and responsibility to become the mother of Jesus, our Savior. Many times as Vincentians we, too are surprised by those in need. May we, too, like Mary, say "YES" and make Christ present in their lives by our charity.

### **The Visitation**

In order to visit her older cousin Elizabeth, who was six months pregnant with John the Baptist, Mary had to travel over 80 miles to do her act of charity. What were her thoughts and feelings as she traveled? What are our thoughts and feelings as we go to visit our friends needing help?

### **The Birth of Jesus**

Have you ever thought that by your charitable work as a Vincentian, you are responsible for "birthing Jesus" for the first time in the lives of some of our friends? Recall an incident. What was Mary's joy in giving Christ to the world? What is your joy?

### **The Presentation**

Mary and Joseph take Jesus to the Temple to be dedicated to God. When we go to Church for Mass or just for a visit, do we take our "Jesus-Friend" with us to seek God's help and guidance for them?

### **Finding the Child Jesus in the Temple**

Problems happen in all families...even in the Holy Family. In our Vincentian family, we too will have problems at times. Like Mary and Joseph, may we seek Jesus, and then like Jesus, grow in wisdom, grace, and understanding. What problem do we now have which we need to seek Jesus' help?

## **Luminous Mysteries** *(Thursday)*

### **Jesus' Baptism in the Jordan**

Did you ever wonder if you had anything in common with Jesus? Yes, you are both human and you both are BAPTIZED! You have a special relationship with God the Father like Jesus. You both are committed to His work and way of life. Develop the ease and the comfort to talk to Jesus, your baptized brother. Have that same ease to talk with your baptized Vincentians as you do the work of God.

### **Wedding Feast at Cana**

Did you ever stop to think that Jesus liked to go to parties? Here Jesus is celebrating and having fun at a wedding like you do. Is your Vincentian Ministry fun? Is there a way you can make it more fun and enjoyable? Ask Jesus to come party with you.

### **Proclamation of the Kingdom**

"Preach the Gospel to all nations," Jesus commands us as Vincentians. We do this by our many and various acts of charity. How do we use our voice to invite unchurched friends to join our faith? Are we afraid, ashamed, or don't know how? Ask Jesus for help. After all He is the one who COMMANDED us to do that.

### **The Transfiguration**

Jesus' human body has been transformed on the mountain before the Apostles. As Vincentians how has your life been transformed? Name the changes. Don't be afraid. Are you more charitable, understanding, generous, or self sacrificing and closer to Christ? Naming these changes is not being proud. You are praising God for helping you "become a better you."

### **The Institution of the Holy Eucharist**

Isn't it draining, tiring, sometimes even boring to do Vincentian work? Don't we feel exhausted at times? This is reality. This is normal. This is what it means to be a Vincentian! Jesus knows that! He calls: "Come to Me all you who are weary and find life burdensome, and I will refresh you." Do you believe that? Jesus says He will empower you with His Own Body and Blood, even daily, if you wish. How often do you accept His invitation?