

# Via Media Rosary

By: The Rev. Dr. Valori Mulvey Sherer



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This prayer form is offered with thanks to God  
for my husband, Steve,  
whose steadfast love is the ground I stand upon every day of my life  
and for my children, Jessica, David, and Patrick  
who revealed to me the fullness of a mother's love.

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## INTRODUCTION

This Rosary meditation began to be developed in Advent, 2007 while I was serving as rector of St. Mary's Episcopal Church in Cadillac, Michigan. I was moved by the Spirit to finally act on a place of discomfort I experienced regarding this form of prayer. It has been revised several times over the years, finally taking this form during a sabbatical silent retreat in April, 2016.

Having been raised Roman Catholic, I prayed the Rosary with my Irish great-grandmother since before I could read. My Big Nanny, as we called her, gave me a quarter (a lot of money for a child in those days) every time I prayed the Rosary with her. She didn't need to pay me. I loved praying with her, listening to the lilt of her Irish brogue and feeling the presence of her love and faith as we prayed together.

The Rosary became my gateway to God early on in my life. As I grew, however, and experienced great difficulty with Roman Catholic theology and practice, particularly the priests who molested and spiritually abused me - telling me I was unworthy to be a priest because I was born female, that God loved men better which is why only men could be priests - the Rosary became difficult to pray. I persisted, however, now knowing what else I could do. Praying the Rosary was as important to me as breathing. It was the place I could consistently connect with God, even though the doctrine within it had become abrasive. I knew from early childhood, that there was a forgiveness for humanity that always accompanied prayerful presence of the Divine, so I was able to continue to pray using the very fallible form of this prayer, knowing in its imperfectness it would still function as my gateway into the eternal.

When I left the Roman Catholic Church at age 32 and became an Episcopalian, I learned and tried to practice the Anglican Rosary. Sadly, for me, The Anglican Rosary was pale and bony compared to the vibrant and voluptuous experience I had praying the Roman Catholic Rosary. I returned to my practice of praying the Roman Catholic Rosary, but the irritation from the doctrine continued to grow until, finally, in Advent 2007, God moved me to write this form of the Rosary which I call the ViaMedia Rosary. It derived from my life-long practice of the Roman Catholic Rosary together with a commitment to Anglican theology and inclusive language.

Grounded in Holy Scripture, this prayer discipline draws on the best of the Roman Catholic and Anglican traditions as it engages the body, mind, and spirit in contemplative listening. As we touch the beads and move from one to the next, we engage our bodies in the prayer. As we read or speak or think the words of the prayers and the stories from Scripture, our thinking minds are given an important role in the prayer. As we ponder the graces, our spirit is able to lift our hearts into the heavenly realm where insights, truth, and peace that truly "passes our understanding" are revealed to us. It is in the repetition, the rhythm, and the surrender that the fullness of this prayer form has its effect. Praying this form of prayer offers a means of being intentional about opening to the presence and leading of God.

About the construction of the Rosary: typically Anglicans pray four groups of seven beads, and Roman Catholics pray five groups of ten beads, called a decade. This form of the Rosary, being a ViaMedia adaptation, uses five groups of seven beads. The number seven symbolizes spiritual perfection, completeness, and the work or action of God, as in ancient and Biblical understanding. This Rosary, like all prayer, is a way we respond to God's call to come close and be "oned," as Julian of Norwich calls it.

The prayers in this form are adapted for inclusive language, something which is very important to me. In our fallibility, we have, over the centuries, gendered God as male by our language. Setting God and us free from that human construction is part of my mission as a follower of Christ. The Hail Mary used in this form is the contemporary Roman Catholic version. The Gloria is an adaptation of the Anglican version. The Lord's Prayer is taken from the New Zealand Prayer Book. The Fatima Prayer (O my Jesus...), the

Closing Prayer, the Prayer After the Rosary, and the final two Glorious mysteries have also been adapted for inclusive language and to reflect an Anglican perspective on doctrine.

Even as a child, I wondered why the Rosary, the form of prayer dedicated to Mary, the Mother of God, the Theotokos, didn't include The Magnificat, Mary's prophetic proclamation preserved for us in Scripture. I have, therefore, included it in the Glorious Mysteries section, where I was led to place it.

The Scriptural quotes have been taken directly from the New Revised Standard Version of the Bible. That there are graces to contemplate with our hearts as we pray with our bodies and minds, is derived from the Roman Catholic practice. I used some of the traditional graces, i.e., faith, hope, obedience, zeal, etc., though they are placed differently in the context. I have also, out of prayerful obedience, offered new graces for contemplation speak to the body of Christ in the world today.

The Rev. Dr. Valori Mulvey Sherer

The Via Media Rosary beads:



Please feel free to reproduce and share this form of Rosary beads.

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## HOW TO PRAY: The ViaMedia Rosary

*Holding the cross, make the sign of the cross saying:*

In the name of God: Creator, Redeemer, and Holy Sanctifier. Amen.

*Remembering any intentions for which you may be offering these prayers, continue with the Apostles' Creed (adapted from The Book of Common Prayer, 96).*

I believe in God, who is the Almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord

who was conceived by the power of the Holy Spirit and born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead and on the third day rose again, ascended into heaven, and is seated at the right hand of the Godhead.

Jesus will come again 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 the life everlasting. Amen.

*Still holding the cross, pray the Lord's Prayer. (The traditional version is found in The Book of Common Prayer on page 364)*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Holding each of the next three beads, pray the Hail Mary three times, meditating on the graces of faith (bead #1), hope (bead #2), and charity (bead #3):*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Holding the center medallion pray the Gloria:*

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

# THE JOYFUL MYSTERIES

## First Meditation: The Annunciation

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, "Greetings, favored one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favor 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, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end. (Luke 1:26-33)

*Still holding the center medallion, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **humility**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

## Second Meditation: The Visitation of Mary

When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior... (Luke 1:41-47)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **generosity**:*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...



### **Third Meditation: The Nativity**

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. In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, “Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. (Luke 2:7-11)

*Still holding the single bead, pray the Lord’s Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of the **love of God**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

#### **Fourth Meditation: The Presentation of Jesus**

Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, “Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.” ... There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshiped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. (Luke 2:27-32, 36-38)

*Still holding the single bead, pray the Lord’s Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **obedience**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **Fifth Meditation: The Finding of Jesus in the Temple**

Now every year his parents went to Jerusalem for the festival of the Passover. And when he was twelve years old, they went up as usual for the festival. When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but his parents did not know it. Assuming that he was in the group of travelers, they went a day's journey. Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, "Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety." He said to them, "Why were you searching for me? Did you not know that I must be in my Father's house? But they did not understand what he said to them. Then he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart. And Jesus increased in wisdom and in years, and in divine and human favor. (Luke 2:41-52)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times. meditating on the grace of **zeal for God**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

*If you are concluding the Rosary, pray the following closing prayers. If you wish to continue praying, proceed to the Sorrowful Mysteries.*

**Closing Prayer:**

Hail, holy Mary, Mother of mercy, our friend and bearer of our Hope. To you do we cry, poor banished children of Eden; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement and loving and sweet Virgin Mary.

Versicle: Pray for us, O holy Mother of God.

Response: That we may live into the promises of Christ.

**Prayer after the Rosary:**

Almighty 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 of the Rosary, we may grow in grace and be made faithful witnesses of the good news of salvation in Jesus Christ who, with you and the Holy Spirit, lives and reigns, for ever and ever. Amen.

## THE SORROWFUL MYSTERIES

*Holding the cross, make the sign of the cross saying:*

In the name of God: Creator, Redeemer, and Holy Sanctifier. Amen.

*Remembering any intentions for which you may be offering these prayers, continue with the Apostles' Creed (adapted from The Book of Common Prayer, 96).*

I believe in God, who is the Almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord

who was conceived by the power of the Holy Spirit and born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead and on the third day rose again, ascended into heaven, and is seated at the right hand of the Godhead.

Jesus will come again 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 the life everlasting. Amen.

*Still holding the cross, pray the Lord's Prayer. (The traditional version is found in The Book of Common Prayer on page 364)*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Holding each of the next three beads, pray the Hail Mary three times, meditating on the graces of faith (bead #1), hope (bead #2), and charity (bead #3):*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Holding the center medallion pray the Gloria:*

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **First Meditation: The Agony in the Garden**

They went 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 said to them, "I am deeply grieved, even to death; remain here, and keep awake." And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want." (Mark 14:32-36)

*Still holding the cross, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **repentance**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

Then, holding the next single bead, conclude with:

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

## Second Meditation: The Scourging at the Pillar

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)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **courage**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **Third Meditation: The Crowning with Thorns**

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!" They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him. (Mark 15: 16-20)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **purity of heart**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...



### **Fourth Meditation: The Carrying of the Cross**

Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. (John 19:16-18)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **patience**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **Fifth Meditation: The Crucifixion and Death**

From noon on, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "This man is calling for Elijah." At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. But the others said, "Wait, let us see whether Elijah will come to save him." Then Jesus cried again with a loud voice and breathed his last. At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. After his resurrection they came out of the tombs and entered the holy city and appeared to many. Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, "Truly this man was God's Son!" (Matthew 27: 45-54)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **perseverance**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

*If you are concluding the Rosary, pray the following closing prayers. If you wish to continue praying, proceed to the Sorrowful Mysteries.*

**Closing Prayer:**

Hail, holy Mary, Mother of mercy, our friend and bearer of our Hope. To you do we cry, poor banished children of Eden; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement and loving and sweet Virgin Mary.

Versicle: Pray for us, O holy Mother of God.

Response: That we may live into the promises of Christ.

**Prayer after the Rosary:**

Almighty 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 of the Rosary, we may grow in grace and be made faithful witnesses of the good news of salvation in Jesus Christ who, with you and the Holy Spirit, lives and reigns, for ever and ever. Amen.

## THE GLORIOUS MYSTERIES

*Holding the cross, make the sign of the cross saying:*

In the name of God: Creator, Redeemer, and Holy Sanctifier. Amen.

*Remembering any intentions for which you may be offering these prayers, continue with the Apostles' Creed (adapted from The Book of Common Prayer, 96).*

I believe in God, who is the Almighty, creator of heaven and earth.  
I believe in Jesus Christ, God's only Son, our Lord  
who was conceived by the power of the Holy Spirit and born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified, died, and was buried.  
He descended to the dead and on the third day rose again,  
ascended into heaven, and is seated at the right hand of the Godhead.  
Jesus will come again 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 the life everlasting. Amen.

*Still holding the cross, pray the Lord's Prayer. (The traditional version is found in The Book of Common Prayer on page 364)*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Holding each of the next three beads, pray the Hail Mary three times, meditating on the graces of faith (bead #1), hope (bead #2), and charity (bead #3):*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Holding the center medallion pray the Gloria:*

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

## First Meditation: The Resurrection

Now after he rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. She went out and told those who had been with him, while they were mourning and weeping. But when they heard that he was alive and had been seen by her, they would not believe it. After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. Later he appeared to the eleven themselves as they were sitting at the table; and he upbraided them for their lack of faith and stubbornness, because they had not believed those who saw him after he had risen. And he said to them, "Go into all the world and proclaim the good news to the whole creation." (Mark 16:9-15)

*Still holding the cross, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **openness**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

## Second Meditation: The Ascension

Jesus said to his disciples, ‘...you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.’ When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. (Acts 1: 8-9)

*Still holding the single bead, pray the Lord’s Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **faithful witness**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **Third Meditation: The Descent of the Holy Spirit**

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. (Acts 2: 1-4)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **receptivity**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

### **Fourth Meditation: Reconciliation of the World to God**

For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. (2 Corinthians 5: 14-21)

*Still holding the single bead, pray the Lord's Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **right relationship**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...



### **Fifth Meditation: Prophetic Witness to the World**

And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever.” (Luke 1: 46-55)

*Still holding the single bead, pray the Lord’s Prayer.*

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

*Moving from the first bead in the group of seven to the last, pray the Hail Mary seven times meditating on the grace of **prophetic voice**.*

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

*Then, holding the next single bead, conclude with:*

Oh my Jesus, forgive us our sins; when we face the fires of Hell, lead us all to Heaven, especially those most in need of your mercy.

Glory to God: Creator, Redeemer, and Holy Sanctifier, as it was in the beginning, is now and will be forever. Amen.

*or*

Glory to God: Lover, Beloved, Love...

*or*

Glory to God: Breather, Breathed, Breath...

**Closing Prayer:**

Hail, holy Mary, Mother of mercy, our friend and bearer of our Hope. To you do we cry, poor banished children of Eden; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement and loving and sweet Virgin Mary.

Versicle: Pray for us, O holy Mother of God.

Response: That we may live into the promises of Christ.

*Holding the cross, make the sign of the cross, saying:*

In the name of God: Creator, Redeemer, and Holy Sanctifier. Amen.

**Prayer after the Rosary:**

Almighty 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 of the Rosary, we may grow in grace and be made faithful witnesses of the good news of salvation in Jesus Christ who, with you and the Holy Spirit, lives and reigns, for ever and ever. Amen.