

Simply Easter

A Guide to the Rosary

What is it?

An ancient way to pray and meditate that engages our sense of touch. The perfect 'Godly fidget toy'!

Why use it?

Using a repetitive pattern it helps to filter out distractions. It stills the mind and body, and facilitates a 'holy mindfulness'.

Is it Anglican?

Yes, it's used by Christians of many denominations including the Church of England.

How can it be used?

Turn over to find out.....



How to use the Rosary at Easter

1. You need your rosary and a Bible,
2. It can be done alone or in a group such as a family, a class in school or a youth group,
3. Take your time, it is designed to help you pray, meditate and ask for the prayers of the Mary,
4. Its adaptable, these are guidelines, which you can adapt,
5. Holding the cross start by saying "in the name of the Father and of the Son and of the Holy Spirit"
6. Next hold the first bead and say the Lord's Prayer
7. On each of the next 3 beads say the 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"
8. On the fourth bead say "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"
9. Now you can meditate on the 'Glorious Mysteries', i.e. the events of Easter. First read the Bible passage below, after each 'mystery' pause, pass 10 beads slowly through your fingers, pausing at each bead to say the 'Hail Mary' and on the 11th bead the 'Glory be..'. And then move on to the next mystery and repeat.
10. The Glorious Mysteries:
 1. The Resurrection: Luke 24. 35-48
 2. The Ascension: Luke 24. 49-53
 3. Pentecost: Acts 2.1-4
 4. The assumption of Mary: 1 Corinthians 15. 20-23
 5. The Coronation of Mary: 7. 9-10. 11. 19-12.1

After Easter

The Rosary is very adaptable. Useful in a moment of calm, or when anxious and needing to draw near to God and seeking the prayers of others. It can be kept in a pocket for use on the bus, train or while walking. Simply passing the beads through the fingers while praying the Lord's Prayer, saying the Hail Mary or the Glory be helps us clear away the clutter in our minds and refocus on God. Another repetitive prayer that you can use as you pass the beads through your fingers. is the 'Jesus Prayer' simply "Lord Jesus, have mercy on me",