

St. Mary's of the Lake, Watkins Glen, NY  
St. Benedict's, Odessa, NY



## ***Praying the Rosary From the Heart***

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## ***Praying the Rosary From the Heart***

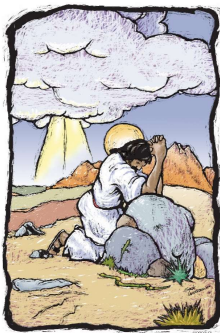
### **Webinar Tips**

- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for "fit to window" under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters "Q & A". Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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## ***Praying the Rosary From the Heart***



Opening Prayer

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## ***Praying the Rosary From the Heart***

This is not meant to be a "how to" on praying the rosary.

If you need basic instructions on praying the rosary, see

United States Conference of Catholic Bishops (USCCB)

"How to Pray the Rosary"

[www.usccb.org/how-to-pray-the-rosary](http://www.usccb.org/how-to-pray-the-rosary)

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## Praying the Rosary From the Heart

### What is a Rosary?

- It is not designed to be a necklace
  - \*Note – we do wear other religious objects such as crucifixes as “jewelry”
- Rosary vs. other rosaries
 

“The word rosary is from the Latin rosarium, or rose garden. It signified a wreath or garland and was seen as special favor of presentation to Our Lord and Our Lady” (Ball, *A Handbook of Catholic Sacramentals*. 145).
- Sacramental - Instrument/tool for prayer

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## Praying the Rosary From the Heart

### What is a Sacramental?

- The Sacramentals are instituted by Christ while “the Church herself created sacramentals for another purpose: to sanctify everyday life” (Ball, 12).
- *Catechism of the Catholic Church* 1667 “Holy Mother Church has, moreover, instituted sacramentals. These are sacred signs which bear a resemblance to the sacraments. They signify effects, particularly of a spiritual nature, which are obtained through the intercession of the Church. By them men are disposed to receive the chief effect of the sacraments, and various occasions in life are rendered holy.”

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## Praying the Rosary From the Heart

### What is a Sacramental? Cont'd

- *Catechism of the Catholic Church* 1670 “Sacramentals do **not** confer the grace of the Holy Spirit the way that the sacraments do, but by the Church’s prayer, they prepare us to receive grace and dispose us to cooperate with it.”
- “When a medal or a scapular is blessed, it does not itself become **a cause of grace**. What happens is that God responds to our petition to give special graces when the faithful use these things with the proper disposition” (Ball, 13, my emphasis).

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## Praying the Rosary From the Heart

### What is a Sacramental? Cont'd

- “Non-Catholics, and even some Catholics, object as well that sacramentals and devotional practices contribute to a kind of “automatism” in our relationship with God. These challengers accuse us of holding that by just doing something, going somewhere, or reciting fixed prayers, we imagine ourselves to be saved” (Ball, 13)

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## Praying the Rosary From the Heart

### Quantity vs. Quality

- If I just say enough....rosaries... I will get what I want.
- If I just pray harder... I will get what I want.
- What if I don't finish a rosary?

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## Praying the Rosary From the Heart

### The Origin of the Rosary

- “According to one tradition, the rosary’s defining moment came during an apparition of Mary to St. Dominic around the year 1221. Dominic was battling a popular heresy called Albigensianism. Mary gave him the rosary, told him to teach people this devotion, and promised that his apostolic efforts would be blessed with much success if he did” (Sri, “The Origins of the Rosary”).
- This now seems unlikely based on:
  - Evidence of using beads with Our Fathers and Hail Mary’s that pre-date St. Dominic by several centuries
  - And no mention by St. Dominic or the Dominicans of starting the rosary.

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## Praying the Rosary From the Heart

### The Origin of the Rosary cont’d

St. Dominic may not have started the Rosary but the Dominicans found it “an excellent way to teach the mysteries of Christianity to a largely illiterate European population” (Ball, 145).

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## Praying the Rosary From the Heart

### The Poor Man’s Breviary

- Monks were reciting the 150 psalms in prayer. (They continue this today as the Liturgy of the Hours, aka Divine Office)
- For centuries, books were too expensive for the average person and people could not read. Now most people can read and afford books but the rosary remains a good form of prayer that we can do anywhere.
- As a substitute, people would pray the Our Father 150 times. This began the Poor Man’s Breviary. The practice also develops of praying 150 Hail Mary’s (cf. *Catechism of the Catholic Church*, 2678. Sri, “The Origins of the Rosary”).

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## Praying the Rosary From the Heart

### The Poor Man's Breviary cont'd

- They began to use beads to count (Sri, "The Origins of the Rosary").
- Over time the beads were connected with string (Ball, 145). "The Old English word bede, surviving today as the word bead, originally was a word for prayer" (Ball, 145).

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## Praying the Rosary From the Heart

### The Origin of the Rosary cont'd

- The name of Jesus was added to the Hail Mary in the 13<sup>th</sup> Century (Sri, "The Origins of the Rosary")
- From the 13<sup>th</sup> to 16<sup>th</sup> centuries, the mysteries of the rosary were added along with the Glory Be and the second half of the Hail Mary. Pope St. Pius V officially approved the rosary in 1569 (Sri, "The Origins of the Rosary")
- 2002, Pope John Paul II added the Luminous Mysteries in his Apostolic Letter on the Most Holy Rosary, *Rosarium Virginis Mariae* centered on events in Jesus' life (Sri, "The Origins of the Rosary." USCCB, *United States Catholic Catechism for Adults*, 299-300).

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### The Origin of the Rosary cont'd

- Our Lady of the Rosary
  - 1571 Pope Pius V organized a fleet for battle and "asked all of the faithful to say the rosary and implore our Blessed Mother's prayers, under the title Our Lady of Victory, that our Lord would grant victory to the Christians" (Fr. Saunders, "The History of the Rosary).
  - The battle was won and honored today on October 7<sup>th</sup> with the memorial of Our Lady of the Rosary.

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## Praying the Rosary From the Heart



Why Pray?

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## Praying the Rosary From the Heart

### Why Pray?



For more on prayer, see my three-part series:

### **Giving Our Hearts to God: What It Means to Pray**

[www.renewaloffaith.org/prayer2021](http://www.renewaloffaith.org/prayer2021)

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## Praying the Rosary From the Heart

### The Meaning Behind the Words

Prayer can involve saying the words of prayers that we have memorized. However, good prayer is not just about saying the words. We need to reflect on what the words mean.

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## Praying the Rosary From the Heart

### Forms of Prayer - Meditation

“Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking” (*Catechism of the Catholic Church*, 2705).

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## Praying the Rosary From the Heart

### What are We Meditating On?

“The Rosary is a Scripture-based prayer” (*USCCB, United States Catholic Catechism for Adults*. Washington, DC: USCCB, 2006. page 298)

The *Compendium: Catechism of the Catholic Church* describes the rosary as “a compendium of the whole Gospel” (Question 198).

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## Praying the Rosary From the Heart

### The Apostles' Creed

- Prayed on the Crucifix
- The Apostles' Creed flows from Scripture and the early traditions of the Church

\*I have a five-part video series, *We Profess, We Believe* on the longer Nicene Creed at

<http://www.renewaloffaith.org/the-creed.html>

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## Praying the Rosary From the Heart

### The Apostles' Creed

- I believe in God,  
the Father almighty,  
Creator of heaven and  
earth,
- and in Jesus Christ,  
his only Son, our Lord,
- Jesus taught us to God,  
"Our Father"
- Jesus himself uses the  
title "the Creator" in  
Matthew 19:4
- God, the Father, calls  
Jesus his Son at Baptism  
and Transfiguration

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## Praying the Rosary From the Heart

### The Apostles' Creed cont'd

- 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;
- See the story of the  
Annunciation Luke 1:26-  
38
- Found in various verses  
in the bible
- See 1 Peter 3:18-22, especially  
19a, "In it he also went to preach  
to the spirits in prison" and  
Ephesians 4:9, "What does "he  
ascended" mean except that he  
also descended into the lower  
[regions] of the earth?"

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## Praying the Rosary From the Heart

### The Apostles' Creed cont'd

- 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.
- Found in various verses  
in the bible
- Mark 16:19; Luke 24:50-  
53; Acts 1:6-12
- 1 Peter 3:22 "*who has  
gone into heaven and is at  
the right hand of God*"

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## Praying the Rosary From the Heart

### The Apostles' Creed cont'd

- 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.
- Of course, the Holy Spirit is mentioned multiple times in the Bible
- Hebrews 12:1 "cloud of witnesses"
- All mentioned multiple times in the Bible

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## Praying the Rosary From the Heart

### The Lord's Prayer

Matthew 6:9-13, Luke 11:2-4

*Catechism of the Catholic Church, 2759-2865*

- Seven parts
  - Hallowed be thy name (2807-2815)
  - Thy kingdom come (2816-2821)
  - ***Thy will be done*** on earth as it is in heaven (2822-2827)
  - Give us this day our daily bread (2828-2837)
  - And forgive us our trespasses as we forgive those who trespass against us (2838-2845)
  - And lead us not into temptation (2846-2849)
  - But deliver us from evil (2850-2854)

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## Praying the Rosary From the Heart

### 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.
- Luke 1:28 – "Hail, favored one! The Lord is with you."
- Luke 1:42b – "Most blessed are you among women, and blessed is the fruit of your womb."
- Luke 1:43b – "mother of my Lord"
- "St. Pius V officially added the second part to the Hail Mary" (*United States Catholic Catechism for Adults, 298*)

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## Praying the Rosary From the Heart

### The Glory Be

- Glory be to the Father, the Son, and the Holy Spirit. ***As it was in the beginning, is now, and will be forever.***
  - Revelation 16:5 – "Then I heard the angel in charge of the waters say: "You are just, O Holy One, ***who are and who were,*** in passing this sentence."
  - Hebrews 13:8 – "Jesus Christ is the same ***yesterday, today, and forever.***"
  - Revelation 1:8 – "'I am the Alpha and the Omega, says the Lord God, "***the one who is and who was and who is to come,*** the almighty.'"

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## Praying the Rosary From the Heart

### The Fatima Prayer

(optional prayer at the end of each decade –  
given by Mary at Fatima in 1917)

“**O my Jesus**, forgive us our sins, **save us** from the fires of hell; **lead all souls** to Heaven, especially those who have most need of your mercy.”

- “Our Father” and “O my Jesus” → the Rosary is not simply a prayer to Mary. Mary gave this prayer at Fatima and she points us to Jesus
- “save us” – we cannot save ourselves
- “lead **all** souls” → Not just praying for ourselves

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## Praying the Rosary From the Heart

### Mysteries of the Rosary

We call them the mysteries of the Rosary.

What are the mysteries about?

- Mary?
  - Assumption and Coronation of Mary
- The rest are moments in the life of Jesus (Mary is present at some of the events in the mysteries)
  - Mary points us to Jesus

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## Praying the Rosary From the Heart

### Mysteries of the Rosary

(for detailed description & scripture verses see  
[www.usccb.org/how-to-pray-the-rosary](http://www.usccb.org/how-to-pray-the-rosary) )

#### The Joyful Mysteries

- The Annunciation - Luke 1:26-38
- The Visitation – Luke 1:39-56
- The Nativity – Luke 2:1-14
- The Presentation – Luke 2:22-38
- The Finding of Jesus in the Temple – Luke 2:41-52

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### Mysteries of the Rosary

#### The Sorrowful Mysteries

- The Agony in the Garden - Matthew 26:36-39
- The Scourging - Matthew 27:26
- The Crowning with Thorns - Matthew 27:27-29
- The Carrying of the Cross - Mark 15:21-22
- The Crucifixion - Luke 23:33-46

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## Praying the Rosary From the Heart

### Mysteries of the Rosary

#### The Glorious Mysteries

- The Resurrection - Luke 24:1-5
- The Ascension - Mark 16:19
- The Descent of the Holy Spirit - Acts 2:1-4
- The Assumption of Mary -
- The Coronation of Mary - Revelation 12:1

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### Mysteries of the Rosary

#### The Luminous Mysteries

- The Baptism of the Lord - Matthew 3:16-17
- The Wedding of Cana - John 2:1-11
- The Proclamation of the Kingdom - Mark 1:15
- The Transfiguration - Matthew 17:1-2
- The Institution of the Eucharist - Matthew 26:26

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### Hail Holy Queen (Salve Regina) The Origin

- “Traditionally, the prayer itself has been attributed to St. Bernard of Clairvaux (1090-1153) from the 12th century.” - <https://www.marian.org/news/Hail-Holy-Queen-6875>
- “The historical evidence has led most scholars to believe that real author of Hail Holy Queen was a German monk, Blessed Herman the lame, also known by the Latin form of his name, Herman Contractus (1013-1054).” - <https://www.ncregister.com/blog/the-hidden-stories-behind-5-of-your-favorite-prayers>

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## Praying the Rosary From the Heart

### Why do we call Mary “Queen”?

Excerpts from “Some Insights on Our Catholic Understanding of Mary”  
<http://blog.renewaloffaith.org/blog/?p=2576> -

Based on chapter 8 of Dr. Edward Sri. *Love Unveiled: The Catholic Faith Explained* (Ignatius Press: San Francisco, 2015).

- “Dr. Sri explains how in the culture of the Old Testament, ***it was not the wife of the king that was called Queen. It was the king’s mother. 2 Kings 24:12 and Jeremiah 13:18-20*** to where we can find “mother as queen” in the Bible. ***He also tells us about people going to the “queen mother” for her intercession.*** Does this not point to Mary?”
- “Dr. Sri then points to the first and second chapter in the First Book of Kings. ***In chapter 1, King David is still alive and Bathsheba is his wife. The passage shows how, even as the king’s wife, Bathsheba has to bow and give homage to King David before approaching him. In chapter 2, King David has died and his son Solomon is now king. This means Bathsheba is now the mother of the king. The passage goes on to explain the role and authority she has as queen.***”

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## Praying the Rosary From the Heart

### 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 your womb, Jesus**.  
O clement, O loving, O sweet Virgin Mary.  
V. Pray for us, O holy **Mother of God**.  
R. **That we may be made worthy of the promises of Christ**.

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## Praying the Rosary From the Heart

### Prayer that closes the Rosary

O God, whose Only Begotten Son,  
by his life, Death, and Resurrection,  
has purchased for us the rewards of eternal life,  
("to give his life as a **ransom** for many" (Matthew 20:28  
and Mark 10:45))  
grant, we beseech thee,  
that while **meditating** on 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.

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## Praying the Rosary From the Heart

### Future Schedule

- *Being Church in Today's World* - For centuries western civilization was rooted in Christianity. This is being lost today. Fewer people practice their faith and many do not believe that God exists. In a world where many think that you are free to believe whatever you want, how do you know what voice to listen to? Where do we go for real Truth? What does it mean to be "one, holy, catholic, and apostolic church?"
  - September 22<sup>nd</sup>, October 27<sup>th</sup>, and November 17<sup>th</sup>
- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.
- The slides for this presentation will be available online at [www.renewaloffaith.org/rosaryvideo](http://www.renewaloffaith.org/rosaryvideo)

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## Praying the Rosary From the Heart

### Resources

Ball, Ann, *A Handbook of Catholic Sacramentals*. Our Sunday Visitor. Huntington, IN. 1991.

*Catechism of the Catholic Church. Second Edition*. Libreria Editrice Vaticana, 1997.

Calloway, Fr. Donald, MIC, "Hail Holy Queen." (Aug 1, 2018). Marians of the Immaculate Conception.  
<https://www.marian.org/news/Hail-Holy-Queen-6875>.  
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## Praying the Rosary From the Heart

### Resources

*Compendium: Catechism of the Catholic Church*. Libreria Editrice Vaticana. USCCB, 2006.

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Saunders. Fr. William, "The History of the Rosary." EWTN. Found online at <https://www.ewtn.com/catholicism/library/history-of-the-rosary-1142>. Access date 7/29/22.

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## Praying the Rosary From the Heart

### Resources

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*St. Joseph Edition of The New American Bible Revised Edition*. New Jersey, Catholic Book Publishing Corp. 2010.

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