



## **Month of the Holy Rosary: Pray the Rosary as a Corporal Work of Mercy**

*Pray in person in the Lady Chapel Monday through Saturday at 9 am or in spirit using the meditations*

### **Mondays: Feed the Hungry with The Joyful Mysteries**

Today, offer your Rosary for an end to hunger and food insecurity; for all those who are hungry to receive a meal served with love today, and in thanksgiving for all those who serve at food pantries and soup kitchens.

After each Rosary meditation, pray one Our Father, ten Hail Marys, the Glory Be and the Fatima Prayer ("Oh my Jesus, forgive us our sins..."). Meditations courtesy of "Praying the Rosary with Pope Francis" by Twenty Third Publications. Learn how to pray the Rosary here. <https://marian.org/mary/rosary/how-to-pray>

#### First Joyful Mystery

***The Annunciation:*** *If we do not lower ourselves, we are not Christian.*

It's hard to imagine a "lowering" more profound than that of God coming to earth as a human being, taking on our form and nature. More than that, to pick a young, unmarried woman from an insignificant town to be the bearer of his Son seems the height of absurdity. Yet it was this girl still in her teens, betrothed but not yet married to her fiancé, whom God chose, confident that she was worthy of the task, in spite of any ridicule or suspicion that would surround her pregnancy. Indeed, as Pope Francis points out, our primary call as disciples is to lower ourselves so that we may be of service to others, no matter the cost. God's example is ours, and Mary's assent is our path to follow.

**PONDER:** How willing am I to offer up everything in service to God?

**PRAY:** *Mary, give me your bravery in all that I do.*

#### Second Joyful Mystery

***The Visitation:*** *This is the song of those who have faced the struggle of life while holding on to hope.*

Two moments stand out in the account of Mary visiting Elizabeth. First, the child in Elizabeth's womb, aware of the identity of Mary's child, leaps when Mary arrives. And Mary sings a wondrous and humbly triumphant song of praise to God: the Magnificat. Pope Francis says that this song is OUR song: the song of the saints. Some of these saints, he says, we know well. Others are known only to God, but we meet them daily: moms and dads and grandparents and teachers and public servants and lay ministers and priests and sisters...and children. We are all part of this song of hope. In this encounter it is clear that "the little people" matter greatly to God. God does not forget us!

**PONDER:** How authentic is my praise for God's goodness?

**PRAY:** *Elizabeth, help me to recognize the saviors in my midst.*

### Third Joyful Mystery

***The Birth of Jesus:*** *God became a child to reach out to us through his love, humility and poverty.*

The mystery of the Incarnation, says Pope Francis, is that God chose to come to us to share completely in our lives. He didn't just make an appearance or announce his presence with some grandiose miracle. Rather, he came as one of the most humble, helpless creatures: a human baby. Pope Francis reminds us that, by choosing to come among us in this way, God shows us how we are to be for one another: open, vulnerable, and innocent. That flies in the face of how we think we should be: powerful, wary, and crafty. But Jesus' model of "simplicity, humility and meekness" is what we are asked to follow.

**PONDER:** How does innocence still inform my life?

**PRAY:** *Holy Infant, help me to trust in the power of goodness and humility to guide my life.*

### Fourth Joyful Mystery

***The Presentation in the Temple:*** *Let us be led by the Spirit, who always invites us to joy.*

Forty days after Jesus' birth, Mary and Joseph bring him to the temple. And there they have a profoundly moving encounter with the aged Simeon and Anna—two people who have lived their lives serving God and who are now overjoyed to meet their Savior in the form of this little baby. This is, Pope Francis tells us, a remarkable encounter of "observance with prophecy," of the young family with wise elders—a true act of the Holy Spirit. To be open to the Spirit in every encounter of our lives—not being rigid or closeminded, but open to the possibility of meeting God face to face—is a wonderful gift!

**PONDER:** How open am I to the wisdom of others, especially from those from whom I least expect it?

**PRAY:** *Simeon and Anna, keep me open to the wisdom you share!*

### Fifth Joyful Mystery

***The Finding of the Child Jesus in the Temple:*** *Be protectors of God's gifts!*

When contemplating this all-too-human story of parental fear, disbelief, anguish, and then joy, Pope Francis concentrates on the role of Joseph as protector of the family. Throughout his life, Joseph remained the faithful partner and the guiding influence for Jesus, and the steady role model families need. Pope Francis uses this mystery to remind us of our need to protect one another—husbands and wives protecting each other, parents protecting children, children protecting parents, and all of us protecting our world. In this picture of the Holy Family, we see our own call revealed clearly.

**PONDER:** Am I a good protector of those I love?

**PRAY:** *Joseph, help me to follow your example of steady, patient care for others*