



## Mary

Mary was with Jesus from the beginning to the end of his life journey. Christians pray that she will share their life journey with the same motherly love.

## MARY

Mary, the Mother of Jesus, has a special place in the Church's seasons and feasts. In Advent, the Church celebrates her 'Yes' to God and her example of preparing for the coming of Jesus. On Good Friday the Church celebrates her love and faithfulness as she stood at the foot of the cross. For the Church, May is Mary's month, and in October Catholics are encouraged to pray the Rosary. There are also special feasts through the year and many local traditions and celebrations throughout the world.

## THE ROSARY

The Rosary is a special prayer used by Christians. It used to be called Our Lady's Psalter because it is really a journey with Mary through the life of Jesus. It has twenty steps or decades. To pray a decade you say one 'Our Father', ten 'Hail Marys' and one 'Glory Be'.

The repetition of the prayers is a way of freeing yourself from busy thoughts and fixing your attention on Jesus just as Mary, his mother, often would have done. The twenty steps are made up of five joyful, five sorrowful and five glorious times in the lives of Jesus and Mary. In 2003 Pope John Paul II invited the Church to pray five Mysteries of Light. These were events in the life of Jesus when his disciples began to understand who he was.

The Baptism of Jesus: "You are my beloved Son in whom I am well pleased."

The Wedding-feast at Cana: "Do whatever he tells you."

The proclamation of the kingdom in the Sermon on the Mount:  
"Blessed are ..."

The Transfiguration: "This is my Son, the Beloved, listen to him."

The gift of the Eucharist at the last supper: "This is my Body. This is my Blood."