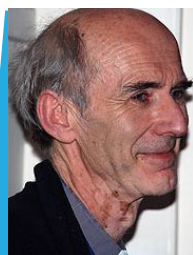


Life to the Full:

Living faith within our families

Monthly newsletter for parents: **October 2017**



The Rosary

In the Catholic tradition, October is 'the month of the rosary'. To mark this, Fr. Digby Samuels gently encourages us to pray the rosary within our families.

of human life', bringing it into harmony with the 'rhythm' of God's own life, the joyful communion of the Holy Trinity, our life destiny and deepest longing."

Countless generations have found the rosary a sure-fire way of letting Jesus and Mary in to their lives, growing in faith and closeness to them, and a powerful way of praying for others.

If you're someone who possesses a rosary but, for whatever reason, have stopped using it or have never done so, why not make a fresh start? Grandparents, and some parents, may remember a time when it was the custom every day to gather to pray the rosary as a family. For some this was an experience that became an important part of their faith journey; for others the memory is not that positive perhaps because it was 'rattled' through at great speed or because the presence of each child was far from voluntary! Whatever your past experience of the rosary, here's some guidance on how to pray it and why it could enrich your family life.

How to pray the rosary

As many will know, the main part of the rosary is divided into parts or 'mysteries': the Joyful, the Sorrowful, the Glorious, and Mysteries of Light. Each of these 'mysteries' is divided into five 'decades' (ten beads), usually following one 'Our Father' and ending with 'Glory be'. All are taken from sacred scripture and tradition, and

encompass our main beliefs in who Jesus Christ is and what he's done for us. All involve Our Lady, Jesus's mother Mary, in some way or another. When we pray the rosary we're invited to see Jesus with the eyes of Mary and to be drawn into his divine life. As Mary was closer to Jesus in his life on earth than anyone else she points the way for us and shows us that we, the Church, God's family on earth, are also called to be like her eventually in the glory of heaven but also in our lives here on earth.

Jesus, Mary and Joseph knew about family life first hand; they knew about being displaced (the flight into Egypt soon after Jesus's birth); they knew about conflict (when Jesus, as a teenager, was lost and when found by Mary and Joseph, he implied that he now had to make his Father's will a priority). If our family life includes similar tensions and more we can be sure that real help and support is right there in the prayer that is the rosary. Placing our trust in the Lord, we are sure to find a way through what seems humanly impossible.

To conclude with the words of Saint John Paul II: *"To pray the rosary is to hand over our burdens to the merciful hearts of Christ and his Mother; the rosary does indeed 'mark the rhythm*

What the Rosary Means to Me

My Nan taught me how to pray the rosary when I was little. She lived at home with us and every morning before we went to school she would make us sit down and say a decade. I must admit, as I got older I found the rosary a little pointless and I stopped praying it. But then, at some point in my adult life, I rediscovered it. I realised that rather than just 'praying-by-rote', the rosary not only offered a way to reflect on the life of Christ, it also provided a simple but profound gateway into contemplation. When my Nan died at the age of 93, I was blessed to be at her bedside, and at the 'hour of her death' I was there, praying the prayer that she taught me, for her and with her.

by Martin O'Brien

Download parent resources to help you lead the rosary with your children: www.tentenresources.co.uk/rosary