

Congregation for Institutes of Consecrated Life and Societies of Apostolic Life

*Rejoice,
full of
grace!*



MEDITATIONS ON THE ROSARY
ORDO VIRGINUM - MAI 2021



Vatican City, 13 May 2021
Solemnity of the Ascension of the Lord

Dearest consecrated women of the *Ordo virginum*,

In March 2020 we were forced to postpone the International Meeting with which we intended to solemnly celebrate the fiftieth anniversary of the promulgation of the renewed Rite of Consecration of Virgins. Unfortunately, the pandemic does not yet allow us to set a new date for your gathering in Rome, but it does not prevent us from keeping alive the sense of communion between you and the Holy See.

In his Message of 31 May 2020, Pope Francis urged you not to extinguish the prophecy of your vocation and to express it “within the symphonic unity of the Church, which is built up when she can see in you women capable of living the gift of sisterhood”. In this spirit, last year you shared in a prayer vigil. Though physically distant, you lifted your prayer, becoming the voice of the Church, which with the love of a bride together with the Spirit pleads: *Come, Lord Jesus!*

This year we invite you once again to unite in prayer, with the proposal of a meditated Rosary prepared in collaboration with consecrated women from many countries. You can use it for personal or community prayer, together with other consecrated virgins and women in formation, or with the Holy People of God, in the ways that circumstances suggest.

The spiritual life of every consecrated virgin is nourished by contemplative prayer and familiarity with biblical revelation, acquired above all through *lectio divina* and the in-depth study of the Scriptures, and takes shape beginning with the celebration of the sacraments and the Liturgy of the Hours, in obedience to the proper rhythm of the liturgical year. On this solid foundation, other forms and practices of prayer belonging to the tradition of the Church are also rooted (cf. *Ecclesiae Sponsae Imago*, 29-30 and 35).



In fact, “Other references Christians find for their prayer and devotion take on meaning from Christ’s sole mediation, first among them, the Virgin Mary, Jesus’ Mother. She occupies a privileged place in the lives of Christians, and therefore, in their prayer as well, because she is the Mother of Jesus” (Francis, *General Audience*, 24 March 2021).

The Rosary is a school of prayer that challenges us: meditation on the mysteries of the Lord’s life helps us to recognize God’s work in history, makes us stronger in promoting the good, and opens our hearts to intercede for the needs of the whole world. During this month of May, Pope Francis invited the whole Church to unite in the recitation of the Rosary so that from the whole Church “*unceasing prayer to God*” may rise to plead for the end of the pandemic, preparing for the conversion necessary to change our lifestyles and “infect” the world with evangelical charity.

This meditated Rosary, which intertwines the reflections and prayers of consecrated women from many countries, is a reminder of the communion which unites you in the *Ordo virginum*. It reflects your commitment to cultivate mutual esteem and to make the most of each one’s gifts. Therefore, it is also a mutual encouragement to live your vocation joyfully in the school of the Virgin Mary.

In this Year dedicated to Saint Joseph, we invoke his blessing on all of you and on the women who are preparing to receive the consecration of virgins. In his Message for this year’s World Day of Prayer for Vocations, Pope Francis invites us to look to him as the *protector of vocations*: following his example, may you, likewise, promptly and generously realize the dream God has for your life!

João Braz Card. de Aziz
Prefect

✠ José Rodríguez Carballo, O.F.M.
Archbishop Secretary



Joyful mysteries

Reciting the Rosary is to enter a dynamic of contemplative prayer. The consecrated virgin, through her particular service of spousal prayer, at the rhythm of the Hail Mary, immerses herself into the experience of the Blessed Virgin to be configured to the joy of God himself who, from the depths of his Trinitarian being, decides to save humanity.

God reveals to us that love is the essence of everything He makes: out of love He creates, makes himself known, accompanies his people and inhabits history. And the joy of God is a girl from Nazareth of Galilee who opens her whole being to the love of the One who loves and calls her.

In her, humanity can return to God's original plan, rediscover hope, sing - thankful and joyful - for the generosity poured out by God and welcomed by Mary, the humble and courageous girl who dared to speak to him and with her Yes, represent us all. And so we finger the beads, as we contemplate the mystery of Mary's vocation and the dynamism that arises from this call: the voice of God encourages us to set out, to bring the news to others, to get them involved, to serve them, with the joy of the *Magnificat*. Changing our gaze, he guides us to be stripped of self, to contemplate Him in the simplicity of a Child born in Bethlehem, to share with humanity the paths indicated by the law of God, to understand the obedience of the One who was about His Father's business. These mysteries move through the prayerful heart of the consecrated virgin and make her share in the joy and happiness of the Bridegroom, who delights in the simple ones, the little ones, those rejected by the world.



First Joyful Mystery

THE ANGEL ANNOUNCES THE BIRTH OF JESUS TO MARY



Behold, a virgin shall conceive and bear a son,
and shall call his name Emmanuel.

(Is 7:14)

And Mary said, "Behold, I am the handmaid of the Lord;
let it be done to me according to your word."

And the angel departed from her.

(Lk 1:38)

Mary, you are blessed, for it is in you that God's promise has been fulfilled, it is in you that the Word through whom all things were created has become incarnate. Thanks to your humility, God found in you the dignity of being the Mother of his Son who came into the world to save our sinful humanity. How the Lord honored virginity: he chose a pure virgin like you to be his holy Temple. And then when the Angel announced to you that the Holy Spirit dwells in you, you let yourself be led by his work and obeyed the Holy Will of God, even if it was unfathomable. Thus, it is in your image that your Son founded his Church.

Mioly Andoniaina Ravalohery (Madagascar)

- By imitating your "yes", we learn to welcome the Word of God and to put it into practice.
Virgin of virgins, intercede for us!
- By the Incarnation of the Son of God, we are filled with lively hope, until the definitive encounter with him.
Virgin of virgins, intercede for us!
- Because of you, we can say "Let it be done to me according to Your Word."
Virgin of virgins, intercede for us!

Our Father, 10 Hail Marys, Glory be to the Father

Second Joyful Mystery

MARY VISITS HER COUSIN ELIZABETH



My heart exults in the Lord.
(1Sam 2:1)

In those days Mary arose and went with haste
into the hill country, to a city of Judah, and she
entered the house of Zechariah and greeted Elizabeth.
(Lk 1:39-40)

Mary, as soon as you received the Kiss of the Spirit, then from your maternal womb Love burns in you to offer yourself entirely so that your Son may be glorified. Virgin and fruitful mother, you get up, with haste, to go and make His Name known through works of charity. Marvel at what is happening, astonishment at the manifestation of the living God, outpouring in praise, exultation that will spread from age to age. Thus, we will be able to leap with joy at the breath of the Spirit, at the voice of the Spouse, at the whisper of the Father, to sing with you our own Magnificat and glorify Him forever!

Pascale de Montigny (Canada)

- That we may be prompt to know how to help
and serve our brothers and sisters.
Mary, intercede for us!
- That we may never lack faith in God's promises.
Mary, intercede for us!
- That we always feel the Spirit of the Loving God in us.
Mary, intercede for us!

Our Father, 10 Hail Marys, Glory be to the Father

Third Joyful Mystery

JESUS, THE SON OF GOD, IS BORN OF THE VIRGIN MARY



For to us a child is born.
(Is 9:6)

When the angels went away from them into heaven, the shepherds said to one another, “Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us.”

And they went in haste, and found Mary and Joseph, and the baby lying in a manger. And when they saw this they made known the saying which had been told them concerning this child.

(Lk 2:15-17)

What an excess of love your birth shows, the love with which God wants to conquer our hearts! In Bethlehem, Jesus and the Virgin Mary gave us shining examples of humility, poverty and mortification, so that men and women could love these virtues with all their hearts. Like the shepherds, let us contemplate God who reveals himself in the smallness and simplicity of a child. Full of joy, we announce to all: this Child is our God, our Creator, our Father, our Brother, our Master, our Friend. And Mary is our Mother, our Guide, our Friend.

Edith Palomo Barragán (Colombie)

- That all humanity may be reached by the Good News of Salvation.
Mother of God, show Jesus to the world!
- That life may always be welcomed, protected, and valued.
Mother of God, pray for us!
- That Jesus’ birth, his life and dedication may motivate us to fight for a better world.
Mother of God, pray for us!

Our Father, 10 Hail Marys, Glory be to the Father

Fourth Joyful Mystery

MARY AND JOSEPH PRESENT JESUS IN THE TEMPLE



And he will redeem Israel from all its iniquities.
(Ps 130:8)

And when the time came for their purification
according to the law of Moses, they brought him up
to Jerusalem to present him to the Lord
(as it is written in the law of the Lord, “Every male
that opens the womb shall be called holy to the Lord”).
(Lk 2:22-23)

Your prophecy, Simeon, is not addressed only to Mary; it is for all who follow Christ. The sword of pain pierces our hearts: wars, injustices, persecutions, misunderstandings, diseases. Victory comes from a Child: Love incarnate. This Love gives us the strength, the grace, and the courage to face pain. Like Mary, our mother, who kept everything about him in her heart, in peace. In this meeting we introduce ourselves: Lord, we offer you our life so that, with your blessing, it may become a light that shines with hope despite the darkness. Our expectation does not disappoint, but it blooms with joy.

Anan Alkass Yousif (Iraq)

- That parents help their children recognize the primacy of God over all.
Mother, intercede for us!
- So that children grow in freedom and responsibility in learning to love.
Mother, intercede for us!
- That our elders know how to give witness that God is faithful and always keeps his promises.
Mother, intercede for us!

Our Father, 10 Hail Marys, Glory be to the Father

Fifth Joyful Mystery

MARY AND JOSEPH FIND JESUS IN THE TEMPLE, AMONG THE DOCTORS



I will delight in your statutes.
(Ps 119 [118]:16)

And when they saw him they were astonished; and
his mother said to him, "Son, why have you treated us so?
Behold, your father and I have been looking for you anxiously."
And he said to them, "How is it that you sought me?
Did you not know that I must be in my Father's house?"
(Lk 2:48-49)

Oh what joy and relief, Mary, when you have found your Son! But at that moment, Jesus surprised you with his question: what does it mean that he must stay in his Father's house? Keeping this question in your heart, you prepared yourself to accompany him in the time of his public ministry, of his Passion, of his Easter. We now know that we are God's temple and that Jesus lives in us. Teach us, Mary, not to be afraid of the difficult questions that life proposes to us, but help us to deepen our faith by listening to and questioning Jesus, in the certainty that his love never abandons us.

Bernadette Chen (New Zealand)

- When we find ourselves far from Jesus,
or when we exclude him from our lives:
Mary, lead us to Jesus!
- When we feel sadness, anguish, or loneliness:
Mary, lead us to Jesus!
- When as Christians we seek God's will together:
Mary, lead us to Jesus!

Our Father, 10 Hail Marys, Glory be to the Father



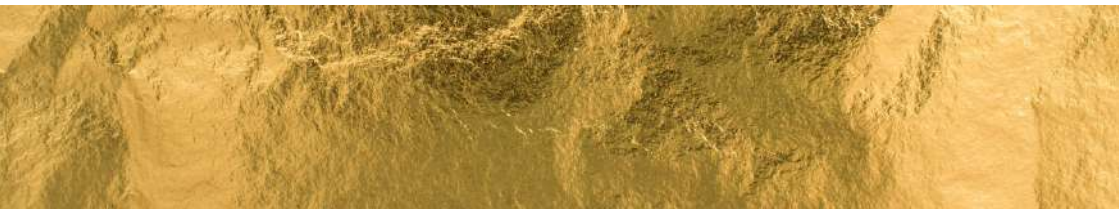


Luminous Mysteries

Contemplating the luminous mysteries helps us to become disciples. With the Mother's breath we go on a pilgrimage from the Jordan to Cana and we learn that God manifests himself with unexpected signs when "we do what he tells us". With the whisper of the Mother who becomes a pilgrim in silence, always looking at her Son, we go from Capernaum to Lake Tiberias. And contemplating Christ on Mount Tabor, with ten Hail Marys we ask her: how did you understand, Mary? It was Jesus' entire existence that illuminated your existence, even with its darkness.

Even the consecrated virgin immerses herself in the school of the Bridegroom, as a faithful disciple, who clings to his words, attentive to his gestures, and silences. Thus the light of God's life and mystery, which illuminates the Mother, enlightens those who pray the rosary and leads them to the Eucharist, a mystery that blends eternity with time, in our space, where intimate union takes place, full communion. There, we listen to Mary repeat as in Cana: "Do whatever he tells you!", And we turn our hearts and eyes to Jesus who says: "Do this in memory of me" ...

Living the beatitudes is to incarnate the memory of Jesus, healing hearts as Jesus did, teaching as did the Teacher, helping humanity to rise again as did Jesus who made others welcome, makes us sharers in the body of Christ, and makes us missionary disciples. Praying the rosary through the luminous mysteries leads us to have a Eucharistic heart, to live in intimacy with God and in thanksgiving, in a total offering, of eternal value, which is poured out over time.



First Luminous Mystery

JESUS IS BAPTIZED BY JOHN IN THE JORDAN



You are my son, today I have begotten you.
(Ps 2:7)

Now when all the people were baptized, and when Jesus also had been baptized and was praying, heaven was opened, and the Holy Spirit descended upon him in bodily form, as a dove, and a voice came from heaven, "You are my beloved Son; with you I am well pleased."
(Lk 3:21-22)

"You are my beloved son", the Father told you at your baptism in the Jordan. The heavens opened and the Holy Spirit descended upon you in the form of a dove to seal it. Your deepest desire, Lord, is to draw us into this intimate loving relationship of the Triune God. Make us ready, full of joy and love, to correspond to your desire. We want to accept this invitation and enter into eternal love between the Father, the Son and the Holy Spirit.

Elfriede Demml (Austria)

- Mary, freshness of clean water, free us from temptations so that like you we may always be pure of heart.

Pray for us!

- Mary, source of harmony, flood us with your grace so that our life reflects your beauty.

Pray for us!

- Mary, source of Mercy, help us to recognize our sins so that we may receive God's forgiveness.

Pray for us!

Our Father, 10 Hail Marys, Glory be to the Father

Second Luminous Mystery

JESUS PRESENT AT THE WEDDING AT CANA TRANSFORMS WATER INTO WINE



You have increased their joy.
(Is 9:3)

When the steward of the feast tasted the water
now become wine, and did not know where it came from
(though the servants who had drawn the water knew),
the steward of the feast called the bridegroom and said to him,
“Every man serves the good wine first;
and when men have drunk freely, an inferior one;
but you have kept the good wine until now.”
(Jn 2:9-10)

This is the peace that reigned at the wedding in Cana where the Virgin Mary asked her Son Jesus to perform his first miracle. In this, she already gives her Son to the world: his Body and Blood given for all. Amen.

Fizia Haddadi Souhila (Algeria)

- Woman attentive to the needs of others, teach us to be sensitive and caring towards our sisters and brothers.
Make us like you!
- Woman of the New Covenant help spouses to renew their fidelity and mutual dedication each day.
Make us like you!
- Woman of the feast, fill consecrated men and women with the joy of having given themselves entirely to God.
Make us like you!

Our Father, 10 Hail Marys, Glory be to the Father

Third Luminous Mystery

JESUS ANNOUNCES THE KINGDOM OF GOD



I have spoken of your faithfulness
and your salvation.
(Ps 40 [39]:10)

Now after John was arrested, Jesus came into Galilee,
preaching the gospel of God, and saying,
“The time is fulfilled, and the kingdom of God is at hand;
repent, and believe in the gospel.”
(Mk 1:14-15)

Lord Jesus, in your proclamation of the gospel, we hear the fruition of the Magnificat which came forth from your Mother: “he has mercy on those who fear him...and has lifted up the lowly”. After the thirty years lived next to Mary, in Nazareth, the time of salvation arrived. You proclaimed the good news of God as our Father. Each day I too am called to proclaim this greatness by being a sign of your presence in the world through my consecration. May I be faithful to this gift. With the grace of this mystery of light “let my whole life reflect my vocation and my dignity”.

Barbara Swieczak (USA)

- Virgin of the “yes”, draw catechumens and those who do not know God to the Lord.
Light our way!
- Model of the Christian life, accompany Young people questioning important choices for their lives.
Light our way!
- Virgin of the Beatitudes, console those who suffer persecution because of the Gospel.
Light our way!

Our Father, 10 Hail Marys, Glory be to the Father

Fourth Luminous Mystery

JESUS IS TRANSFIGURED BEFORE HIS DISCIPLES



You are clothed with honor and majesty.
(Ps 104 [103]:1)

And as he was praying, the appearance of his countenance
was altered, and his clothing became dazzling white.
And behold, two men talked with him,
Moses and Elijah, who appeared in glory and spoke
of his exodus, which he was to accomplish at Jerusalem.
(Lk 9:29-31)

Teach me to pray. The Spirit leads you to the holy mountain to meet the Father; the Glory of God is made manifest in the splendor of his light and you appear radiant and transfigured. Speak to me, Jesus, God and Man, of that intimacy in which you are wrapped, full of strength and infinite vitality, of peace, love, joy, serenity, sweetness; though ordinarily these remain hidden in humanity but this moment they are brilliant in beauty, light and goodness. You also saw Moses and Elijah appear glorious, thus confirming the Mysteries of faith, knowing that all of this foreshadowed your Glorious Resurrection and Eternal Life. It is good to be here!

Marievelia Ruiz Mora (Nicaragua)

- Rejoice Mary, Splendour of Divine Charity.
Show us the Beloved Son, of whom the Father was pleased.
Mother of Love, listen to us!
- Rejoice Mary, Charm of Purity. May listening to
Jesus transform our way of thinking, judging, and acting.
Mother of Love, listen to us!
- Rejoice Mary, Prophecy of the Heavenly Jerusalem.
May our hearts always yearn to see the face of the Lord.
Mother of Love, listen to us!

Our Father, 10 Hail Marys, Glory be to the Father

Fifth Luminous Mystery

JESUS INSTITUTES THE EUCHARIST AT THE LAST SUPPER



I will make with you an everlasting covenant.
(Is 55:3)

And as they were eating, he took bread, and blessed, and broke it, and gave it to them, and said, "Take; this is my body." And he took a chalice, and when he had given thanks he gave it to them, and they all drank of it. And he said to them, "This is my blood of the covenant, which is poured out for many."
(Mk 14:22-24)

It was not enough, Lord, to have come to earth, to have entered our history, to have become incarnate, to have suffered and died for our salvation; it was not enough to leave us your word, light for our steps. You also wanted to leave us your presence in the Eucharist as an "eternal covenant", food for the soul and the body! And we, Lord, in the face of such great love, cannot but be amazed and full of gratitude. And every time we eat your body and drink your blood, we unite ourselves to the experience of Mary your mother when she bore you in her womb; and so, with her we are one with you.

Dalia Kandalaft (Jordan)

- Sanctuary of the Divine Presence, renew in us the desire to participate in the Eucharistic table with purity, humility, and devotion.
Mother of the Church, pray for us!
- Immaculate Altar of your Son, sustain the Pope, Bishops, Priests, and Deacons in their service to the holy people of God.
Mother of the Church, pray for us!
- Tabernacle of the Incarnation, awaken in us the spirit of adoration, praise, and intercession.
Mother of the Church, pray for us!

Our Father, 10 Hail Marys, Glory be to the Father






Sorrowful Mysteries

Sharing joy and sharing pain: the communion of life that the consecrated virgin learns by following the path of Jesus' sacrifice, of the offering of the most profound humiliation, of the shame of superficiality, of absolute abandonment on the Cross. On this path she encounters once again the experience of the Mother who shares the destiny of her Son. Peacefully contemplating this sorrowful mystery, the consecrated virgin unites herself with the suffering Christ, while every whispered Hail Mary attunes her to the Mother's sorrow.

A sorrow which, shared with the Son, becomes redemptive and saving. And Mary, the Mother, repeats the rosary of her Yes, while the echo of Nazareth, full of light and joy, sustains her with faith. Praying the Sorrowful Mysteries brings us to the heart of the gift and sacrifice, it leads us to the concrete weight of God's kenosis in Jesus, which Mary had to ponder, ruminate, welcome, understand, and accept in her own experience as a woman, in her small and limited humanity. She is the Woman of the Yes also in Gethsemane and in the face of the cruelty of humanity, Woman of the Yes in the face of the superficiality of human nature, Woman of the Yes under the weight of the sorrow that is accepted, Woman of the Yes in the supreme moment of the Cross, she is the Woman of the Yes. Praying the sorrowful Mysteries is like echoing a verse from the *Stabat Mater*: "*Eia, Mater, fons amoris ... O thou Mother! fount of love! Touch my spirit from above, make my heart with thine accord: Make me feel as thou hast felt; make my soul to glow and melt with the love of Christ my Lord*".



First Sorrowful Mystery

JESUS PRAYS AND SWEATS BLOOD IN THE GARDEN OF OLIVES



And now the Lord says, who formed me
from the womb to be his servant.

(Is 49:5)

And he withdrew from them about a stone's throw,
and knelt down and prayed, "Father, if you are willing,
remove this chalice from me; nevertheless not my will,
but yours, be done."

(Lk 22:41-42)

Lord Jesus: What contemplation have you immersed yourself in the depths of your soul to unite to the will of the Eternal Father even in the midst of the greatest pain! On your knees, in an act of love and humility, denying yourself, you surrendered to divine designs. Blessed are you, Jesus, who walked in the will of the heavenly Father until the last breath. Blessed also is the consecrated virgin and each one of your disciples who, in tribulation, in the midst of the most disconcerting trial, does not hesitate to do your will!

Maria Luisa Meza (El Salvador)

- In anguish and fear, may prayer be our refuge:
Jesus, teach us to pray.
- In our weakness, may prayer be our source of strength:
Jesus, teach us to pray.
- In difficulties, may prayer enable us to accept the will of the Father in freedom and love:
Jesus, teach us to pray.

Our Father, 10 Hail Marys, Glory be to the Father

Second Sorrowful Mystery

JESUS IS SCOURGED BY THE SOLDIERS



I gave my back to those who struck me.
(Is 50:6)

Then Pilate took Jesus and scourged him.
(Jn 19:1)

My beloved, you are bowing your back and I don't want to see any more. With every slash the world's sins, my people's sins, my own sins are coming down on you. And I find myself unable to shut my eyes. I have to look at your pain. I have to watch what evil is capable of. So, I stand there, hearing the piercing sound of the scourge, seeing the blood weeping down from your back. Knowing that there is nothing I could do but remain, I want to comfort you. Feeling that there is nothing that could comfort you, I want to be close to you. My beloved, you are bowing your back and I see your great love.

Regina Frey (Germany)

- That we may learn to stay close to those who suffer marginalization and contempt.

Jesus, help us!

- That we may have the courage to announce justice and denounce injustice:

Jesus, help us!

- That we may learn to be patient in our miseries and bear the scourges of life:

Jesus, help us!

Our Father, 10 Hail Marys, Glory be to the Father

Third Sorrowful Mystery

JESUS IS CROWNED WITH THORNS



Like a lamb that is led to the slaughter.
(Is 53:7)

Then the soldiers of the governor took Jesus into the praetorium, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe upon him, and plaiting 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!”
(Mt 27:27-29)

Jesus, in your Passion, you gaze upon each one of us, knowing you would have suffered this for each of us alone. Two characteristics of your suffering strike me – your vulnerability and your silence. You are naked before evil, suffering intensely the sin of the whole world, my sins which wound your head like thorns. And you are silent in the face of your accusers, radically dependent on your Father, even when it appears you have been abandoned. Lord, teach me how to live with such reliance on the Father, in vulnerability and silence, even when I experience abandonment.

Hannah Vaughan-Spruce (UK)

- King, Meek and Humble of Heart, help us to feel the pain of everything that takes us away from You.
Be the Lord of our hearts.
- King of All Humanity, teach us to love by overcoming geographical barriers and cultural diversities.
Be the Lord of our hearts.
- King of Peace, do not allow us to resign ourselves to a world plagued by the virus of hatred and torn by wars.
Be the Lord of our hearts.

Our Father, 10 Hail Marys, Glory be to the Father

Fourth Sorrowful Mystery

JESUS WALKS THE ROAD TO CALVARY CARRYING THE CROSS



Surely he has borne our griefs and carried our sorrows.
(Is 53:4)

So they took Jesus, and he went out, bearing his own cross,
to the place called the place of the skull,
which is called in Hebrew Golgotha.
(Jn 19:17)

Lord Jesus, you accepted to carry the heavy cross of the sins of all men, enduring insults and humiliations for love, in order to redeem us. "Do not weep for me." Like the women who accompanied you on your way to Calvary, we let your words touch our hearts: it is not for you, for your atrocious sufferings, that we must weep, but for us who burden others with the weight of our selfishness, for us who refuse to carry the burdens of others. We contemplate you and thank you, for you are the God who gives himself to us to the end, revealing that divine omnipotence is manifested in forgiveness and in love without limits.

Marie Thérèse Ingabire (Rwanda)

- You carry your Cross, my cross, the weight of all men and of the whole world.
Give us your strength, Lord.
- Your Face reflects the sin of all humanity, our sin.
Give us your strength, Lord.
- The Cross crushes you, the sin of all humanity bends you, and you fall, but you always rise.
Give us your strength, Lord.

Our Father, 10 Hail Marys, Glory be to the Father

Fifth Sorrowful Mystery

JESUS IS CRUCIFIED AND DIES ON THE CROSS



He makes himself an offering for sin.
(Is 53:10)

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.
(Lk 23:44-46)

It was three in the afternoon when extraordinary, terrible, and at the same time, glorious events happened: with your death, Jesus has saved us. The veil of the temple was torn, symbol of your heart that was pierced so that your Spirit can be poured out without measure on humanity. You have experienced the mercy of the Father and have had mercy on us all. Together with your cross, each one is called to make a definitive choice: to decide to accept God's love that redeems us from our miseries and transforms us to become witnesses and instruments of his mercy.

Delia Betancourt (Bolivia)

- My God, grant me that by contemplating your death on the cross, I may be drawn by your boundless love.
Lord, have mercy!
- My God, teach me not to banalize the cross by letting myself be swayed by sin.
Lord, have Mercy!
- My God, receive into heaven all those who have passed from this life that they may receive your Mercy.
Lord, have Mercy!

Our Father, 10 Hail Marys, Glory be to the Father





Glorious Mysteries

Contemplating the glorious face of Christ under the gaze of his mother is the best way to contemplate him and learn to love him.

In the glorious mysteries, the Virgin Mary accompanies us in the amazement of those who go to the tomb early in the morning and see that the stone has been removed.


The “Rejoice” of the Annunciation echoes once again, announcing the Resurrection. “Rejoice, Queen of Heaven” and help us understand the relationship between the Annunciation and the Resurrection. “Rejoice, Humanity”, because without deserving it your salvation was achieved. And you now yearn for the eternal God, whom you can meet and of whom you are called to give witness. Christ triumphed, Christ is risen, evil no longer has power, Christ is the victorious King who saves us.

Mary has lived this truth since the first time she was greeted as “Full of grace”. The resurrection of Christ, his ascension, the outpouring of the Holy Spirit, lead us to contemplate the Assumption and Queenship of Mary. It is the Son who welcomes her into heaven and it is the Son who makes her Queen. When the consecrated virgin fingers the beads of the rosary contemplating the glorious mysteries, she is so close to Mary that she experiences her destiny, leaps with joy and becomes a visible sign of the future Kingdom.

Queen of Heaven, rejoice, Alleluia

Christ, whom you carried in your womb, Alleluia,
is risen, as he promised, Alleluia.

Pray to the Lord for us, Alleluia.



First Glorious Mystery

JESUS IS RISEN AND ALIVE



He asked life of you; you gave it to him.
(Ps 21 [20]:4)

The angel said to the women, “Do not be afraid;
for I know that you seek Jesus who was crucified.
He is not here; for he has risen, as he said.
Come, see the place where he lay.
(Mt 28:5-6)

Jesus, you are indeed risen from the dead. You are the Life and the Resurrection. Your mother and your friends believed in the core of their being that your mission was to bring new life to the whole creation through your passion, death and resurrection. I too believe that you have freed me from the bondage of sin. Bless me, with the power of your resurrection, so that I may die to my sinfulness in everyday situations. Strengthen me to choose life rejecting every form of violence and injustice. Let me hear you, “Do not be afraid”. Like Mary may I live, serve and die in bringing New Life to others for your glory and honour.

Dora D’Rosario (Bangladesh)

- Glory to you, Jesus! You are our Teacher, our Lord,
our Friend, our Spouse.
Glory to you!
- Glory to you, Jesus! You are our Salvation,
our Beginning and our End.
Glory to you!
- Glory to you, Jesus! You are the Resurrected Christ,
who gives us life.
Glory to you!

Our Father, 10 Hail Marys, Glory be to the Father

Second Glorious Mystery

JESUS ASCENDS TO HEAVEN



For great is the glory of the Lord.
(Ps 138 [137]:5)

While he blessed them, he parted from them,
and was carried up into heaven.
(Lk 24:51)

Risen Lord, you have stamped humanity like a seal on your heart. And now we live in longing and desire for you. When all here is accomplished, stripped of life's illusions, under your loving gaze we shall awaken to the dawn of the day that never sets. And suddenly we shall see the light and flame of your glory! The excess of Love will invade our hearts! This is the mystery that the universe will finally contemplate: the Saviour has ascended to heaven, and draws to himself the treasure of redeemed creation.

Beata Bodzioch (Poland)

- That Education, work, art, and all expressions of culture manifest the highest dignity of the human person:
our only King and Priest, bless your people!
- That we become heralds of the new creation and promoters of an integral ecology:
our Only King and Priest, bless your people!
- That we live in thanksgiving, knowing that you await us in Glory:
our Only King and Priest, bless your people!

Our Father, 10 Hail Marys, Glory be to the Father

Third Glorious Mystery

THE HOLY SPIRIT DESCENDS ON MARY AND THE APOSTLES



I will pour out my Spirit.
(Jl 2:29)

And they were all filled with the Holy Spirit
and began to speak in other tongues,
as the Spirit gave them utterance.
(Acts 2:4)

O Holy Spirit, on Pentecost you fulfilled the ancient prophecies and the promise of Jesus. Since then, you have guided the path of the Church and today you animate our everydayness. Your ardent love enables us to give witness to the Lord Jesus and conforms us to Him; by your grace we become one, as He and the Father are one. O Blessed Mary, our mother, your fragrant mantle is full of the wisdom and power of the Spirit: enfold us, the new apostles of your beloved Son, so that we become joyful announcers of the Gospel, each according to the gifts granted by God.

Agatha Veronica Thomson (Ghana)

- Like Mary we open ourselves to receive your gifts:
Come, Holy Spirit!
- Like Mary we are capable of creating bonds of communion:
Come, Holy Spirit!
- Like Mary we are firm in the Faith and docile to your inspirations:
Come, Holy Spirit!

Our Father, 10 Hail Marys, Glory be to the Father

Fourth Glorious Mystery

MARY IS ASSUMED INTO HEAVEN



The king will desire your beauty.
(Ps 45 [44]:11)

Let us rejoice and exult and give him the glory,
for the marriage of the Lamb has come,
and his Bride has made herself ready.
(Rev 19:7)

Blessed are you, Mary, as You may see the beauty of the heavenly Jerusalem with your own eyes! The moment has come, when the deepest longings of our hearts are fulfilled, and the last veil of the secrets shall be revealed. How I long for that moment, to join the heavenly wedding of Your Son, whom I consecrated my life, for the moment, when I can understand the questions I have, looking at this world and thinking about heavenly secrets. Oh, mother, blessed are You, as the angels lifted You to Your Son! Pray for me, so I can join him too. I wish to be ready and worthy to step in front of Your Son as His bride for all the eternity.

Barbara Babsek and Ana Bucic (Slovenia)

- Virgin, Assumed into Heaven, you are the star that guides our path.
New Woman, intercede for us!
- Mother of Christ, glorified in body and in spirit, you are the hope of the sick and dying.
New Woman, intercede for us!
- Our Sister, who already experiences the victory of God over sin and death, you are the consolation of the afflicted.
New Woman, intercede for us!

Our Father, 10 Hail Marys, Glory be to the Father

Fifth Glorious Mystery

MARY IS CROWNED AS OUR MOTHER AND QUEEN OF HEAVEN



The daughter of the king is decked in her
chamber with gold-woven robes.
(Ps 45 [44]:13-14)

And a great sign appeared in heaven,
a woman clothed with the sun, with the moon under her feet,
and on her head a crown of twelve stars.
(Rev 12:1)

God the Father chose you, you are the King's daughter. On earth your shoes, clothes and the ornaments of your hair were simple. You did not attract attention. Your virtues and coherence of life in the fulfillment of the Father's will was what shone resplendent on earth. But in heaven, the Father reserved for you the best jewels. He clothed you with the sun, the moon adorns your feet and crowned you with the diadem of the twelve Tribes of Israel. He raised you to the heights of heaven so that from there you will be our light, guide and protector. Your faithfulness obtained the greatest reward that every daughter of God could wish for. Jesus, King of the Universe, wanted to have you very close.

Wanda Rivera Márquex (Puerto Rico)

- Reign over our families so that they may raise up men and women strong in faith, hope, and charity.
We invoke you, Mary!
- Reign over our governmental leaders, that they defend human dignity and promote peace in the world.
We invoke you, Mary!
- Reign over the Church that she may be disciple and missionary and accompany all humanity on the journey of eternal salvation.
We invoke you, Mary!

Our Father, 10 Hail Marys, Glory be to the Father



Hail, holy Queen, mother of mercy...

The Loretto Litanies

Lord have mercy.

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

God, the Father of heaven,

have mercy on us.

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

pray for us.

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of Mercy,

Mother of divine grace,

Mother of Hope,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,



Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honour,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Solace of Migrants,
Comfort of the afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without original sin,
Queen assumed into heaven,
Queen of the most holy Rosary,

pray for us.



Queen of families,

pray for us.

Queen of peace.

Lamb of God, who takes away the sins of the world,

spare us, O Lord.

Lamb of God, who takes away the sins of the world,

graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world,

have mercy on us.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

LET US PRAY.

*Grant, we beseech thee, O Lord God, that we, your servants,
may enjoy perpetual health of mind and body;
and by the glorious intercession of the Blessed Mary, ever Virgin,
may be delivered from present sorrow,
and obtain eternal joy.
Through Christ our Lord. Amen.*



*Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.*

*Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.*



LÆTARE, GRATIA PLENA

♩ = 110

Soprano

Contralto

8

S.

A.

F B♭ F C Dm B♭ C F

Læ - ta - re, gra - ti - a ple - na, Ma - ter De - i, Vir - go vir - gi -

num! Læ - ta - re, gra - ti - a ple - na, Ma - ter no - stra, Ma - ri - a!

num! Læ - ta - re, gra - ti - a ple - na, Ma - ter no - stra, Ma - ri - a!

Lætare, gratia plena,
Mater Dei,
Virgo virginum!
Lætare, gratia plena,
Mater nostra, Maria!

*Rejoice, full of grace,
Mother of God,
Virgin of virgins!
Rejoice, full of grace,
Our Mother, Mary!*

We would like to thank:
the consecrated virgins who wrote the meditations on the mysteries of the Rosary;
Pilar Macarro Sancho (Spain) for the introductions to the mysteries;
Mónica ChofréVivó (Spain) and Teresa Sosa Rodríguez (Spain) for the intercessions;
Annalisa Vigani (Italy) for the illustrations;
Antonietta Palummo (Italy) for the graphic composition.

Thanks also to
Alessia Rinaldi (Italy) for coordinating the translation work and to all the
consecrated virgins who collaborated by offering this service:
Maria Augusta Barbosa (Brazil) - Gladys Anhai Biorci Magagnini (Spain)
Inge Da Tos (Switzerland) - Pascale de Montigny (Canada)
Regina Frey (Germany) - Dawn Hausmann (USA) - Lydie Kiekie (Italy)
Serena Marangoni (Italy) - Florence Motte (France) - Elina Paganotto (Argentina)
Purificación Pérez Hernández (Spain) - Cristiana Pieri (Italy)
Grażyna Piłkowska (Poland) - Pilar Rodríguez Rueda (Spain)
Sephora Tang (Canada) - Caterina Zuccaro (France).

