



St. Dominic did not invent the rosary, yet he saw it as a way to offer a more inclusive prayer ritual, that empowered lay people, and helped people find God in the ordinary and everyday events of their lives, as so preached about it often.

These are many of the same things contemporary believers are re-discovering about the Rosary today.

Praying the Rosary as a Family

The rosary, once thought of as a practice only for traditionally minded Catholics, is being re-discovered by a whole new generation.

1. Social media has taken the rosary **global**.
2. They see it as something **new** – at least new to them – and are looking for spiritual practices they can **adopt and adapt** to fit their life-style.
3. They are searching for ways to help them reduce stress and cope with anxiety, and are re-discovering the power of meditative prayer.

Click on [How to Pray the Rosary](#) for a user-friendly guide, including the words to all the prayers said during the rosary and when to say them.

What do people like about saying the Rosary?

1. It is comprised of short, repetitive prayers that are simple and easy to remember.
2. You can pray the rosary by yourself or with others.
3. The Rosary can be prayed anywhere at any time.
4. There is no rule about having to pray the rosary in one sitting. You can choose to divide it up praying one decade at a time over the course of the day or the weekend.

“You don’t need to pray the entire rosary to make the prayer work for your spirit. Pull out your beads and spend 2 minutes and 30 seconds (literally, I timed it) to pray a decade and think about a moment from Jesus’s life.” Nick Longo.

5. The rosary is **tactile**. Just holding the beads brings comfort and symbolically helps us experience a connection with God. In the Catholic tradition we call these objects and ritual gestures **sacramentals**, signs of God’s presence.
6. **The rosary tells a story**. The Joyful, Sorrowful, Glorious and Luminous mysteries recount events in the life of Jesus and Mary keeping in our memory the key events in the history of our salvation. They also remind us that all of us have joyful, sorrowful, glorious and enlightened moments in our lives, in which we too can experience God’s presence and love.
6. **Saying the rosary is a form of meditation**. It invites quiet reflection and contemplation. Like many meditative practices, it can reduce stress and promoted relaxation, as we literally **rest in the presence of God**.
7. **The value of rote prayer is sometimes underappreciated**. Many look upon rote prayer as an a poor substitute for the more intimate conversation prayer can be. Yet there are times when rote



You can think of the beads as a spiritual “fidget spinner” for young ones. Many claim the beads help them stay focused.

prayer helps ground us. Having formal prayers in our spiritual toolkit is especially helpful when our minds have worked themselves up into a flurry of emotions or we are at a loss for words and feeling overwhelmed. Knowing some common prayers also helps us pray with others.

The repetition of words and phrases is a common technique in meditation. The repetition creates strong long-term memories. Much like repeating an action over and over creates muscle memory. When we know something this well, we can do it without thinking about the doing of it. This frees up part of the mind to do or think about something else. In prayer, it helps eliminate distractions creating a space for God to speak to us.

If you want to teach the Rosary to your children, the best way it is say it with them. Start slowly.

- Introduce them to the prayers
- Try a decade at a time.
- Once they are comfortable with the prayers, introduce the mysteries.
 See our website for simple meditations on each mystery.
- Have different family members take turns leading the decades or reading the a short meditation for the mysteries.

For a Family Rosary, I recommend keeping it simple

The Introductory Prayers

The Sign of the Cross

The Apostles Creed

One Our Father

Three Hail Marys

One Glory Be

Five Decades – meditating on one of the four sets of mysteries

Announce the mystery and read a short meditation

One Our Father

Ten Hail Marys

One Glory Be

The Closing Prayer

The Salve Regina - Hail Holy Queen

With very young children I would skip the optional Fatima Prayer between decades and the Rosary Prayer after the Salve Regina.

Dr. Peg Hanrahan