



Let's pray:

"A Decade
a Day
in October"

October is the month of the Rosary. The Rosary is a devotion to honour Our Lady, the Mother of God. When we pray the Rosary, we pray to Mary who leads us to her Son, Jesus. Mary prays for each one of us and she asks her son, Jesus, to protect us and keep us safe.

This October let us pray a "Decade a Day" for all our intentions.

The Rosary beads are divided up into five parts called **decades**. Each decade stands for one of the Mysteries in the life of Jesus. There are four Mysteries of the Rosary; each one reminds us of significant moments in the life of Jesus. They are:

- the Joyful Mysteries
- the Sorrowful Mysteries
- the Glorious Mysteries
- the Mysteries of Light.



Below are suggested intentions for each day:

Monday: For protection for all our families

Tuesday: For our grandparents and all who live alone

Wednesday: That we may take good care of Creation

Thursday: For peace in all war-torn countries

Friday: For Pope Francis that the Holy Spirit will continue to guide him.

How to pray a decade of the Rosary

- Pray the Sign of the Cross
- Announce the decade (for example: The First Joyful Mystery: The Annunciation)
- Pray one *Our Father*
- Pray ten *Hail Marys*
- Pray one *Glory Be to the Father*

The Joyful Mysteries:

- The Annunciation (Lk 1:26-38)
- The Visitation (Lk 1:39-45)
- The Nativity (Lk 2:6-20)
- The Presentation of Jesus in the Temple (Lk 2:21-39)
- The Finding of the Child Jesus in the Temple (Lk 2:41-51).

The Sorrowful Mysteries:

- The Agony in the Garden (Mt. 26:36-46)
- The Scourging at the Pillar (Mt. 27:26)
- The Crowning with Thorns (Mt. 27:29)
- The Carrying of the Cross (Jn 19:17)
- The Crucifixion (Lk 23:33-46).

The Glorious Mysteries:

- The Resurrection (Lk 24:1-12)
- The Ascension (Lk 24:50-51)
- The Coming of the Holy Spirit on the Apostles (Acts 2:1-4)
- The Assumption of Our Lady into Heaven (Rev. 12)
- Our Lady is Crowned Queen of Heaven (Rev. 12:1).

The Mysteries of Light:

- The Baptism of Jesus in the Jordan (Mt 3:1-17)
- The Wedding Feast at Cana (Jn 2:1-11)
- Jesus Proclaims the Kingdom of God (Jn 3:1-5; Lk 18:16-30)
- The Transfiguration (Mt 17:1-9)
- The Institution of the Eucharist (Mt 26:19-30)

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