

**ST. FRANCES CABRINI  
2020 – 2021  
YOUTH FAITH FORMATION  
HANDBOOK**

*“I can do all things through Christ who strengthens me.”*

*– Saint Frances Xavier Cabrini*

Dear Parents & Guardians,

Welcome to the 2021-2022 Faith Formation year. St. Frances Cabrini is committed to support you in developing and guiding the faith journey of your child. Please remember our time with your child is very limited and encourage you to pray with them often, attend Sunday Mass with them, and seek out other opportunities to help your child encounter, grow and witness their faith daily.

"The role of parents in education is of such importance that it is almost impossible to provide an adequate substitute."  
*Catechism of the Catholic Church, n. 2221 (CCC)*

On behalf of the pastoral staff, Religious Education staff and Catechists of St. Frances Cabrini I thank you for your support and for trusting us with your child. We look forward to working in partnership with you on your child's faith journey. It is in working together that we are the Body of Christ and carry out His mission of building the Kingdom of God.

God bless,

Agnes Villarreal  
Director of Religious Education  
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313-928-4727

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# **ST. FRANCES CABRINI RELIGIOUS EDUCATION OFFICE MISSION STATEMENT**

## **OUR MISSION STATEMENT**

The St. Frances Cabrini Religious Education office strives to nurture children and adults as they move toward the path of discipleship in Christ, guided by the teaching authority of the Catholic Church.

## **SUPPORTING STATEMENT**

It is our prayer that with the help of the Holy Spirit all will fall in love with Christ and recognize Him in the Eucharist and in each other. In keeping with this philosophy, parents please notify the Religious Education Office of any special educational needs, allergies or concerns you are aware your child has. This information is kept private and confidential. It helps the Religious Education staff best educate and support your child/children.

“Catechesis is the act of handing on the Word of God intended to inform the faith community and candidates for initiation into the Church about the teachings of Christ transmitted by the Apostles.

It also involves the lifelong effort of forming people into witnesses to Christ and opening their hearts to the spiritual transformation given by the Holy Spirit.” [www.usccb.org](http://www.usccb.org).

## **GENERAL INFORMATION**

### **OFFICE LOCATION**

The Religious Education Office is located in the St. Frances Cabrini Grade School building. The office is located in the back of the school building; at the end of the main hallway please turn left and the office is located 3<sup>rd</sup> door on the right side of the hallway.

### **OVERVIEW OF PROGRAMS**

The Religious Education Office sponsors a variety of programs and events to nurture children and adults on their lifelong journey of faith. Some of the programs offered are:

- ❖ Reconciliation, First Communion and Confirmation Preparation: for children, who are parish members, participate in St. Frances Cabrini's Religious Education program or attend the St. Frances Cabrini grade school.
- ❖ Children's Liturgy of the Word: for 4 and 5 year old children offered at the 10:00am Sunday Mass. Mid-September (the Sunday after Catechetical Sunday) and concluding in the spring.
- ❖ Monday Evening Religious Education programs: for our parish children which offers them the opportunity to learn the about the Catholic faith.
- ❖ Rite of Christian Initiation for Adults (RCIA): for all people 8 years of age or older who have not participated in a Catholic faith formation program or received all of the Sacraments of Initiation into the Catholic Church.

Please visit the St. Frances Cabrini website at: [cabriniparish.org](http://cabriniparish.org) or contact the Religious Education office at 313-928-4727 for additional programs, information, or assistance.

### **CATECHIST TEACHERS**

Our Catechist Teachers and helpers are volunteers. They share their time, talent, and faith with your child. They are certified or working towards certification under the Archdiocese of Detroit Lay Ecclesial Minister Certification program.

### **PLEASE VOLUNTEER**

Volunteers are always appreciated and welcome. Volunteering demonstrates to your child the importance of sharing the gifts given by God through the time, talent and treasures we share with our parish community. It is with this in mind, that all parents/guardians are invited and encouraged to volunteer and assist with the success of the Religious Education program. Whatever time you can offer, no amount of time big or small will ever go unappreciated! Some areas where volunteers are needed include:

- ❖ Greeters and/or Hall Monitor
- ❖ Security/Traffic Patrol
- ❖ Classroom Helpers
- ❖ Substitute Religious Education Teacher
- ❖ Special Events: Mass, Rosary, Stations of the Cross, parties, etc.

Please contact the Religious Education office to volunteer and learn about how St. Frances Cabrini, the Archdiocese of Detroit and the United State Conference of Catholic Bishops (USCCB) is committed to keeping all of God's children safe by offering Protecting God's Children (PGC) to volunteers.

## **SACRAMENTAL PREPARATION OVERVIEW**

For complete information regarding St. Frances Cabrini's sacramental preparation programs please refer to the Sacramental Handbook for which your child is participating in. You may obtain a copy of this handbook at:

- ❖ <https://cabriniparish.org/>
- ❖ Religious Education tab
- ❖ Resources

## **CHILDREN'S LITURGY OF THE WORD**

Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." Matthew 19:14

Children's Liturgy of the Word presents the Gospel in an age appropriate presentation for children ages 4 – 6 years old.  
Sunday at 10:00AM Mass: Mid-September (The Sunday after Catechetical Sunday) – Spring

Just before the Liturgy of the Word begins, children are invited to the foot of the sanctuary for a blessing and then dismissed to listen and learn about the Gospel. The children return to join their family and their parish family for the liturgy of the Eucharist.

# **RELIGIOUS EDUCATION PROGRAM INFORMATION & CURRICULUM**

## **MONDAY EVENING RELIGIOUS EDUCATION**

Religious Education classes are held on Monday evening's beginning in Mid-September (the Monday after Catechetical Sunday) and concluding in the spring.

1<sup>ST</sup>-6<sup>TH</sup> GRADE SESSION - 4:30-6:00PM OR 6:30- 8:00PM

7<sup>TH</sup> -8<sup>TH</sup> GRADE SESSION - 6:30- 8:00PM

## **PUBLISHER INFORMATION**

Blest Are We – Faith In Action, published by RCL Benziger.

## **TRADITIONAL PRAYERS**

Following is a list of traditional prayers. Many of the prayers are recited during Mass so your child has the opportunity to commit them to memory 52 Sundays a year, plus Christmas and Easter Mass, along with attending Mass for Holy Days of Obligation. Prayers may be found at the back of this booklet.

- 1st Grade: Hail Mary, Glory Be, Guardian Angel, Our Father, Sign of the Cross, Grace before Meals
- 2nd Grade: Act of Contrition, Prayer Before Communion, St. Michael Prayer
- 3rd Grade: Apostle's Creed
- 4th Grade: Nicene Creed
- 5th Grade: How to Pray the Rosary with Mysteries
- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade: All Mass Prayers, Prayer to the Holy Spirit

## **CELEBRATION OF MASS**

Mass will be celebrated throughout the year for each catechism session.

At Mass or the Lord's Supper, the people of God are called together into one, with a priest presiding and acting in the person of Christ, to celebrate the memorial of the Lord or Eucharistic sacrifice. For this reason Christ's promise applies supremely to such a local gathering of the holy Church: "Where two or three are gathered in my name, there am I in their midst" (Matthew 18:20). For the celebration of the Mass, which perpetuates the Sacrifice of the Cross, Christ is really present in the very assembly gathered in his name; he is present in the person of the minister, in his word, and indeed substantially and continuously under the Eucharistic species.

<https://www.usccb.org/prayer-and-worship/the-mass/upload/celebrating-the-lords-day.pdf>

Every effort will be made to help your child fully understand, participate in and celebrate Mass. This pledge is with the understanding that the St. Frances Cabrini Religious Education staff and volunteers work to reinforce the example you set as your child's first teacher of their Catholic faith. A few expectations of the children when celebrating Mass include:

- ❖ Entering church quietly, respecting the sanctity of the Holy place they have entered
- ❖ Genuflecting or bowing to the tabernacle, where Jesus lives, before entering the pew
- ❖ Participating in prayer and song during the celebration of the Mass

## **RECONCILIATION (PENANCE)**

During the season of Advent and Lent your child/children will participate in the sacrament of Reconciliation during their regularly scheduled Religious Education class.

The USCCB (United States Catholic Council of Bishops) encourages all to celebrate the Sacrament of Reconciliation and states:

In the Sacrament of Penance and Reconciliation, also called confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in him. In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope, and sacrificial love in the Eucharist.

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/upload/Penance-Statement-ENG.pdf>

## **CIRCLE OF GRACE & SAFE ENVIRONMENT POLICIES**

Circle of Grace is a program administered by the Archdiocese of Detroit in response to the United States Catholic Conference of Bishops (USCCB) and Pope Francis to ensure all of God’s children have the tools and support necessary to protect themselves. It is a Safe Environment Program taught at every grade level with age appropriate content. If you would like to review the curriculum or if you prefer to teach your child the curriculum at home (thus opting out of the classroom program) please notify the Religious Education Office before September 15<sup>th</sup> and arrangements will be made for your request to be honored and the curriculum will be provided for you to complete at home with your child/children. The following is a summary of curriculum content shared with the children and reinforced throughout the year:

- 1<sup>st</sup> Grade: What Is The Circle of Grace? Feelings, Touch & Secrets Safety Plan
- 2<sup>nd</sup> Grade: What Is The Circle of Grace? Feelings, Touch & Secrets Safety Plan
- 3<sup>rd</sup> Grade: What Is The Circle of Grace? Boundaries & Our Limits of Our Circle of Grace
- 4<sup>th</sup> Grade: Internet Safety
- 5<sup>th</sup> Grade: Understanding the Influence of the Media on Our Circle of Grace
- 6<sup>th</sup> Grade: Circle of Grace; Pieces of the Puzzle  
Circle of Grace; Safe Relationships  
Circle of Grace; Boundaries/Every Piece has its Border
- 7<sup>th</sup> Grade: Saying “NO” to Disrespect & Honoring Everyone’s Circle of Grace
- 8<sup>th</sup> Grade: Circle of Grace How to be Morally Responsible in Today’s Culture
- 9<sup>th</sup> Grade: Communion of Saints  
Activity - Action PLAAN  
Mary and Joseph say "Yes"  
When the Circle is Broken
- 10<sup>th</sup> Grade: Recognizing and Responding to Boundary Violations
- 11<sup>th</sup> Grade: Boundaries and Emotional Grooming
- 12<sup>th</sup> Grade: Love and the Theology of the Body

## **POLICIES & PROCEDURES**

### **ATTENDANCE**

Notify the Religious Education Office if your child will be absent.

313-928-4727

DRE@cabriniparish.com

To help your child develop a life of faith it is important for them to attend all classes. If your child misses a class, absent work will assist them in continuing to learn about their Catholic faith. The absent work should be completed at home with your support and returned to your child's Catechism Teacher at the next Catechism session. Once absent work is complete and returned to your child's teacher they will receive an excused absence and credit will be given for the missed class.

Sometimes life events prevent children from attending scheduled Religious Education classes. These extenuating circumstances will be handled on an individual basis by the Religious Education office in consultation with the pastoral staff. Please know if 3 or more unexcused absences occur, the Religious Education office staff will reach out to you, the parent/guardian, to discuss the unexcused absences as it does impact your child's faith formation. It is necessary that children continuously build upon their faith before they move on to the next grade level in the learning process.

Absences may impact participation in the celebration of sacraments.

### **LATE ARRIVAL & EARLY RELEASE**

Class time is extremely valuable; as each Religious Education class is only 1 ½ hours. It is important that each child be in the classroom and are ready to begin class at the scheduled time. Please contact the Religious Education Office in anticipation of a late arrival to ensure that your child will be greeted at the entrance and have access into the school building.

Should you need to pick-up your child/children early from a Religious Education class please contact the Religious Education office to coordinate this early release. Every effort will be made to have your child/children ready for pick-up at the designated time. Please arrive a few minutes early so you have time to complete the Early Release Form kept on file in the Religious Education Office.

Children will only be released to a parent/guardian. If this responsibility is delegated to someone else, parents must state this authorization in writing prior to dismissal. Please make sure the responsible party knows they will need to provide a valid Driver's License or State Id to ensure the safety of your child/children at the time of pickup.

## **PICK UP & DROP OFF PROCEDURE**

In compliance with the Archdiocese of Detroit (AOD) Safe Environment Protocol and to ensure the safety of everyone, only children participating in Religious Education will be admitted into the school building. Exceptions to this procedure will be reviewed on an individual bases.

Parents/guardians should you need to meet with your child's Religious Education teacher or a member of the Religious Education staff please call to schedule an appointment or send a note with your child requesting a meeting.

### **DROP OFF**

- ❖ 1<sup>st</sup> grade children will enter directly into their classroom from the parking lot
- ❖ 2<sup>nd</sup> grade children will enter the building utilizing the corner door entrance from the parking lot
- ❖ 3<sup>rd</sup> and 4<sup>th</sup> grade children will enter the building utilizing the main doors of the grade school
- ❖ 5<sup>th</sup> - 8<sup>th</sup> grade children will be enter the building utilizing the middle school doors
- ❖ Please note on scheduled Mass Day's all children will report directly to the church utilizing the main church doors off of Wick Road

### **PICK UP**

- ❖ 1<sup>st</sup> and 2<sup>nd</sup> grade children will be released only to a parent/guardian at dismissal
- ❖ 3<sup>rd</sup> and 4<sup>th</sup> grade children will be dismissed from the classroom and exit the building on their own at the main doors of the grade school
- ❖ 5<sup>th</sup> - 8<sup>th</sup> grade children will be dismissed from their classroom and exit the building on their own at the middle school doors

## **COVID-19 PROTOCOL**

Many adjustments have been made to be obedient to the requirements implemented by the State of Michigan due to COVID-19. Please know St. Frances Cabrini is committed to ensuring everyone's health and safety. Policies will be updated to maintain compliance with the State of Michigan.

- ❖ Masks must be worn at all times in the building
- ❖ Classroom size is limited to adhere to CDC distancing guidelines
- ❖ Children are welcome to bring their own hand sanitizer

Should the State of Michigan mandate a state wide quarantine the Religious Education office will advise families through email of proper protocol's.

## **CLASSROOM EXPECTATIONS**

Please review the following with your child/children:

- ❖ Children are expected to conduct themselves in a courteous and respectful manner
- ❖ Verbal or physical abuse cannot be tolerated
- ❖ For the safety of all; children are required to walk, not run, jog, skip, etc.
- ❖ Gum is a sticky mess and is not permitted in the church or classroom
- ❖ Deliberately defacing school or church property is not appropriate. The cost of damage/repair is the responsibility of the family.

Your child's Catechism Teacher will notify the Religious Education office of any concern encountered during class. It is the responsibility of the Religious Education staff to address the concern, on an individual basis, with the child and/or parent/guardian. Unresolved concerns may be presented to the pastoral staff for further review.

## **CELL PHONES & OTHER ELECTRONICS**

Cell phones and electronics are a distraction and a temptation!

I guarantee when your child is participating in other activities (cheer, art class, baseball, soccer, football, karate, volleyball, swimming, gaming, etc.) they are not utilizing their cell phone or other electronics, so the same is expected during Religious Education.

In the event of an emergency phones are available; you, the parent/guardian, will be notified.

The Religious Education staff and volunteer Catechists respectfully ask you, the parent/guardian to not allow your child/children to bring their cell phone and other electronics to religious Education classes, meetings, or other events.

Your child's Catechism Teacher will notify the Religious Education office of any concern encountered during class. It is the responsibility of the Religious Education staff to address the concern, on an individual basis, with the child and/or parent/guardian. Unresolved concerns may be presented to the pastoral staff for further review.

## **DRESS CODE**

Please encourage your child to dress modestly.

Items of clothing which are not modest or reflect a Catholic message include:

- ❖ Clothing that is deliberately torn or damaged
- ❖ Miniskirts, shorts, dresses etc. - shorter than 6 inches above the knee
- ❖ Pajama pants/shorts
- ❖ Sagging pants/shorts displaying undergarments
- ❖ Sheer clothing or clothing with undergarments on display
- ❖ Crop tops with midriffs on display
- ❖ Camisole tops, “spaghetti” straps, tube tops, etc.
- ❖ Clothing with offensive messages, profanity, alcohol, violence, etc.
- ❖ Hats
- ❖ Sunglasses

“God has made the human body beautiful.

Immodest attire neither contributes to the promotion of the human person nor to the establishing of the Kingdom.”

(Monsignor Charles M. Mangan – Official. Queenship Publishing Company, Goleta, California.)

## **ACCIDENTS AND INJURIES**

An Emergency Medical Treatment Form for each child is required to be on file with the Religious Education Office in order for the child to participate in any Religious Education activities.

Please be advised the Religious Education Staff, Catechism Teachers, volunteers, etc. are not allowed to administer medication.

Children who become ill or injured will be brought to the Religious Education Office and a parent/guardian will be notified. If the parent/guardian is not available, procedures will be followed according to the child’s Emergency Medical Form on file in the Religious Education Office.

## **BUILDING SECURITY**

To ensure the safety of your child, catechists, volunteers, etc. and in compliance with the guidelines established by the Archdiocese of Detroit parents/guardians or other visitors are not permitted to enter or walk throughout the building before/during or after a class, etc.

## **WEATHER & EMERGENCY CANCELLATION POLICY**

Notifications regarding the cancellation of Religious Education classes, etc. will come directly through text and/or email notification if the need to cancel arises. Call the Religious Education office: 313-928-4727 whenever in doubt.

## **FIRE, SEVERE WEATHER & SAFETY DRILLS**

Drills will be conducted throughout the year in compliance with the AOD and State of Michigan safety standards.

## **PRAYERS**

### **SIGN OF THE CROSS**

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### **GUARDIAN ANGEL PRAYER**

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light, to guard, to rule and guide.

### **GLORY BE**

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

### **OUR FATHER**

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. Amen.

### **HAIL MARY**

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 death. Glory Be to the Father, and to the Son, and to the Holy Spirit.

### APOSTLES CREED

I believe in God, the Father Almighty, Creator 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, died, and was buried.

He descended into Hell; the third day He rose again from the dead;

He ascended into Heaven, and sitteth 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.

### NICENE CREED

I believe in one God,  
the Father, the Almighty,  
Maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the only-begotten Son of God,  
born of the Father before all ages,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father.

Through him all things were made.

For us and for our salvation  
he came down from heaven:

**(Bow in reverence during the following)**

*by the power of the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.*

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is adored and glorified.  
He has spoken through the Prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one baptism for the forgiveness of sins,  
and I look forward to the resurrection of the dead,  
and the life of the world to come.

#### **ACT OF CONTRITION**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In His name. My God have mercy. Amen.

#### **PRAYER BEFORE COMMUNION**

My Lord Jesus Christ, I firmly believe that I am about to receive, in Holy Communion, Your Body, Your Blood, Your Soul, and Your Divinity. I believe this because You have said it, and I am ready to give my life to maintain this truth. Amen.

#### **PRAYER AFTER COMMUNION – ANIMA CHRISTI**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus hear me.  
Within your wounds hide me.  
Separated from you, let me never be.  
From the evil one protect me.

At the hour of my death, call me.

And close to You bid me.

That with Your saints and angels, I may be praising you forever and ever. Amen. ~ St. Ignatius of Loyola

**PRAYER BEFORE MEALS**

"Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy bounty through Christ, our Lord. Amen."

**PRAYER TO THE HOLY SPIRIT**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen

**PRAYER TO ST. MICHAEL THE ARCHANGEL**

St. Michael the Archangel,  
defend us in battle.

Be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray,  
and do thou,

O Prince of the heavenly hosts,

by the power of God,

thrust into hell Satan,

and all the evil spirits,

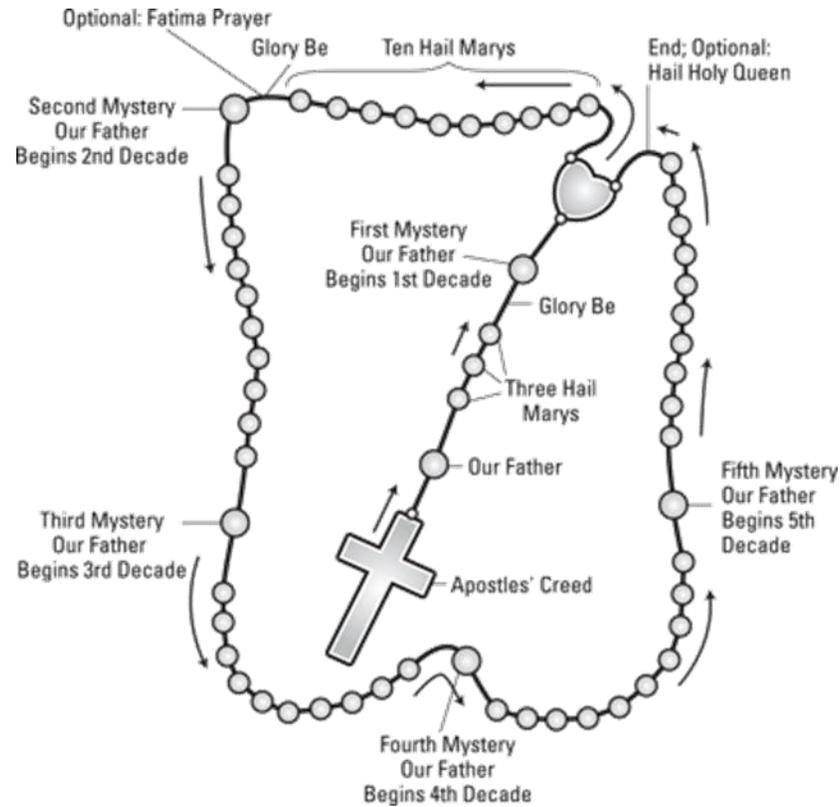
who prowl about the world

seeking the ruin of souls.

## HOW TO PRAY THE ROSARY - By Rev. John Trigilio Jr., Rev. Kenneth Brighenti

According to pious Catholic tradition, in the 13th century, Mary, the Mother of God, appeared to St. Dominic de Guzman, gave him a rosary, and asked that instead of praying the Psalms on beads or knots; the faithful pray the Hail Mary, Our Father, and the Glory Be.

Fifteen decades made up the original Dominican Rosary, but it was later abbreviated. A *decade* refers to ten Hail Mary's preceded by the Our Father and ending with a Glory Be. Today, most Catholics use the five-decade Rosary.



### 1. **Start at the crucifix, and pray the Apostles' Creed.**

I believe in God, the Father Almighty, Creator 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, died, and was buried; He descended into hell; on 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 there He will 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.

2. **On the next large bead, say the Our Father (the Lord's Prayer).**

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. Amen.

3. **On the following three small beads, pray three Hail Mary's.**

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. Amen.

4. **On the chain, pray the Glory Be.**

Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

5. **Announce the first mystery for that day of the week or season.**

6. **On the large bead, start the first decade and pray the Our Father.**

7. **On the ten beads after that, pray ten Hail Mary's.**

8. **On the chain, pray a Glory Be.**

9. **Many Catholics add the Fatima Prayer after the Glory Be and before the next mystery.**

O My Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those in most need of Thy mercy. Amen.  
*If you followed the preceding steps, you've just completed the first decade of the Rosary. Now, repeat Steps 5 through 9 four more times to finish the next four decades, continuing with the second mystery in the appropriate list, then the third, and so on.*

10. **Then, at the end of your Rosary, say the Hail Holy Queen. (Saying this isn't obligatory, but it's customary.)**

Hail, Holy Queen, Mother of mercy, 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 valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward 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 salvation; grant we beseech Thee, that meditating upon these mysteries of the most 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.

### **Meditating on the mysteries**

While saying the prayers of the Rosary, Catholics meditate on what are called the Joyful, Luminous, Sorrowful, and Glorious Mysteries of the Rosary. But saying the mysteries is really no mystery at all, because each refers to a different passage in the life of Christ or Mary, His mother. Each decade (an Our Father, ten Hail Mary's, and a Glory Be) recalls a different mystery.

**Joyful Mysteries** - are prayed on Mondays and Saturdays and they remind the faithful of Christ's birth (they may also be said during the whole Christmas season):

1. The Annunciation (Luke 1:26–38)
2. The Visitation (Luke 1:39–56)
3. The Nativity (Luke 2:1–21)
4. The Presentation (Luke 2:22–38)
5. The Finding of the Child Jesus in the Temple (Luke 2:41–52)

**Luminous Mysteries** – are prayed on Thursdays and they remind the faithful of the light Christ has brought to the world (they may also be said during season of Advent):

Pope John Paul II added the *Mysteries of Light*, also known as the *Luminous Mysteries*, in 2002.

1. The Baptism in the River Jordan (Matthew 3:13–17)
2. The Wedding Feast at Cana (John 2:1–11)
3. The Preaching of the Coming of the Kingdom of God (Mark 1:14–15)
4. The Transfiguration (Matthew 17:1–8)
5. The Institution of the Holy Eucharist (Matthew 26:17–29)

### **Sorrowful Mysteries**

The *Sorrowful Mysteries* are prayed on Tuesdays and Fridays, and they remind the faithful of His Passion and death (they may also be said during the entire season of Lent, the 40 days before Easter):

1. The Agony of Jesus in the Garden (Matthew 26:36–56)
2. The Scourging at the Pillar (Matthew 27:26)
3. The Crowning with Thorns (Matthew 27:27–31)
4. The Carrying of the Cross (Matthew 27:32)
5. The Crucifixion (Matthew 27:33–56)

### **Glorious Mysteries**

The *Glorious Mysteries* are prayed on Wednesdays and Sundays, and they remind the faithful of His Resurrection and the glories of heaven (they may also be said during all of Easter season):

1. The Resurrection (John 20:1–29)
2. The Ascension (Luke 24:36–53)
3. The Descent of the Holy Spirit (Acts 2:1–4)
4. The Assumption of Mary, the Mother of God, into heaven
5. The Coronation of Mary in heaven