

# THE ROSARY IN TIME OF CORONAVIRUS

## LETTER OF POPE FRANCIS

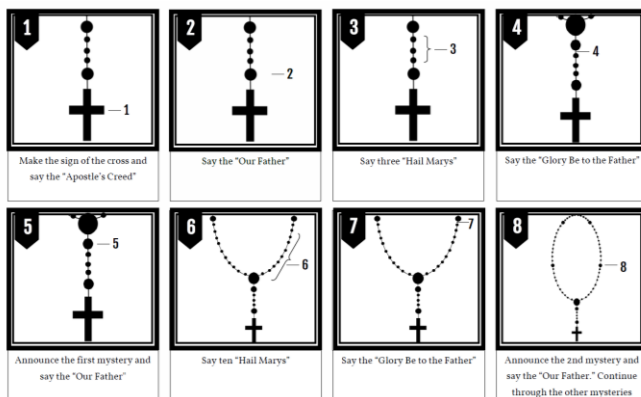
Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view. **For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May.** This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow. 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. I include them with this letter so that they are available to everyone. Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

Rome, Saint John Lateran, 25 April 2020

## HOW TO PRAY THE ROSARY

**The main part of praying the Rosary is saying TEN Hail Marys while thinking about a story from the life of Jesus or Mary. This is called “meditating.” There are 20 “mysteries” we use to meditate: you can choose any one to pray at any time – some people say five a day, some all twenty! Don’t try and do too much!**



### I. The Joyful Mysteries

#### 1. The Annunciation

The Archangel Gabriel goes to Mary.

#### 2. The Visitation

Mary rushes to help her cousin Elizabeth.

#### 3. The Nativity

Jesus is born in Bethlehem.

#### 4. The Presentation of Jesus

Mary and Joseph take Jesus to be presented to God.

#### 5. The Finding in the Temple

Jesus is 12 years old and gets lost in Jerusalem.

### II. The Mysteries of Light

#### 6. The Baptism of Jesus in the Jordan

Jesus is baptised by his cousin John.

#### 7. The Wedding Feast at Cana

Jesus works his first miracle, turning water into wine.

#### 8. Jesus' Proclamation of the Kingdom of God

Jesus preaches to the crowds about how to live in God's Kingdom.

#### 9. The Transfiguration

Jesus lets three of his apostles glimpse his glory as God's Son.

#### 10. The Institution of the Eucharist

Jesus says “This is my Body” at the Last Supper.

### III. The Sorrowful Mysteries

#### 11. The Agony in the Garden

Jesus prays to his Father in the Garden of Gethsemane before being arrested.

#### 12. The Scourging at the Pillar

Jesus is whipped and mocked by the soldiers.

#### 13. The Crowning with Thorns

Roman Soldiers make Jesus wear a crown of thorns.

#### 14. The Carrying of the Cross

Jesus carries his own cross to Calvary.

#### 15. The Crucifixion

Jesus dies on the cross.

### IV. The Glorious Mysteries

#### 16. The Resurrection

Jesus rises to life on the first Easter Sunday.

#### 17. The Ascension

Jesus returns to heaven, forty days later.

#### 18. The Descent of the Holy Spirit

Jesus sends the Spirit at Pentecost.

#### 19. The Assumption of Mary

Mary is taken, body and soul, into heaven.

#### 20. The Coronation of the Virgin Mary and the Glory of All the Saints

We think of the happiness of heaven and all gathered there with Mary in the presence of God.

# PRAYERS USED IN THE ROSARY

## **Sign of the Cross**

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

## **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. He will come again in glory 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**

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**

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.

## **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.

## **FIRST PRAYER OF POPE FRANCIS**

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.

## **SECOND PRAYER OF POPE FRANCIS**

"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.