SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

The month of May is dedicated to honouring The Most Holy Rosary. This is primarily due to the fact that the liturgical feast of Our Lady of the Rosary is celebrated annually on October 7. This feast reminds us of the power of prayer and how the Rosary can bring us closer to God. The Rosary is a beautiful prayer that helps us remember important events in the lives of Jesus and Mary.

The month of October is a time when we can come together to pray the Rosary, share their faith and remember the importance of prayer in our lives. It's a time to connect with God and with each other!

Let us journey together in prayer during the month of October.

God Bless,

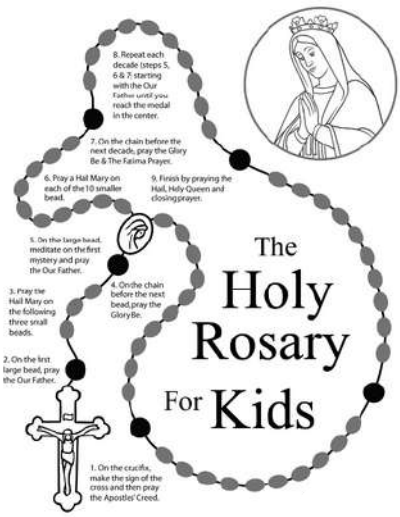
Mrs Linda Payne
Executive Headteacher

The Most Holy Rosary



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture quote from St Luke.



Luke 1:28 – "Hail Mary, full of grace, the Lord is with thee."

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Reflect & Pray

4. The Rosary is a series of prayers and beads that guide us as we meditate on important events in the lives of Jesus and Mary, known as the Mysteries. When we pray the Rosary, we are not just saying words; we are thinking about how much God loves us and how Mary is always there to help us grow closer to Him.

The Mysteries of the Rosary are special events in the lives of Jesus and Mary that help us reflect on our faith while praying. There are four sets of Mysteries: Joyful, Sorrowful, Glorious, and Luminous. Each set contains five Mysteries, making a total of twenty. Here's a simple explanation for each set that you can share with your children:

1. Joyful Mysteries (Prayed on Mondays and Saturdays):
- The Annunciation: When the Angel Gabriel told Mary she would be the mother of Jesus.
- The Visitation: When Mary visited her cousin Elizabeth, who was also pregnant.
- The Nativity: The birth of Jesus in Bethlehem.
- The Presentation: When Mary and Joseph brought Jesus to the temple to present Him to God.
- Finding in the Temple: When Mary and Joseph found Jesus teaching in the temple when He was twelve years old.



2. Sorrowful Mysteries (Prayed on Tuesdays and Fridays):
- The Agony in the Garden: Jesus prayed in the garden before His arrest, feeling great sorrow.
- The Scourging at the Pillar: Jesus was whipped and beaten by the soldiers.
- The Crowning with Thorns: Jesus was mocked and crowned with a painful crown made of thorns.
- The Carrying of the Cross: Jesus carried His heavy cross to Calvary.
- The Crucifixion of our Lord: Jesus was nailed to the cross and died for our sins.

3. Glorious Mysteries (Prayed on Wednesdays and Sundays):
- The Resurrection: Jesus rose from the dead on Easter Sunday.
- The Ascension: Jesus ascended into Heaven forty days after His resurrection.
- The Descent of the Holy Spirit: The Holy Spirit came to the Apostles at Pentecost.
- The Assumption of Mary: Mary was taken up into Heaven, body and soul.
- The Coronation of Mary: Mary was crowned as Queen of Heaven.



4. Luminous Mysteries (Prayed on Thursdays):
- The Baptism of Jesus: John baptised Jesus in the Jordan River.
- The Wedding at Cana: Jesus performed His first miracle by turning water into wine.
- The Proclamation of the Kingdom: Jesus preached about God's love and the coming of His kingdom.
- The Transfiguration: Jesus showed His divine glory to Peter, James, and John.
- The Institution of the Eucharist: Jesus gave us the gift of the Eucharist at the Last Supper.

Each Mystery helps us think about important moments in our faith and pray for guidance and strength in our lives. When we pray the Rosary, we meditate on these Mysteries, asking for Mary's intercession and growing closer to Jesus.

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Living out the Message

5. Children can embody the mysteries of the Rosary in their everyday lives through various actions and attitudes that reflect the themes of each Mystery. Here are some examples:

1. Joyful Mysteries:

- The Annunciation: Children can listen and be open to new ideas, just as Mary accepted the angel's message.
- The Visitation: They can show kindness by visiting or helping a friend or family member in need, reflecting Mary's visit to Elizabeth.
- The Nativity: During Christmas, children can celebrate the spirit of giving by sharing toys or food with those less fortunate.
- The Presentation in the Temple: They can honour their parents and caregivers by showing respect and gratitude for their guidance.
- Finding Jesus in the Temple: Children can seek knowledge and understanding by asking questions and exploring their faith.

2. Sorrowful Mysteries:

- The Agony in the Garden: During difficult times, they can pray and reflect, learning to express their feelings to God.
- The Scourging at the Pillar: Children can learn about empathy by standing up against bullying and supporting those who are being mistreated.
- The Crowning with Thorns: They can show compassion by comforting someone who is sad or hurt and recognising the pain of others.
- The Carrying of the Cross: Children can take on small responsibilities at home or school, understanding the value of perseverance.
- The Crucifixion and Death of Jesus: They can learn forgiveness by resolving conflicts with friends or siblings.

3. Glorious Mysteries:

- The Resurrection: Children can celebrate new beginnings, such as starting a new school year or overcoming challenges, with hope and joy.
- The Ascension: They can aspire to reach their goals and dreams, understanding that they can achieve great things with effort and faith.
- The Descent of the Holy Spirit: Children can be encouraged to share their gifts and talents with others, fostering a sense of community.
- The Assumption of Mary: Children can honour their mothers and female role models by showing them love and care.
- The Coronation of Mary: Children can express gratitude and appreciation for the blessings in their lives, acknowledging the love and support they receive.

4. **Luminous Mysteries**

- The Baptism of Jesus: Children can learn about the importance of baptism and share its significance with friends.
- The Wedding at Cana: Children can celebrate special occasions with kindness and share talents, like baking, with family and friends.
- The Proclamation of the Kingdom: They can show kindness and respect to others and share toys.
- The Transfiguration: Children can appreciate moments of joy in nature or special events and express gratitude through prayer.
- The Institution of the Eucharist: They can attend Mass, learn about the Eucharist and practice gratitude by sharing meals with others.

By integrating these examples into their daily routines, children can live out the Mysteries of the Rosary in meaningful and impactful ways.