

Novena Prayer:

1st day of Novena – Joyful Mysteries

O most holy Virgin Mary, to whom God sent the Angel Gabriel to announce that you should be the mother of His Only-Begotten Son, pray for us who have recourse to you. Holy, lovely Mary we give our all to you what is past and present, and the future, too. Blessed be the holy and Immaculate Conception of the most blessed Virgin Mary, Mother of God. (State your intentions here...) Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of Virgins, our Mother; to thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us. Amen.

2nd day of Novena – Luminous Mysteries

Christ, our Savior and our King, renew in us allegiance to Your Kingship. We pray for the grace to place You above the powers of this world in all things. O Prince of Peace, may Your reign be complete in our lives and in the life of the world. Christ, our King, please answer these petitions if they be in accordance with Your Holy Will... [Mention your intentions here] As we reflect on Your second, glorious coming and the judgment of all mankind, we beg You to show us mercy and give us the grace to become great saints. We pray that not only will we spend eternity with You but that You may use us – sinners – to bring others into Your Kingdom for Your glory. Christ the King, Your Kingdom come!

3rd day of Novena – Sorrowful Mysteries

"Today bring to Me ALL MANKIND, ESPECIALLY ALL SINNERS, and immerse them in the ocean of My mercy. In this way you will console Me in the bitter grief into which the loss of souls plunges Me." Most Merciful Jesus, whose very nature it is to have compassion on us and to forgive us, do not look upon our sins but upon our trust which we place in Your infinite goodness. Receive us all into the abode of Your Most Compassionate Heart, and never let us escape from It. We beg this of You by Your love which unites You to the Father and the Holy Spirit. (State your intentions here) Eternal Father, turn Your merciful gaze upon all mankind and especially upon poor sinners, all enfolded in the Most Compassionate Heart of Jesus. For the sake of His sorrowful Passion show us Your mercy, that we may praise the omnipotence of Your mercy for ever and ever. Amen.

4th day of Novena – Glorious Mysteries

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. Oh Holy Spirit, by Your power, Christ was raised from the dead to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of Charity within us. The great charity of all the host of Saints is only made possible by your power, Oh Divine Spirit. Increase in us, the virtue of charity that we may love as God loves with the selflessness of the Saints. Holy Spirit we ask for the grace of [Mention your intention here]. Amen. Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord, Amen.

5th day of Novena – Joyful Mysteries

O Lord, Word of God, You, whose glory is complete, came to us in perfect humility as a child in the womb. Your love for us and Your humility is unsurpassed and brings us to our knees in prayer and worship. Your incarnation forever changed the world. All Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and forever shall be, world without end. Amen. O Lord, infant Jesus, fill us with Joy! The birth of any child is a cause for joy and so much more is the birth of You, our Savior. We pray in union with Mary, Your mother, for a greater joy this coming Christmas. We also pray for these intentions... (State your intentions here) May Your Holy Will be done in our lives and with these intentions. We pray that the work of salvation that Your first coming began will reach fulfillment in each of us. All Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and forever shall be, world without end. Amen.

6th day of Novena – Luminous Mysteries

Most Holy and Almighty God, we thank you and praise you for giving us the most precious body and blood of Your only son, Jesus Christ. Through the institution of the Sacrament of Holy Communion we are able to nourish our bodies and souls. We thank you for having made Yourself our food and for uniting us with You in this beautiful Sacrament. In receiving the body and blood of Jesus, we live in You and through You. We praise you for offering Yourself as a continual sacrifice to Your Eternal Father for our salvation. Although we are not worthy to receive You, You sacrifice Yourself for us daily. And so, we request your most Holy intercession: (State your intentions here) If it is Your holy Will, please grant our requests. Most holy body and blood of Christ, grant us the sacred mysteries so that we may know the grace of Your Redemption. Dear Lord Jesus, You made the ultimate sacrifice so that You could wash away the sins of the whole world. You have left us the great gift of your body and blood through the Holy Eucharist. We thank you and praise you every day for renewing in the daily sacrifice the actual sacrifice of the cross offered on Calvary, in which you gave divine justice and love for all of us sinners, Amen.

7th day of Novena – Sorrowful Mysteries

Dear Jesus, your love for your Father and for the whole world brought you to the cross. Gazing upon the cross helps us to remember your bitter Passion and we thank you for your great sacrifice. May our veneration of the cross help us to be more loving. That we may learn to love our brothers and sisters, and any hatred, mistrust or resentment will leave our hearts. Lord Jesus, in remembrance of your sorrowful Passion and Death, please look down upon us and grant the petition we ask for... (Mention your intentions here). Holy Cross, whereon the Lamb of God was offered for the sins of the world, Deliver and save us. Hope of Christians, Save us, O Holy Cross. Trophy of victory over hell, Hope of the hopeless, Light of those who sit in darkness, Foundation of the Church, Salvation of the world, Bread of the hungry, Fountain of those that thirst, Clothing of the naked, Lamb of God, Who was offered on the cross for the sins of the world, Spare us, O Lord. Lamb of God, Who was offered on the cross for the sins of the world, Graciously hear us, O Lord. Lamb of God, Who was offered on the cross for the sins of the world, Have mercy on us. Lord, have mercy. Christ, have mercy. Lord, have mercy. O Jesus, your cross is life-giving! Your death and resurrection brought us salvation. Send us the Holy Spirit while we praise You and meditate on the meaning of your death. Through the Holy Spirit, open our hearts so that we may be able to know that without sacrifice, we can never be your disciples. Through Your Holy Cross, save us. Amen.

8th day of Novena - Glorious Mysteries

Lord Jesus Christ, You have destroyed the power of death and given the hope of eternal life in body and soul. You granted your Mother a special place in your glory, and did not allow decay to touch her body. As we rejoice in the Assumption of Mary, give to us a renewed confidence in the victory of life over death. You live and reign forever and ever. Amen. Immaculate Virgin, Mother of Jesus and our Mother, we believe in your triumphant assumption into heaven where the angels and saints acclaim you as Queen of Heaven and earth. We join them in praising you and bless the Lord who raised you above all creatures. With them we honor you. We are confident that you watch over our daily lives and we ask that you intercede for us now. (mention your request) We are comforted by our faith in the coming Resurrection and we look to you for prayers and comfort. After this earthly life, show us Jesus, the blest fruit of your womb, O kind, O loving, O sweet virgin Mary. O Queen Assumed into Heaven, pray for us. Amen.

9th day of Novena – Joyful Mysteries

The Litany of Trust (response Deliver me, Jesus.)

From the belief that I have to earn Your love - Deliver me, Jesus.

From the fear that I am unlovable - Deliver me, Jesus.

From the false security that I have what it takes - Deliver me, Jesus.

From the fear that trusting You will leave me more destitute - Deliver me, Jesus.

From all suspicion of Your words and promises - Deliver me, Jesus.

From the rebellion against childlike dependency on You - Deliver me, Jesus.

From refusals and reluctances in accepting Your will - Deliver me, Jesus.

From anxiety about the future - Deliver me, Jesus.

From resentment or excessive preoccupation with the past - Deliver me, Jesus.

From restless self-seeking in the present moment - Deliver me, Jesus.

From disbelief in Your love and presence - Deliver me, Jesus.

From the fear of being asked to give more than I have - Deliver me, Jesus.

From the belief that my life has no meaning or worth - Deliver me, Jesus.

From the fear of what love demands - Deliver me, Jesus.

From discouragement – Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me - Jesus, I trust in You.

That Your love goes deeper than my sins and failings and transforms me - Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation to lean on You - Jesus, I trust in You.

That You are with me in my suffering - Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in this life and the next - Jesus, I trust in You.

That You will not leave me orphan, that You are present in Your Church - Jesus, I trust in You.

That Your plan is better than anything else - Jesus, I trust in You.

That You always hear me and in Your goodness always respond to me - Jesus, I trust in You.

That You give me the grace to accept forgiveness and to forgive others - Jesus, I trust in You.

That You give me all the strength I need for what is asked - Jesus, I trust in You.

That my life is a gift - Jesus, I trust in You.

That You will teach me to trust You! - In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Fatima Prayer:

Queen of the Holy Rosary, you deigned to come to Fatima to reveal to the three shepherd children the treasures of grace hidden in the Rosary. Inspire our hearts with a sincere love of this devotion, in order that by meditating on the Mysteries of our Redemption which are recalled in it, we may be enriched by its fruits and obtain peace for the world, the conversion of sinners and of all nations of the world, and the graces which we ask of Thee in this Rosary. ***(Here quietly mention your particular request.)*** We ask this for the greater glory of God, for your own honour, and for the good of souls, especially our own. Amen.

The Holy Rosary

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; 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 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 Prayer

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 (3 Times)

Glory Be Prayer

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



1. The Annunciation

Fruit of the Mystery Humility

The angel said to her “Do not be afraid Mary, for you have found favour 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 1:30-32 a).

Hail, full of Grace and purity! Meek handmaid of the Lord. Hail, model of humility! Chase mother of the word.

Meditation

This mystery announces the greatest event the world has ever known. That is why we call it the Annunciation. And it is not just something that happened long ago to the Virgin Mary; it is an event that is happening still. God is still sending his son to make his dwelling in the hearts of his children. God is entering his own world. And the news is not for Mary only: it is for everyone.

Life is continually making Annunciation, and in the measure that we surrendered to it in truth we reply like Mary; “be it done unto me, according to your word.” Oh God, we pray in this mystery that we may be a door, through which your living Word may enter. Give us minds open to your light, give us hearts ever open to your life, give us hands open to your service. So may we place ourselves in your hands that in, and through us, you may enter your own world as once you entered it through the open door of Mary.

Let us ponder well the message of the angel “Nothing is impossible to God.” Let us treasure these words in our hearts, let us announce them from the rooftops. They proclaim a revolution. In the face of words like these nothing can ever be hopeless. This is the mystery that makes the “impossible” possible.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



2. The Visitation

Fruit of the mystery is charity to our neighbours.

Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. (Luke 1:39-41a)

By that pure love which prompted thee to seek thy cousin blessed, pray that the fires of charity may burn within our breast.

Meditation

No sooner has Mary heard the good news than she sets out on a mission. This is not a simple visit of one woman to another. There is a mystery here. St John the Baptist is sanctified in his mother's womb, and Elizabeth is filled with the Holy Spirit. And generations to come learn of the dignity of Mary, the mother of God; all generations shall call her blessed.

Dear Mother, we believe that your visitation did not end in the Hill country of Juda, but that you visit your children in every age; since you are a queen, you are still on Royal visitation. In this mystery you have come into the hills and valleys of our life. And who are we that the mother of our Lord should visit us?

The very sound of your voice filled Elizabeth with the Holy Spirit, so that the child in her womb leapt for joy; and she herself cried aloud, “Blessed are you among women, and blessed is the fruit of your womb.” Let your voice, Mary sound now in our ears, so that we to may be filled with the Holy Spirit, and be counted among the generations who call you blessed, and may experience within us that joy which comes from the Christ child you bring to everyone.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



3. The Birth of Jesus

Fruit of the mystery is poverty.

While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn. (Luke 2:6-7)

This blessing beg, O Virgin Queen, from Jesus through his birth, by holy poverty to wean, our hearts from things of earth.

Meditation

We must not confine ourselves to the birth of Jesus 2000 years ago. Over and above that birth in time there is the birth being renewed in the Christian soul. Mary brought forth Jesus in the flesh, as mother of the church, she brings forth each soul in Grace. The prophets of old cried out; "Come Lord" and in this mystery, we too pray "come Lord, take root in our soul, live in us, and let us be a Christ bearer, for this is the very meaning of being a Christian." And still there is another birth to which we must look forward, the final birth, when the church on earth will be brought to the fullness of life, eternal life. What splendour then, is hidden within this simple mystery.

Because we are in a hurry and find it hard to slow down to the speed of shepherds or wise men on camels, how can we find Christ in a stable? Is Christ the Saviour for us today? Or have we confined him to the past?

Lord, we give you our frail flesh for a new Nativity, we give you our eyes, that through them you may see again, we give you our hands and hearts that through them you may serve the world again. Oh Mary, mother of the Christ life within Us.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



4. The presentation in the Temple

Fruit of the mystery Obedience

When the time came for purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord. (Luke 2:22)

Most Holy Virgin, Maiden mild, obtained for us, we pray, to imitate thy Holy Child, by striving to obey

Meditation

The Jewish temple was destroyed by the Romans and never rebuilt. But there is a temple not built by hands which is more important. *If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred, and you are the temple.* To fail in respect for another human being is a kind of blasphemy, an insult to the honoured guest that dwells in him, as in a temple.

The Temple at Jerusalem is now only a memory, but then Christ himself was more concerned with the Temple of a man's heart. And St. Paul had this to say, "do you not know that you are God's Temple and that God's Spirit dwells in you?" The real presentation, then, is what must take place in us here and now.

Oh Mary and Joseph, come to the Temple of our hearts, come to us with your Divine child, he is the light to all who sit in darkness and in the shadow of death. He is the true light, enlightening every man coming into the world. Like Simeon and Anna, we must learn to wait in continual prayer and penance for the coming of our saviour. Mary and Joseph, obtain for us the grace to see Jesus presented in the circumstances of daily life, and by the grace of this mystery may we go to meet Christ in every man who presents himself at the door of my heart.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer

5. The finding in the Temple



Fruit of the mystery is Joy in finding Jesus and love of him and his service

Jesus is lost for three days and is found by Mary and Joseph in the temple with the teachers listening and asking questions. When his parents saw him they were astonished; and his mother said to him, "Child, why have you treated us like this?" He said to them, "Why were you searching for me? Did you not know that I must be in my father's house?" (Luke 2:48-49)

By thy dear Son, restored to thee, this grace for us implore, to serve our Lord most faithfully, and love him more and more.

Meditation

In this mystery, the family comes into its own. Mother, father and child set out to Jerusalem. There follows the loss of the only child and Mary and Joseph share this trial. We have here the first recorded words of Jesus, and they are about a family too; "the affairs of his Father." We are shown the source and summit of all family life how great then must be our respect for Christian families.

Christianity is simply the search for Jesus, and it is a life's work. The secret of the Rosary is, that it brings us face-to-face with Jesus it helps us to find him in the inner Temple of our own being. For three days, Mary and Joseph searched for him, for us, it is a continual discovery and rediscovery and in every round of the beads we find him a new.

O Mary, through the agony of your three-day search may we obtain the grace to find Jesus in the inner Temple of our own existence and in every human being we meet on the road of life, may we find him in sick bodies and in troubled minds, in the frightened and the frustrated, in all things true and beautiful and in everybody filled with the joy of living. Along every path may we find him for he is the end of all our searching.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer

The Luminous Mysteries



1. The Baptism of Jesus

Fruit of the Mystery openness to the Holy Spirit

And when Jesus had been baptised, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said "This is my Son the Beloved, with whom I am well pleased." (Matthew 3:16-17)

Mother of God, beseech thy Son to open us anew, to the Holy Spirit as we our baptismal vows renew.

Meditation

Jesus was baptised in the Jordan by John. That baptism marked a moment of transition in Jesus' life. His hidden life at Nazareth has come to an end and he has moved into the public forum beginning his ministry. Along with the Last Supper, the baptism of Jesus is one of two prophetic actions that encapsulate Jesus' public ministry. These actions are intimately related to the Christ event. Through his baptism in the waters of Jordan, Jesus immersed himself and made holy the waters we are immersed in at baptism. His baptism marks the institution of a sacrament of initiation into his Paschal mystery.

The mystery of the baptism of Jesus invites us to renew our own baptismal vows. Many of us, baptised as infants, are unable to recall our own baptisms. By meditating on Jesus' baptism we are able to see a reflection of our own and enter into his Paschal mystery in a deeply personal way. We listen to our hearts and hear the cry of the Baptist calling us to conversion and the pursuit of Holiness. We see in the waters of the Jordan a foreshadowing of the waters of the baptismal font that will immerse us in Christ death and resurrection and make us members of his body. We see in the Dove appearing over Jesus' head the gift of the Holy Spirit, who washes us clean of sin and makes our souls a divine dwelling place for the blessed Trinity. We sense in the voice from heaven both the intimate bond of love between Jesus and his Father and an invitation to enter into it as adopted sons and daughters in a very profound and intimate way. Jesus' baptism makes possible our own. It frees us from the chains of sin and death and begins in us our own journey on the road to Holiness.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



2. Christ self revelation at the marriage of Cana

Fruit of the mystery to Jesus through Mary

Jesus' miracle at the Wedding of Cana is the first sign of his public ministry. Jesus did this the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him. (John 2:7-10,12)

Heavenly Mother, grant us the grace to do, Whatever Jesus tells us to.

Meditation

At the earliest stages of Christ's ministry the role of his mother is redefined. Mary intercedes with her son for those in need he, in turn, listens to his mother's requests, granting them even when the request is in opportune or the moment not right. He does so because of his love for his mother and his own sensitivity to the needs of the present moment.

Mary has often been described as a Christian disciple par excellence. Her faith in her son and humble request inspire him to perform his first miracle. She herself, however, works behind the scenes in a simple and quiet way. She doesn't wish to draw attention to herself, but to allow the newly married couples celebration to continue without interruption or embarrassment. Her faith in Christ causes him to act in the lives of others. Ultimately, it brings the disciples themselves to believe in him more deeply.

Mary's role in the work of salvation is to intercede for us and lead us into a deeper relationship with Christ. She works with her son to bring him to others. If we turn to Mary with our needs, they ultimately will be presented to Christ. As in the case of the newly married couple at Cana, our needs are often looked after by Mary and her son even before we ask for help. Mary and Jesus are our friends; they actively seek our well-being in all times, places and circumstances.

Like the disciples who accompanied him to the wedding feast, Jesus calls us by name and asks us to follow him. Mary instructs us, as she did the servants, "do whatever he tells you!"

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



3. Christ proclamation of the kingdom of God with his call to conversion

Fruit of the mystery repentance and trust in God

The time is fulfilled, and the kingdom of God has come near; repent and believe in the Good News. (Mark 1:15)

Thy Kingdom come, thy will be done, On Earth as it is in Heaven!

Meditation

Jesus' public ministry was marked by his preaching of the nearness of the kingdom of God and his call to conversion. A sense of urgency accompanies his actions. Everything he says and does points to the imminent coming of God's reign. Jesus conveys his message through simple words and parables, using examples from everyday life to challenge our perceptions and focus us to choose between self-centredness and God-centredness.

We choose the first, by always putting ourselves first in the path we forge through life. We select the second by giving God and other's primacy of place. Jesus has come to remind us of the urgency of this choice. The time is now for us to reform our lives and believe the gospel. Like many of the other mysteries of the gospel, Jesus' proclamation of the kingdom isn't confined to a single account from Scripture. His preaching on God's reign permeates the gospel narratives.

The Blessed Mother was sent to Fatima to remind the world of Jesus' proclamation of the kingdom of God and his call to conversion. In doing so Mary reiterates the urgency that permeates the gospel and reminds us that just as Jesus made the ultimate sacrifice for sinners, we too are called to make sacrifices in reparation for our sins, the sins of the world and the conversion of sinners, in so doing we play our part in leading souls to heaven

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



4. Christ's Transfiguration

Fruit of the mystery a desire for Holiness

Then from a cloud came a voice that said, "This is my Son the Chosen; listen to him!" (Luke 9:28-29,35).

Holy Mother open our minds to the transfigured Lord, and lead us in Holiness.

Meditation

Jesus' transfiguration reveals his glory as no other incident in his public life does. His disciples not only witness a dazzling change in Jesus' features before their very eyes, but also see him conversing with two of the greatest figures of the old Testament. Moses and Elijah represent the law and the Prophets, the two major features of the Hebrew scriptures. That Jesus stands with them demonstrates his continuity with God's revelation to the Jews.

One might wonder what these three figures are talking about, Matthew and Mark are silent on this matter. Luke's account, however, says they spoke of Jesus' passage, which was about to be fulfilled in Jerusalem.

“Fulfilment” implies that Jesus’ passage in Jerusalem is somehow foreshadowed in the law and the Prophets. Jesus is thus represented as the culmination of all that has been revealed through the law and the Prophets. The voice from the cloud verifies this claim by identifying Jesus as God’s beloved son and Chosen one.

The juxtaposition of an event revealing Jesus’ glory with a conversation relating to his passion and death points to the even deeper revelation of Jesus’ glory that will take place in the resurrection. It’s no small matter that this foreshadowing of the resurrection is given to Jesus’ closest disciples.

The foreshadowed resurrection, gives his disciples an experiential glimpse into the transformation of life each of them will hope one day to fully enjoy, and tells something about the final transformation of human existence.

Our Father, 10 Hail Mary’s, Glory Be, Fatima Prayer



5. Christ institution of the Eucharist

Fruit of the mystery adoration

(John 13:1) Jesus gives us his Body and Blood. For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes. (1 Corinthians 11:23-26)

On the cross thy blood didst shed, The eternal Eucharist sacrifice recalled in the breaking of bread.

Meditation

In its reflection on the meaning of the Eucharist, the Church identifies three key themes. First, the Eucharistic action is a proclamation of the death of our Lord Jesus. This sacrificial dimension of the Eucharist comes directly from the words of Jesus describing the cup as the “new covenant” in his blood. The Lord’s supper is a proclamation of Jesus’ sacrificial offering. His blood was shed on the cross so a new covenant between God and humanity could be established for all time. To eat the body and to drink the blood of the Lord is to affirm one’s faith in Christ sacrificial death for the sins of the world. It’s a proclamation of a new bond between the human and the divine, one that cannot be broken, not even by death itself.

The second theme is that the Eucharistic action actually brings about the real presence of Jesus in the bread and wine itself as well as in the believing community. The close bond between the presence of Christ in the bread and wine and the presence of Christ in the believing community is something to be carefully guarded and deeply cherished this is why Jesus is so deeply concerned that the Eucharistic assembly should be imbued with a spirit of generosity and heartfelt love.

Finally, the Eucharistic action points to the banquet in the kingdom that is to come. Eucharist takes place in the present, looks to the past, but is intrinsically directed towards the fulfilment of Christ’s promises that will come about at he’s second coming. This eschatological orientation of the Eucharistic action reminds us that our present time bound existence will one day overflow into the eternal fullness of God’s endearing love. The coming of the Lord Jesus is heralded by the Eucharistic action of the believing community, which looks with expectant hope for the definitive rule of God’s reign in the hearts of men.

Our Father, 10 Hail Mary’s, Glory Be, Fatima Prayer

Sorrowful Mysteries



1. The Agony in the garden

Fruit of the mystery is prayer

They came to a place called Gethsemane; and he said to his disciples, "Sit here while I pray." He took with him Peter and James and John, and began to be distressed and agitated. And He said to them, "I am deeply grieved, even to death." (Mark 14:32-34)

Lord, by thy prayer in agony, on Olivet, alone, teach us to pray, resigned like thee and say, "Thy will be done."

Meditation

The agony in the garden is one of the world's most terrible stories. The gospel writers use words that bring home the stark reality, sudden fear, great distress, sorrow to the point of death. In his agony Jesus feels human loneliness and depression and seeks out companionship. There is a sense in which Christ still seeks this consolation, not for himself, now that he is in heaven with his Father. He seeks it rather for the living members of his mystical body who are still in the agony of mind and body. If we are to enter into the mystery we too must go in spirit to Gethsemane, and face the struggle with the forces of evil.

Dear Jesus, Gethsemanes dark olives cast their shadows over the whole earth. In each one of us you are still in agony, our anguish is a prolongation of yours. The cup of life's sorrows is the same that would not pass you by. Grant us in this mystery to say, "Father, your will be done..." Give us the generosity to share the bitter cup of life's sorrows pressed to the lips of our brothers so that we may not refuse to be part of the agony of our times, but offer our sufferings in reparation for the conversion of sinners.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



2. The Scourging at the Pillar

Fruit of the mystery is a spirit of purity.

Pilate can see no fault in Jesus. So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. (Mark 15:15)

Sweet saviour! Who didst bear for me the scourge's pains intense, help me to fly all luxury, and purify each sense.

Meditation

Why does God allow the good to suffer? One cannot hope to know the full answer to that question here on earth. But this we know, that God allowed his own son to suffer. The innocent one was scourged for sins. Our suffering is a share in his.

We live in a time of violence; and so did Christ. He was dragged in the night before a mock trial and flung into prison, next morning he stood before a hated authority and heard the grim sentence, "I find no cause for death in this man, I will have him scourged and let him go..." He is innocent but to please a howling mob Pilate says, "scourge him..."

Innocent men today are beaten, kicked to the ground, walked on, kept in solitary confinement, deprived of sleep and food, locked underground for years without seeing the light of day. Why must it happen? How long must it go on? Has God forgotten his own? Can there be a good God, if such things go on?

All I know is that God allowed this to happen to his own son. And the Son bent his back to the scourges, and "by his bruises we are all healed."

Oh God, help us to go on calling you Father when our own brothers beat us, help us to understand that it is you who are still scourged, and that it is you whom we strike, when we hit out at another, for in the end we will all be judged on this, "As long as you did it to one of these, my least brethren, you did it to me."

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



3. The crowning with Thorns

Fruit of the mystery is Fortitude

Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown they put it on him. And they began saluting him "Hail, King of the Jews" (Mark 15:16-18)

By the sharp thorns so meekly borne, and scoffs and buffett's rude, teach us to bear all pains and scorn with holy fortitude.

Meditation

The sacred head of Jesus was crowned with thorns to atone in particular for two types of sin, sins of ignorance and sins of pride. Ignorance means failure to know what I should know, it is a betrayal of truth. By pride we set ourselves above our own worth, we want our own way. Pride is the greatest obstacle to the working of God's grace in the soul. In this mystery of the crowning of the sacred head of Jesus we try to make up for the sins of the mind.

Lord, you came to us as a King, and we dragged you in the gutter. You took us beneath the mantle of your mercy and we wrapped you in the scarlet of our sins. You offered us a Crown of glory and we put a Crown of thorns on your head. You offered us love and forgiveness and we only mocked you. He gave us a kiss of friendship and we spat back in your face.

Lord, you are still king and we mock you every day. We meet you in the church and in the state and we attack you, we see you in the poor and the ignorant and we despise you, we see you in our brother and we treat you as an outsider, a second class citizen.

Lord, by your overpowering humility make us patient, and give us the light to see you as King, claiming dominion over our minds and rebellious wills.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



4. The carrying of the Cross

Fruit of the mystery is Patience

Carrying the cross by himself, he went to what is called The Place of the Skull, which in Hebrew is called Golgotha. (John 19:16b-17)

Lord, by thy cross thy people spare, and on us pity take, Help our daily cross to bear with patients for thy sake.

Meditation

At the grim sight of Jesus struggling through the crowd with a heavy cross, the mind almost fails. This is too much. The Saviour turns and speaks his words are a revelation, "Do not weep for me weep rather for yourselves and your children." In this mystery, we must weep for our sins, and ask for the grace to take up our cross and follow Jesus.

We just can't be a spectator in this mystery. "Unless a man takes up the cross each day and follows me, he cannot be my disciple." We cannot simply meditate on this event, we must identify with it. If we settle for anything less we sit in judgement, as Pilate did, we wash our hands of the whole affair. Simon had to be conscripted to the job. It must have appeared like his bad fortune to have got involved in this, perhaps it was only after death that he saw things in their true light. We may reject the cross as Pilate did, or we may have it pushed upon us like Simon, but we cannot ignore it. It is at the heart of Christian living.

In this mystery we cannot sit and contemplate the cross, we must accept it, in sickness, suffering, hard work, the challenge of daily duty, but we pray for the vision to see ahead of us Christ our Lord, who leads the way and says "Follow me...!"

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



5. The Crucifixion

Fruit of the mystery is a spirit of self sacrifice.

Jesus said "Father forgive them, they do not know what they are doing."
When they came to the place that is called The Skull, they crucified Jesus, there were criminals, one on his right and one on his left. Then he said 'Jesus remember me when you come into your kingdom.' (Luke 23:33,42)

O Jesus, victim for man's fall, lamb slain on Calvary, except henceforth our lives, our all, in sacrifice to thee.

Meditation

The crucifixion is at once a tragedy and a triumph. Failure to respect this double aspect will spell failure in understanding the mystery itself. While we watch the suffering Saviour on the cross, let us realise that he is master of the situation, and that he dies only because it is his will and the will of the Father.

"Come down from the cross, and we will believe in you..."

My Lord, they're making an issue out of your death, "the scandal of the cross", as Paul said later. But you stayed pinned to the cross, Lord you made it a faith issue, it is the acid test. And not for Jews only, but for everyone.

"Get me off this cross and everything will be all right. Can there be a God in heaven if this should happen to me or to folk who have never done wrong?" Little wonder that we should be tempted when you yourself, Lord, were pushed to the limit, driven to the brink of despair "my God, my God, why have you forsaken me?"

O Jesus, increase our faith, and in the struggle, help us to pray like you, "Father, into your hands I commend my spirit."

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer

The Glorious Mysteries

1. The Resurrection



Fruit of the mystery is Faith

The angel said to the women “Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come see the place where he lay.” (Matthew 28:5-6)

All Hail, great conqueror, to thee, arisen from the dead! Grant us the light of faith, that we may in thy footsteps tread.

Meditation

This is the mystery around which all others are gathered. Now, is the hour of victory for Christ and for the members of his mystical body. Now, the curse laid upon Adam and his race is set aside. Death is swallowed up in victory. As the chosen people were led by Moses out of captivity into the promised land, so the members of Christ' Church are led out of the dark tomb of sin into the new creation of light and Grace. A Christian is one who accepts in all thankfulness this deliverance, and who walks in the power of Christ's resurrection.

It never cease to marvel that one should rise from the dead, it takes a sting out of what appears as final tragedy. Indeed, it is no longer final, it is simply the beginning of the real thing. Full living begins at death, so we mustn't fool ourselves about the present; it is important and we must not waste it, but there is a sense in which we must also lose it, spend it for a greater good.

It is like a seed that must be buried in the ground to wither, rot and die, only to rise anew into a richer harvest. So while this body stiffens and slows down, while it is conquered by cancer and stopped by heart disease, or just withers with old age, for those with eyes for the unseen it is ever renewing its youth, growing into something beautiful for God.

O God, help us to bury our sinful selfish ways in the heart of the life-giving Christ. Lord Jesus, we believe that you are the resurrection and the life. In this mystery we want to be one with you, and even now while the brown earth of life clings to us, we look in hope to the harvest of which you are the first fruits.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer

2. The Ascension



Fruit of the mystery is Hope

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them, he withdrew from them and was carried up to heaven. (Luke 24:50-51)

To heaven thou dost ascend again, sweet Saviour of our race, with hope our fainting heart sustain, to see in heaven they face.

Meditation

More than ever, in this mystery, we learn that death is not the end. For Jesus, this is the hour to which he looks forward, he is going home. The father is waiting to greet him and glorify him. Christ's short span of earthly existence seems to have been spent with a view to the new way of life which is now opening up. Here, we learn how to judge time in light of eternity. The ascension is not to Christ only. As Jesus came down for us and for our salvation, so he ascended for our sake. According to St. Paul, we by our baptism have been “taken up.” too. As sons of God we already possess the kingdom, at least we hold the title to it.

At times, life seems good, and the world so beautiful and people so wonderful, we don't want to say goodbye... At such times, ascending above does not interest us. On the other hand, when things go wrong, or when we fail to face the challenge, we may long for ascension as an escape route. Yet, it is the same

Father who made this world who prepares the next. So it must be that through loving life here and in making this a better world, that we can hope to live in heaven.

O Lord of this lifting up mystery, teach us to dig our feet into this world of men and matter while never losing our spirit of ascension. Let us cast strong roots into the world beneath and around us, and grapple men to my bosom while never forgetting the pierced hands that call us home.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



3. The descent of the Holy Spirit

Fruit of the mystery is love of God and zeal for souls

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like a rush of violent wind... All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. (Acts 2:2-4)

O Holy Ghost, who didst descend, in cloven tongues of fire, our souls, which all to earthward tend, with burning zeal inspire.

Meditation

How little we understand the sublime teaching of the master, and how fainthearted we become as we try to follow in his footsteps. In the third glorious mystery this weakness is set right. The darkness of our minds and the failures of our wills are remedied. In the beautiful text that follows, Jesus promises the double gift of the Holy Spirit, light and strength; to "teach you everything..." and make your hearts no longer troubled or afraid.

The spirit of God brings a twofold gift, vision for the mind and courage for the heart. There are gifts that perfect the mind and there are gifts that strengthen the will. The men who lead and the millions that follow need the light that comes from above; "where there is no vision, the people perish." And they need strength above their fickle ways, for if men of vision do not speak out and stand up truth and freedom perish.

Come, Holy Spirit, and cast your fire on the earth. You are a fire that shines through the night and that burns through the day. Open our eyes that we may see things unseen, inflame our hearts that as your instruments we may cast fire on the damp earth. O Mary, noble bride of the Spirit, teach us to surrender to the divine light and love as you did so that we may no longer grope in the darkness or falter and grow fainthearted in our own native weakness.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



4. The Assumption of Our Lady

Fruit of the mystery Devotion to Our Lady.

My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely from now on all generations will call me blessed; (Luke 1:46-48)

Mother of God, enthroned above, beseech thy Son anew, to fill our hearts with childlike love, for thee our mother too.

Meditation

Our Lady's bodily assumption should fill us with great respect for the human body, which is the temple of the living God. There is a temptation to build up the life of the spirit without relation to material things. We must learn to see Christ in human beings. This mystery adds glory and dignity to human affairs. Eating, drinking, marriage, bringing up children and earning our daily bread, all these are the task of the Christian. The bodily assumption of Mary far from being some thing in the clouds teaches us to build up our spiritual lives with our feet firmly planted on the ground.

Lots of people have been taken straight to heaven...but their souls only! And it's hard to cope with mere spirits. With Mary though, tis thrillingly different, she is in Heaven completely... Shining soul and splendid body. There is something very down to earth, about this mystery. It tells us that we are not here just to save

our souls, we are to save our whole being. We must not love people in a merely spiritual way but with the wholeness that is true Holiness.

The mystery is telling us to look after the body and have respect for the bodies of others, is saying “mind your health and look after those who are sick, educate the ignorant and build their brains, and play and re-create yourselves so that the body may reveal the beauty that is within.

O Mary, your assumption builds a bridge between heaven and earth. May our day of crossing over be a happy one, a glorious mystery.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer



5. The Coronation of Our Lady

Fruit of the mystery trust in Mary's Intercession and to persevere in prayer.

A great portent appeared in heaven: a woman clothed with the sun, with a moon under her feet, and on her head a crown of twelve stars. (Revelation 12:1)

All gracious Queen of angels, deign our last request to hear, for us this crowning gift obtain, in grace to persevere.

Meditation

Since Mary is our Queen, she is worthy of our honour, we hail her as the immaculate, the one who stands above the rest, our tainted nature's solitary boast, the sweet benediction in the eternal curse. But as well as singling her out for praise, we must stand before the Queen and offer her our service. As Queen she has the right to command.

There is a sense in which the Queen stands helpless on her throne and says, “I have no hands to serve, but yours, no feet to stand on, but yours, no ears to hear with, but yours, no tongue to speak with, but yours, no eyes to smile with, but yours.” And so, in this crowning mystery, Mary, we salute you, and cast ourselves on your mercy, and for our part we offer you our hands and our hearts, just as did Lucia, Francisco and Jacinta. Reign, O Sovereign Lady in the silence of our hearts, and reign in our sounding factories. Reign in the quiet of our homes and reign in our public enterprises.

O gracious Lady, all that we do is done for you, all that we have is yours. O Mary, Queen and mother use us in your service and the service of God.

Our Father, 10 Hail Mary's, Glory Be, Fatima Prayer

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 most gracious Advocate, thine eyes of mercy towards 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

From The Breviary

O God, whose only begotten Son, by His life death and Resurrection, has purchased for us the reward 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 imitate what they contain and obtain what they promise through the same Christ our Lord. Amen.

May the Devine assistance always remain with us, and may the souls of the faithful departed rest in peace. Amen

Litany of the Immaculate Heart of Mary

Immaculate Heart of Mary, Pray for our dear country.
Immaculate Heart of Mary, Sanctify our clergy.
Immaculate Heart of Mary, Make our Catholics more fervent.
Immaculate Heart of Mary, Guide and inspire those who govern us.
Immaculate Heart of Mary, Cure the sick who confide in thee.
Immaculate Heart of Mary, Console the sorrowful who trust in thee.
Immaculate Heart of Mary, Help those who invoke thine aid.
Immaculate Heart of Mary, Deliver us from all dangers.
Immaculate Heart of Mary, Help us to resist temptation.
Immaculate Heart of Mary, Obtain for us all we lovingly ask of thee.
Immaculate Heart of Mary, Make our family life holy.
Immaculate Heart of Mary, Help those who are dear to us.
Immaculate Heart of Mary, Bring back to the right road our erring brothers.
Immaculate Heart of Mary, Give us back our ancient fervor.
Immaculate Heart of Mary, Obtain for us pardon of our manifold sins and offenses.
Immaculate Heart of Mary, Bring all men to the feet of thy Divine Child.
Immaculate Heart of Mary, Obtain peace for the world.
Let us pray

O God of infinite goodness and mercy, fill our hearts with a great confidence in Thy most holy Mother, whom we invoke under the title of the Immaculate Heart of Mary, and grant us by her most powerful intercession all the graces, spiritual and temporal, which we need. Through Christ our Lord. Amen.

Saint Michael

Saint Michael the Archangel, defend us in battle. Be our safeguard against the wickedness and the snares of the devil. May God rebuke him we humbly pray and do thou O Prince of the Heavenly Host, cast into hell Satan and all the evil spirits who roam throughout the world seeking the ruin of souls. Amen

Oh my Jesus, we offer this novena for love of Thee, for the conversion of sinners, and in reparation for the sins committed against your Sacred Heart and the Immaculate Heart of Mary.