



## How to Pray the Rosary

*Begin at the tail end of the rosary beads*

1. *Holding the crucifix:*  
"In the name of the Father, the Son and the Holy Spirit"  
one Apostles' Creed
2. *On the first bead:*  
one Our Father
3. *On the three grouped beads:*  
one Hail Mary on each bead
4. *On the next single bead:*  
one Glory Be

*Many people ignore the tail and begin at this point.*

### **The first mystery**

5. *Announce the first mystery. For example, the first luminous mystery is the baptism of Jesus.*
6. *On the same single bead as above:*  
one Our Father

*Move on to the loop of beads*

7. *On the first set of ten beads:*  
one Hail Mary on each bead (total of ten)
8. *Pause and reflect on the first mystery*
9. *On the single bead:*  
one Glory Be

### **The second to the fifth mysteries**

*Announce the mysteries one at a time and repeat the pattern of*  
one Our Father  
ten Hail Marys  
one Glory Be

*until you have reflected on all five mysteries*

*Conclude each series (set of five mysteries) with*  
Hail, Holy Queen