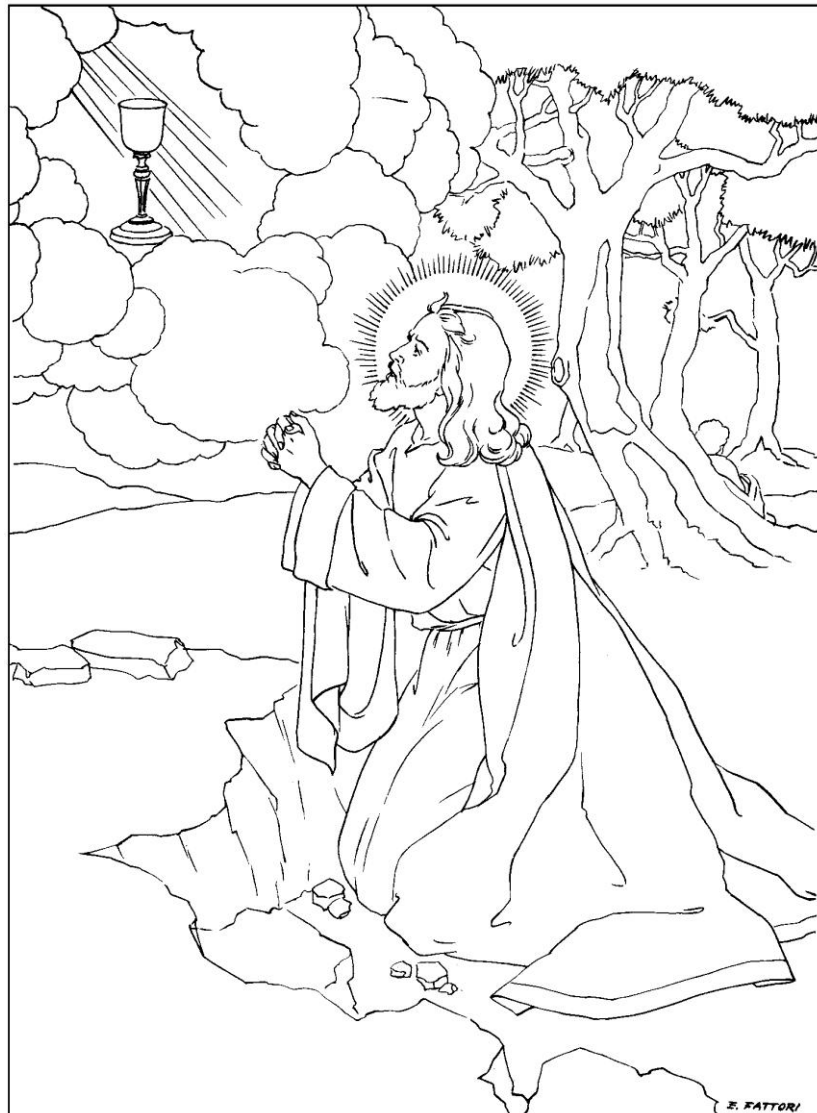


ST ALBAN'S SOUTH NORWOOD



The Rosary – The Sorrowful Mysteries

Stand

The Introductory Prayers

**I believe in God, the Father Almighty,
Maker of Heaven and earth:
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead and buried.
He descended into hell.
The third day He rose again from the dead,
He ascended into heaven
and is seated at the right hand of God the Father Almighty;
from thence He shall come 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 life everlasting. Amen.**

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done; on earth as it is in heaven.
**Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.**

Hail Mary, full of grace, the Lord is with thee;
blessed art thou among 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. (x3)**

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.**

Sit

The Sorrowful Mysteries of the Rosary

Each mystery comprises the recitation of the Lord's Prayer, 10 'Hail Mary's' and the Glory be... These follow the announcement of the mystery, the scripture passage and the prayer intention.

The first mystery: The Agony in the Garden

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." (Mt. 26.36-39)

In the forsaking prayer to the Father, Jesus found strength, trust, and an angel was sent to comfort Him. So Jesus will be our comforting angel. It's as He said to us: "Why do you worry in your difficulties? Be strong in me; look to your God in your most troubled hour, and you will be triumphant." Let us ask to forsake ourselves to God, to always do His will.

The second Mystery: The Scourging of Jesus at the Pillar

When morning came, all the chief priests and the elders of the people took counsel against Jesus to put him to death. And they bound him and led him away and delivered him over to Pilate the governor. Now Jesus stood before the governor, and the governor

asked him, "Are you the King of the Jews?" Jesus said, "You have said so." But when he was accused by the chief priests and elders, he gave no answer. Then Pilate said to him, "Do you not hear how many things they testify against you?" But he gave him no answer.

Now at the feast the governor was accustomed to release for the crowd any one prisoner whom they wanted. Pilate said to them, "Whom do you want me to release for you: Barabbas, or Jesus who is called Christ?" And they said, "Barabbas." Pilate said to them, "Then what shall I do with Jesus who is called Christ?" They all said, "Let him be crucified!" And he said, "Why? What evil has he done?" But they shouted all the more, "Let him be crucified!"

So when Pilate saw that he was gaining nothing, but rather that a riot was beginning, he took water and washed his hands before the crowd, saying, "I am innocent of this man's blood; [b](#) see to it yourselves." And all the people answered, "His blood be on us and on our children!" Then he released for them Barabbas, and having scourged [c](#) Jesus, delivered him to be crucified. (Abbrev Mt. 27)

How many pains, how many torments, and how many wounds on the body of Jesus? How much blood falls to the ground, while His tormentors laugh, insult Him, and gather their strength to hit the innocent body of Jesus again? Let us ask to accept every insult for the love of our Lord, and also a true regret for our sins.

The third Mystery: The Crowning with Thorns

Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" And they spit on him and

took the reed and struck him on the head. And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him. (Mt. 27.27-31)

Think of the indignity, outrage, pain, and humiliation that Jesus suffered. They stripped Him of every dignity, He was treated as the guilt of our worst sins. He seems to say to us: "Why do you despair when you suffer? Is that the way you love me? Meditate about my passions and find in them great riches." Let us ask the gift of patience to accept all humiliations, thinking of how Jesus suffered for us.

The fourth Mystery: The Carrying of the Cross

And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. And there followed him a great multitude of the people and of women who were mourning and lamenting for him. But turning to them Jesus said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, 'Blessed are the barren and the wombs that never bore and the breasts that never nursed!' Then they will begin to say to the mountains, 'Fall on us,' and to the hills, 'Cover us.' For if they do these things when the wood is green, what will happen when it is dry?" Two others, who were criminals, were led away to be put to death with him. (Lk. 23.26-32)

Even if He had suffered just for you, Jesus would have accepted such pains, great is His love for you. Along the road to Calvary Jesus sees Mary, His Mother. Can we imagine the moment when Their eyes met? Oh how Her Heart must have ached. Let us pray to Mary for the grace to always accept our cross.

The fifth Mystery: The Crucifixion and Death of Jesus

When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots." So the soldiers did these things, but standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

Jesus wishes to see us close to His Mother; He wishes that, like children, we keep our hand in the hand of Mary. That is what He wants. He asks us to look to the heavenly Mother, that is depend on Her. He asks that we accept Our Lady as our true Mother, who will ignite in us a fervent love of Her Son. Mary, we trust in You, take us and put us in the refuge of Your Immaculate Heart, heal with.

To conclude the Recitation of The Rosary we face the statue of Our Lady to say together the SALVE REGINA .

Stand

Hail Holy Queen, Mother of Mercy, hail our life our sweetness and our hope. To thee do we cry, poor banished children of Eve; To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, the eyes of thy mercy towards us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Pray for us, O Holy Mother of God
That we may be made worthy of the promises of Christ.

Let us pray

O 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 Holy Rosary of The Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. **Amen**

May the Lord + bless us, and keep us from all evil, and bring us to everlasting life. **Amen.**