



May 2021 – Help sheet for praying the Rosary

THE MYSTERIES OF THE ROSARY

Joyful Mysteries (Mon & Sat)

1. The Annunciation of the Lord to Mary
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord
5. Finding Jesus in the Temple

Sorrowful Mysteries (Tue & Fri)

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. Jesus is Crowned with Thorns
4. Jesus Carries the Cross
5. The Crucifixion of our Lord

Glorious Mysteries (Wed & Sun)

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. Mary is Crowned as Queen of Heaven & Earth

Luminous Mysteries (Thu)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

APOSTLES' CREED (CRUCIFIX)

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;
on 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.

OUR FATHER (LARGE BEADS)

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 (SMALL BEADS)

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.

GLORY BE (END OF EACH DECADE)

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

FATIMA PRAYER (AFTER THE GLORY BE)

O My Jesus, forgive us our sins, save us from the fires of
Hell, and lead all souls to Heaven, especially those who
are 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 vale of tears.
Turn then, O 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 promise of Christ.
Amen.

THE PRAYER TO SAINT MICHAEL

St. Michael the Archangel, defend us in battle; be
our protection against the wickedness and snares of
the devil.

May God rebuke him, we humbly pray; and do thou, O
prince of the heavenly host, by the power of God, cast
into hell Satan and the other evil spirits who prowl
about the world seeking the ruin of souls. Amen.

Prayers to Our Lady

(Written by Pope Francis for May 2020)

"I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you."

Pope Francis

FIRST PRAYER TO OUR LADY

O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.

"Protectress of the Roman people,"
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection.

Amen.

*We fly to your protection,
O Holy Mother of God;
Do not despise our petitions
in our necessities,
but deliver us always
from every danger,
O Glorious and Blessed Virgin.*

SECOND PRAYER TO OUR LADY

"We fly to your protection, O Holy Mother of God"

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.



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