

# MYSTERIES OF THE ROSARY for Seniors

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# INTRODUCTION

The rosary holds an honored place in the prayer life of many elders. Its unaltered, common form weaves a stable thread throughout a lifetime lived in a world of rapid and ongoing change. At a time when memories play a valuable role in reminding the elder of the graces of a life's journey, the rosary is a rich symbol of one's religious heritage.

The rosary offers simplicity and familiarity in its patterns and repetitions. At the same time it provides, through the mysteries, a window to the great events and truths of the faith.

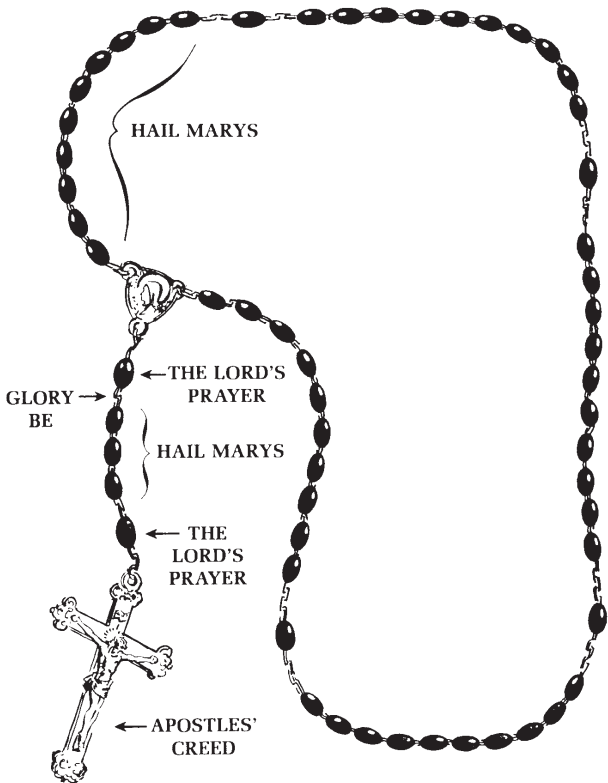
Reflecting on these truths helps us to encounter God in familiar yet sometimes surprising ways.

The mysteries of our faith have the power to transform the happenings of hu-

man life and give them new meaning and sacredness. The prayers in this booklet aim to help you, the reader, experience aging and its realities in the light of God's dealings with the people of God as presented in the Joyful, Sorrowful, Glorious and Luminous Mysteries of the rosary.

As you pray each mystery with the help of this booklet, read the Scripture passage slowly and deliberately. Be open to the power of the words to inspire, challenge, and surprise. Let them speak to you as you are on this particular day. Use the reflection given to help you draw parallels and make connections between what you experience and the words of Scripture. Take from it a sense of God's activity in your life and carry that sense through to the next mystery. End your time of prayer with thanks for the wonder of God's intimate love for us.

# HOW TO PRAY THE ROSARY



## ***The Cross***

Begin with the Sign of the Cross and the Apostles' Creed.

## ***The Five Introductory Beads***

Pray the Lord's Prayer on the first large bead and a Hail Mary on each of the next three beads. Pray the Doxology on the fifth bead.

## ***The Decades***

Announce the mystery, for example, "The Annunciation." (Optional: Read the Scripture verse and meditation for the mystery.) Pray the Lord's Prayer on the large bead. Then pray a Hail Mary on each of the ten smaller beads. The Doxology follows each decade.

Continue throughout the five or all twenty decades, meditating briefly on each mystery.

# THE PRAYERS OF THE ROSARY

## *The Sign of the Cross*

In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.

## *The Apostles' Creed*

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again 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.

### ***The Hail Mary***

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. Amen.

### ***The Doxology***

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.

# THE JOYFUL MYSTERIES



## THE ANNUNCIATION

*The angel said to her, “Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High.” (Luke 1:30–32a)*

Lord, how challenging to Mary’s faith must have been your angel’s message that day. In my efforts to serve you, I too have faced many challenges. Sometimes I have been afraid. Often I have struggled with my “yes.” Give me the grace, in these later years, to trust you more and more so that, like your Mother, I can answer your invitations to love with a heartfelt, “Be it done to me according to your word.”