

## How to Pray the Rosary

First, choose a set of mysteries from below:

### The Five Joyful Mysteries...

Monday, Saturday, and Sundays of Advent

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

### The Five Sorrowful Mysteries

Tuesday, Friday, and Sundays of Lent

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 and Death

### The Five Glorious Mysteries

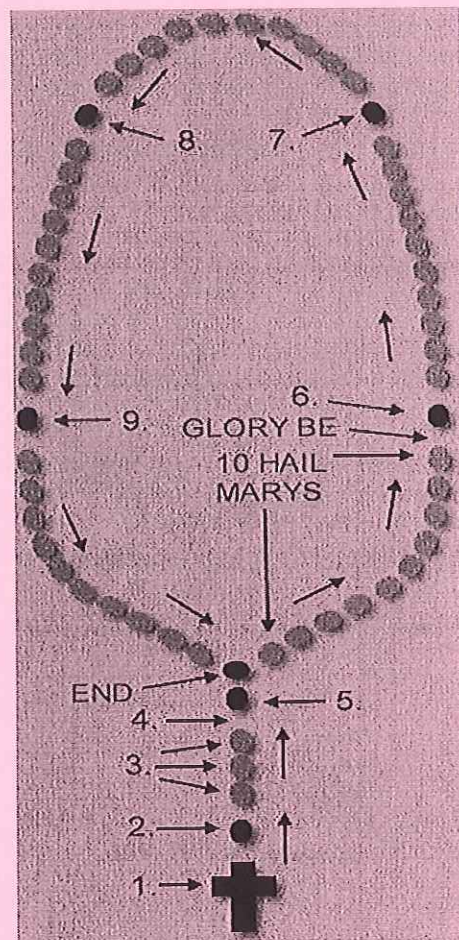
Wednesday and Sundays outside of Lent and Advent

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

### The Five Luminous Mysteries

Thursday

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist as a Sacrament



Begin prayers by holding the Crucifix and reciting The Apostles Creed. Then follow the arrows along the beads, saying the prayers as indicated. When two or more are praying the Rosary together, the Leader recites the part of the prayer printed in bold and the others recite the rest of the prayer together.

Prayers prayed during the recitation 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 arose from the dead. He ascended into heaven, sits 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 the life everlasting. Amen.

### The Our Father

**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 amongst 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 Glory Be

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.

*You may add after each Glory Be: "Oh my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those in most need of Thy Mercy."*

### Hail, Holy Queen

Hail, holy Queen, Mother of Mercy; 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 valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward 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. Amen.

Using the numbers labeling the steps of the rosary on the right as well as the prayers above, begin to pray the rosary:

1. Recite The Apostles Creed
  2. Recite The Our Father
  3. Recite three Hail Marys
  4. Recite The Glory Be
  5. Announce the first mystery and begin with the Our Father, followed by 10 Hail Marys and The Glory Be
  6. Announce the second mystery and begin with the Our Father, followed by 10 Hail Marys and The Glory Be
  7. Announce the third mystery and begin with the Our Father, followed by 10 Hail Marys and The Glory Be
  8. Announce the fourth mystery and begin with the Our Father, followed by 10 Hail Marys and The Glory Be
  9. Announce the fifth mystery and begin with the Our Father, followed by 10 Hail Marys and The Glory Be
- FINAL PRAYERS: End with the Hail Holy Queen as well as the following:

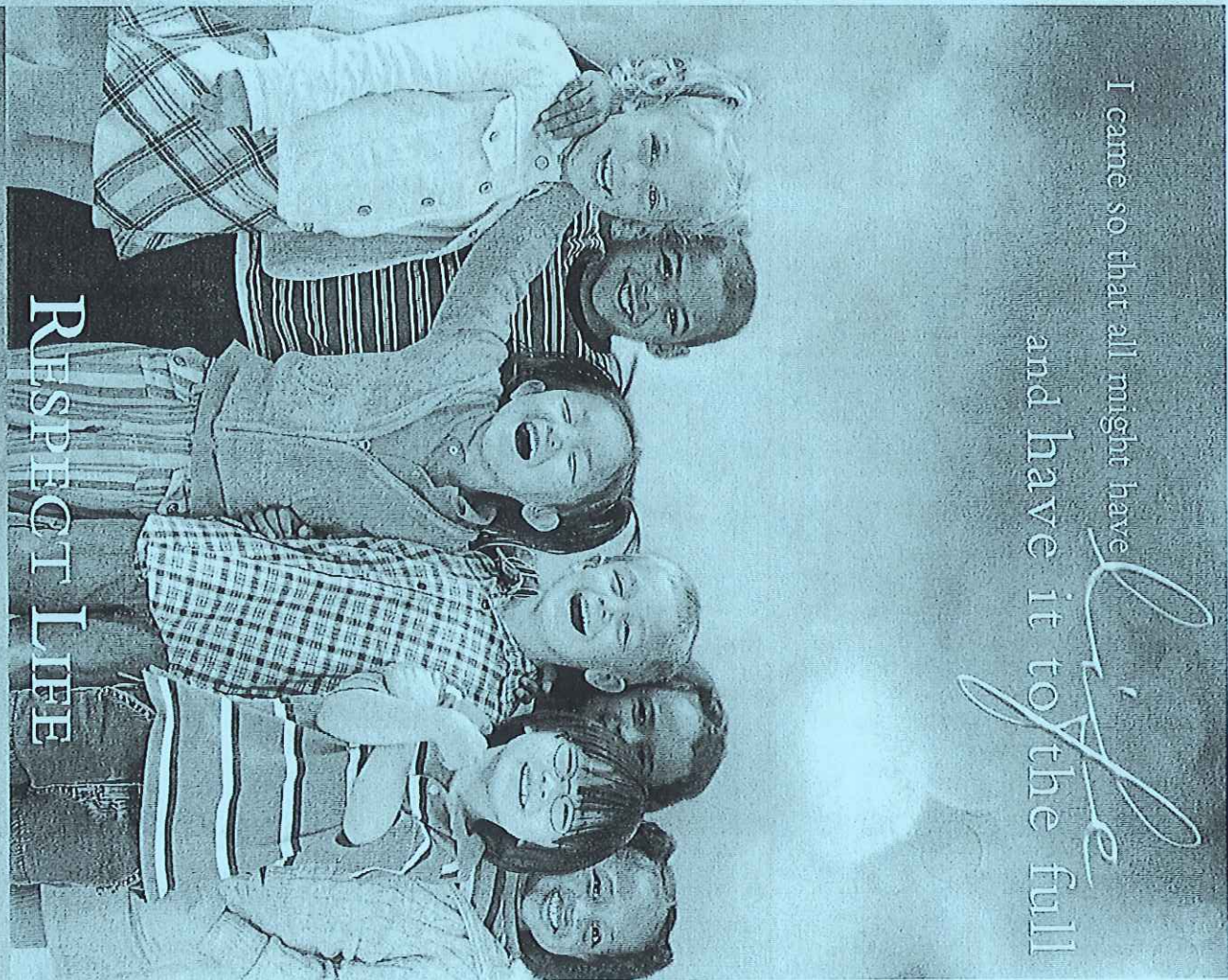
O GOD, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating upon these mysteries, of the most Holy Rosary, of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise through the same Christ, our Lord. AMEN

At the end of a complete set of mysteries, you may pray one Our Father, one Hail Mary, and one Glory Be for the intentions of our Holy Father, Pope Benedict XVI.

But money can't buy us love. And neither power nor freedom can bring us the one thing humans need to thrive: We were created to love and be loved. We cannot be satisfied by earthly things alone. By creating us in his own image, God has given us a nature that is partly spiritual—an intellect, the capacity to know right from wrong, the free will to choose how to act, and the capacity to know and love him. Jesus' incarnation, life, and death revealed to us that God is Love. (1 Jn 4: 8) To love God and others fulfills our deepest needs, allowing us to have life "to the full."

Every person bears God's image and has an immortal soul. Yet many are viewed as being outside the circle of love—unborn children whose parents are tempted to eliminate them, vulnerable people with illnesses and disabilities who risk being abandoned or even killed through misguided "mercy," prisoners on death row, forgotten or despised long after they have repented of their wrongdoing.

Although it seems a paradox, the greater the sacrifices made out of love, the greater is our joy and peace. Whether it is the brave decision of a pregnant woman to reject abortion and allow a loving family to parent her child when she cannot, or the daily sacrifices of parents in raising young children, or the hard work of caring for an elderly relative with dementia, when we step up to these challenges, God can stretch our hearts and fill them to overflowing with his love, joy, and peace. With hearts so transformed, we can become living witnesses to the meaning of Jesus' mission: *I came that all might have life, and have it to the full!*



I came so that all might have *Love* and have it to the full

RESPECT LIFE



SECRETARIAT OF PRO-LIFE ACTIVITIES

United States Conference of Catholic Bishops

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Website: [www.usccb.org/prolife](http://www.usccb.org/prolife)

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A brilliant litigation attorney, Martin worked 70-plus hours a week and demanded the same from the lawyers under him, whom he generally treated with contempt. Martin's only pleasure was in his great success as a trial lawyer and the fact that opposing counsel feared him.

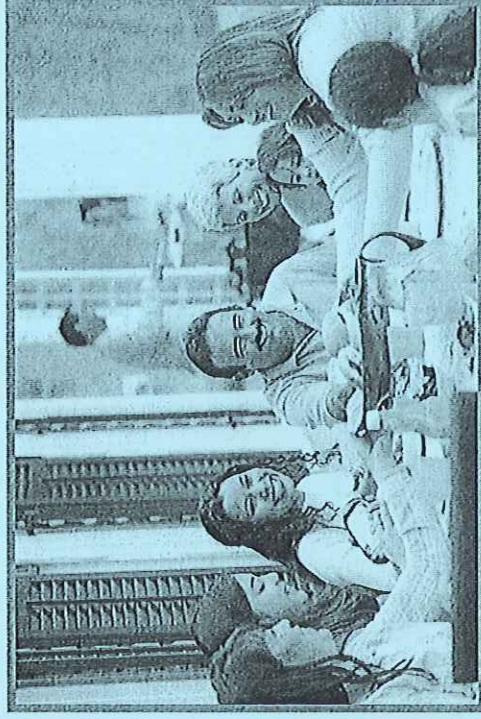
He used to joke that spending one Sunday afternoon a month watching movie rentals with his two teen-aged sons was about all the "dad" time he could stomach. Martin's sons moved away after college, married, had kids of their own, but never visited and rarely called. They really had nothing to talk about, especially after Martin's wife died. A wealthy and successful man to his last breath, Martin died in a hospital alone and bitter to the end. No one mourned his passing.

Eileen grew up in a small town in Indiana and married her high school sweetheart, Tony. He worked in the family's hardware business, bringing in just enough money to make ends meet. Eileen was grateful to be a stay-at-home mom, especially because it allowed her to involve the children in all the community and charitable activities she did for their parish and school. Her quiet warmth and joy brought smiles to everyone she met. Eileen's life also had its share of challenges and suffering. One of their children was born with a fatal heart defect and lived only ten months after his birth, and she cared for both her parents for years before their deaths. She was always available to those in need, bringing food and comfort when someone in town faced illness or a death in the family.

Eileen grew old in the constant companionship of her husband and children, her grandkids and friends. She died as she had lived—surrounded by love, at peace with God and everyone who knew her.

Eileen never traveled to Europe, never ate in a 5-star restaurant or sipped mimosas poolside, and never made it onto a TV reality show. But wouldn't most agree that Eileen lived her life to the full? And that Martin's life, in contrast, presents a tragic case of missed opportunities?

Yet today, popular culture promotes a dangerous myth—exalting the freedom and glamour of the rich and famous, the powerful or "beautiful" people, whose public lives seem superficial and whose private lives feature a succession of brief and broken relationships. All too often they end up in treatment for drug or alcohol addiction, usually after injuring others or humiliating themselves publicly. But until then, in the eyes of the world, they have it all! And don't we often feel like we want it all? And we want it *now*!

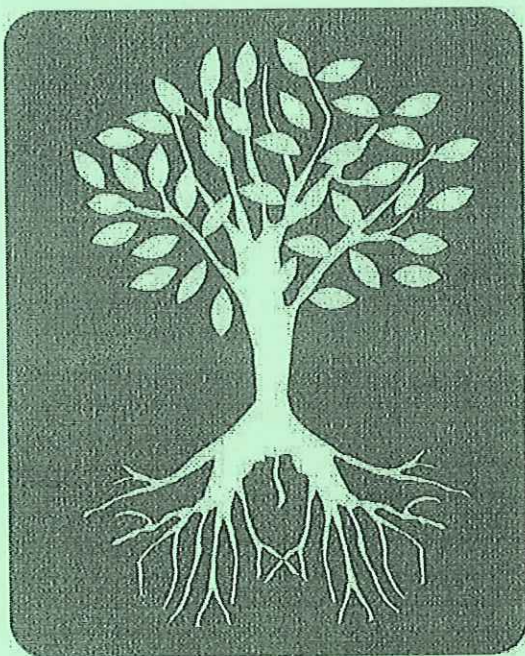


According to this myth, money equals freedom. It makes us free to sample from the whole rich smorgasbord of consumer delights—the latest electronics and trendy fashions. We are invited to be constantly entertained by new places and new experiences, the latest music or latest video games. For some people, acquaintances pass in and out of their lives, but they rarely have the time to know and love them deeply, to know the longings of their hearts, the goodness of their souls.

When other people make demands on our freedom, we can choose to ignore or even eliminate them from our self-centered lives. Our culture gives us "permission" to turn our back on an ill-timed baby, a neglected spouse or a mother in a nursing home who pleads for a visit.

# Roots & Fruits

Growing in the depth and breadth of our Catholic faith



Please join us!

Monthly on Third Wednesday

7:00 – 8:30 PM

St. Theresa's Catholic Church  
Federal Way, WA

Childcare provided for children  
under age 10 at no charge

Donations welcome, to support  
Faith Formation programs

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Wednesday, October 19

## **It's the end of the world as we know it: a discussion on the book of Revelations**

You are invited to a discussion on end times, apocalyptic literature, and how to read the book of Revelations.

Presented by Debbie Rodriguez MD; MA Theology, candidate

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For more information and a schedule of events, visit [www.sttheresafw.org](http://www.sttheresafw.org)  
or call the parish office at 253-838-5924.



Now is the time to join your...

## ***St. Theresa's Knight's of Columbus Council 7908***

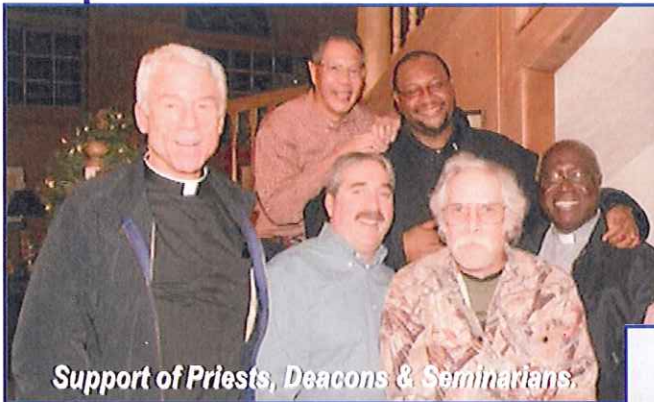
The Knights of Columbus is a Catholic, family, fraternal, service organization with a theme of service programs that permeate the Parish community: **church, community, council, family, culture of life and youth activities.**

**Men of Faith & Action.** Since our founding in 1882, charity has been a first and guiding principal of the Knights. Last year alone the Knights raised and donated more than **\$154,000,000** to charitable needs and projects with over **70 million hours of volunteer time** in action toward charitable causes.

But it's not all hard work. Membership in the Knights of Columbus fosters spiritual fellowship throughout your Parish community and lifelong friendships with your Brother Knights.

Visit the membership table at St. Theresa's today and talk to a Knight. Learn more about what you can do and what we can do for you and your family! Now is the time to put your skills to a greater use and fill your heart with a deeper fellowship than you every thought possible.

***Become a Knight of Columbus with St. Theresa's Council 7908!***



**KNIGHTS  
OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

☪ ST. THERESA'S KNIGHT'S OF COLUMBUS COUNCIL 7908 ☪

Washington State Council of the Year 2009-2010!

Membership Director - Brother Tom Smith - 253 381 9314 - bzeebee@msn.com

