

Brothers and sisters,

Maybe you already know this, but each month is dedicated to a different devotion we have as Catholic-Christians. It's kind of fun to learn about each month's dedication and then look for ways to engage with the devotion in some way. Sometimes it can be pretty easy to find ways to engage, such as this month's devotion, and sometimes we have to be a bit creative. This month of October is dedicated to the Holy Rosary.

I mentioned in my column last week that my grandpa strongly encouraged me to lead the rosary prior to the Wednesday Mass at the Cathedral in the summertime. Other than those days, I didn't often pray the rosary. Sometimes we would break up into pairs in the youth group and go on what we called a "rosary walk" around the area of the Cathedral, but otherwise I didn't have a lot of interest in it. I have grown to greatly appreciate the rosary over the years. Now it's a devotional prayer I pray nearly every day, almost always while I'm on the move - driving, walking, cooling down after a run, etc. I have found it to be a great way to remain mostly prayerful even while I'm going from place to place.

I know some people can get a little worried about being distracted while praying the rosary. Of course, it would be ideal to be able to pray the entire five mysteries (called "decades") of the daily rosary without any distractions, and we can keep our sights set on the ideal while we struggle to offer less than that. The point of the rosary is to be with Mary as together you reflect on some of the main moments of her Son's life. To have a devotion to praying the rosary is really to have a devotion to reflecting on the life of Jesus - it's a truly Christian prayer. Mary is a holy woman and the mother of Jesus who is God. It is only fitting that we would want to invite her to pray with us and for us as we consider the mystery of her Son. There is more to having a healthy prayer life than only praying the memorized prayers, but there is something nice about the memorized characteristic of the rosary, allowing us to kind of get lost in the meditation as we go through all of the prayers.

I want to encourage you to spend this month with Mary in the rosary. Whether that means praying the rosary every day, once each week, or anything else - that can be between you and the Lord. If you need some help with learning to pray the rosary, there are so many resources online - pamphlets, outlines, even some videos of people praying the rosary that you can follow as you pray - just type in "how to pray the rosary" and some good options will show up. If we pray the rosary, we'll spend more time reflecting on the life of Jesus. If we spend more time reflecting on the life of Jesus, we're providing him a greater space to speak to us and lead us closer to himself. What a beautiful gift!

May the Lord give you his peace!  
Fr. Bryan