

Peter, James and John accompany Jesus up Mount Tabor where Jesus is transformed before them in glorious light and Moses and Elijah appear. Peter desires to build tents for them so they may stay. God again proclaims pleasure in Jesus, his beloved Son and tells them to listen to him. Imagine the disciples seeing Jesus with the prophets of the past and hearing God's voice. They received a beautiful gift from God and comforting words from Jesus to not be afraid. We pray for the desire to spend time with Christ thinking about his message and striving for holiness.

5. The Institution of the Eucharist
– Eucharistic Adoration

And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in my blood."

Jesus gives us the greatest of gifts in his presence in the Eucharist - body, blood, soul and divinity. Imagine the disciples hearing these words of the New Covenant and the directive to do this in his remembrance. We reflect on this at every Mass as we genuflect before the tabernacle. We are also invited to visit Jesus in adoration. It takes great faith to believe in the Real Presence. We pray for the grace to have that faith, to seek him in adoration and surrender ourselves humbly to his service.

Or this shorter form:



THE HOLY ROSARY

THE LUMINOUS MYSTERIES

(Recited on Thursdays)

"The Rosary, though clearly Marian in character, is at heart a Christocentric prayer ... it has all the depth of the Gospel message in its entirety, of which it can be said to be a compendium"

(Pope John Paul II – Rosarium Virginis Mariae, n. 1).

How to Pray the Rosary

When the Rosary is prayed, try to recall that we are praying in the presence of Jesus and Mary (Matthew 18: 20) . This is especially important when we are praying the Rosary with others, as it is helpful if we don't let our own voices carry over the voices of others. So allow the Rosary to be prayed in a spirit of contemplation and reverence without haste, so that all can meditate on the mysteries of the Lord's life as seen through the eyes of the humble handmaid who was chosen to be His Mother. At the commencement of each mystery, it is appropriate to announce an intention for which we pray.

The constant repetition of the words addressed to Mary by the Archangel Gabriel - the 'Hail Mary' - should not be seen as mechanical and dull. Rather like the continuous trickling of a brook, the spoken words carry an inner unspoken meaning that as Pope Benedict XVI said, "transcends the words themselves, and through them speaks to the heart. Thus, in reciting the Hail Mary, we must be careful that our voices do not 'cover' the voice of God who always speaks through the silence like the 'still small voice' of a gentle breeze (1 Kgs 19: 12. Accordingly, how important it is to foster this silence full of God, both in one's personal recitation and in its recitation with the community".

The Pattern of the Rosary Meditations throughout the week:

The Rosary has twenty "Decades" (groups of ten beads) for each of the twenty "Mysteries" or events that are contemplated in the divine life of our Lord in association with Mary his virgin Mother. If you say five decades a day, this is the recommended way:

- Sunday – the Glorious Mysteries
- Monday – the Joyful Mysteries
- Tuesday – the Sorrowful Mysteries
- Wednesday – the Glorious Mysteries
- Thursday – the Luminous mysteries
- Friday – the Sorrowful Mysteries
- Saturday – the Joyful Mysteries

The leaflet in your hands is for the Glorious Mysteries which are prayed on Sundays and Wednesdays:

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|-------------------------------------|-----------------|
| 1. The Baptism of Jesus | Matthew 3:16-17 |
| 2. The Wedding at Cana | John 2:5-11 |
| 3. The Proclamation of the Kingdom | Matthew 10:7-13 |
| 4. The Transfiguration | Luke 9:29-35 |
| 5. The Institution of the Eucharist | Luke 22:19-20 |

THE LUMINOUS MYSTERIES

Thursdays

1. The Baptism in the Jordan
MEDITATION: Jesus descends into the water of the Jordan River and is baptized by John. The heavens open and the voice of the Father declares Him the beloved Son. The Spirit descends upon Jesus in the form of a dove and fills Him with God's mission to save humankind from sin.
Matthew 3:17

2. The Wedding at Cana
MEDITATION: Jesus changes water into wine at the request of Mary, who was first among believers. The disciples witness this miracle, their hearts open to the faith, and they begin to believe in Him.
John 2:1-12

3. The Proclamation of the Kingdom of God
MEDITATION: Jesus preaches the Gospel in Galilee. He proclaims that this is the time of fulfillment, for the Kingdom of God is at hand. He asks all to repent and forgives the sins of those who believe in Him.
Mark 1:15

4. The Transfiguration
MEDITATION: On Mount Tabor, the Apostles see the glory of God shining forth from the face of Jesus. The voice of the Father, coming from a cloud, says, "This is my chosen Son, listen to Him."
Luke 9:35

5. The Institution of the Eucharist
MEDITATION: At the Last Supper, Jesus offers His body and blood, under the signs of bread and wine, and washes the feet of the Apostles. He knows that Judas has betrayed Him and His hour has come. Jesus testifies to His everlasting love for each one of us by sharing the Sacrament of the Eucharist.
John 13:1

How to pray the Rosary:

1. Make the Sign of the Cross, say the Apostles Creed.
2. Say the Our Father, followed by three Hail Marys (one each for the Virtues of Faith, Hope & Charity, and then the Glory Be.
3. Then announce the Mystery, e.g. the First Glorious Mystery, the Annunciation, then optionally read a short extract of relevant Scripture and/or a Meditation, and pause for silent consideration, and announce an intention.
4. Meditate on the first and then the other four succeeding Mysteries, saying the Our Father, ten Hail Marys, the Glory Be (and the Fatima Prayer) for each Mystery – it normally takes about 15 minutes to say the whole five decades.
5. Concluding Prayers

The Prayers used in Recitation of the Holy Rosary:

The Sign of the Cross

In the name of the Father, ✠ and of the Son, and of the Holy Spirit. Amen.

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, dead and buried. He descended into hell; 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 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 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 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.

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.

The Fatima Decade Prayer (prayed after Glory be in each Decade)

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to Heaven, especially those who most need thy mercy.

The Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, hail 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.

V. Pray for us, O holy Mother of God

R That we may be made worthy of the promises of Christ.

Concluding Collect

Let us pray: O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise: through the same Jesus Christ our Lord. Amen.

The Luminous Mysteries - Scriptures & Mediations

1. The Baptism of Jesus – Openness to the Holy Spirit

And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, "This is my beloved Son, with whom I am well pleased."

Though Jesus is without original sin, John baptizes him and God announces that Jesus is his son and he is pleased. Imagine standing in that cool river, feeling the water rush past me. The sounds of the crowd are muffled as my head goes below the surface. Imagine hearing God's great voice proclaiming he is pleased with his son. We desire God to be pleased with us too, and pray that we can accept the movement of the Holy Spirit in our lives.

2. The Wedding at Cana – Jesus Through Mary

His mother said to the servants, "Do whatever he tells you." Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the steward of the feast." So they took it. When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.

It is here Jesus' public life is put into motion. Imagine Mary noticing that the wine is running out and hearing her ask Jesus for help, confident in his assistance. His respect for Mary is so high, he performs his first miracle at her request. Her command, "Do whatever he tells you" is for us too. The wine stewards listen and water is turned into wine. When we pray the Rosary she intercedes with her Son on our behalf. Let us pray to grow closer to Jesus with Mary's help.

3. The Proclamation of the Kingdom – Repentance

And preach as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying, give without pay. Take no gold, nor silver, nor copper in your belts, no bag for your journey, nor two tunics, nor sandals, nor a staff; for the labourer deserves his food. And whatever town or village you enter, find out who is worthy in it, and stay with him until you depart. As you enter the house, salute it. And if the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you.

Jesus went about the land preaching the coming of the kingdom of heaven. He healed the sick and cast out demons. Imagine the awe of the people watching this man proclaim the importance of repenting of our sins as he healed people of their paralysis or leprosy. He preached about love and forgiveness. We too need healing and repentance. We pray for the ability to be humbly and genuinely sorry for our sins against others and against the God who loves us and made us.

4. The Transfiguration – A Desire for Holiness

And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white. And behold, two men talked with him, Moses and Eli'jah, who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep, and when they wakened they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, "Master, it is well that we are here; let us make three booths, one for you and one for Moses and one for Eli'jah" –not knowing what he said. As he said this, a cloud came and overshadowed them; and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, "This is my Son, my Chosen; listen to him!"