



ST Thomas of Canterbury Parish

Sevenoaks – Otford – Borough Green – West Kingsdown

Pray the Rosary

in October

The Catholic Church dedicates the month of October to the Holy Rosary, a powerful prayer through which we meditate on the life of Jesus Christ and His Blessed Mother, Mary. The Rosary is a spiritual weapon against evil and a means of requesting graces for ourselves and others. By praying the Rosary, we deepen our relationship with God, reflect on the mysteries of our faith, and unite in prayer for the needs of the world.

We warmly invite you to *join us!* in praying the Rosary together:

St. Thomas of Canterbury, Sevenoaks:

- Mondays approx. 8:30am (after the Mass)
- Tuesdays at 6:00pm (beginning of Adoration)
- Saturdays after the 9:30am Mass, with Exposition of the Blessed Sacrament, led by the Rosary Group.

St. Joseph's, Borough Green:

- Thursdays (after the morning Mass, around 10:30am)

Most Holy Trinity, Otford:

- Thursdays at 7:30pm (beginning of Adoration)
- Fridays at 11:00 am (beginning of Adoration)

St. Bernadette's, West Kingsdown:

- Fridays after the 10:00 am Mass

Pray the Rosary at Home!

If you are unable to join us in person, we encourage you to pray the Rosary at home, either individually or with your family. Praying together strengthens familial bonds and brings peace to the home. Let us unite our prayers, whether in church or at home, for the intentions that weigh heavily on our hearts and the needs of the world.

How to Pray the Rosary?

The Rosary is a meditative prayer that involves both vocal prayer and reflection on significant events (Mysteries) in the lives of Jesus and Mary.

1. Make the Sign of the Cross

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

2. Apostles' Creed (on the crucifix)

***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.***

3. Our Father (on the first large bead)

***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.***

4. Three Hail Marys (on the next three small beads) - pray for the virtues of Faith, Hope, and Charity.

***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.***

5. Glory Be (before the first Mystery)

**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. Amen.**

6. Announce the First Mystery - state the Mystery appropriate for the day (e.g., "The First Joyful Mystery: The Annunciation") and read out the reflection.

7. Our Father (on the large bead)

8. Ten Hail Marys (on each of the ten small beads) - think on the Mystery during these prayers.

9. Glory Be...

10. Fatima Prayer (after the ten Hail Marys)

**O my Jesus, forgive us our sins, save us from the fires of hell,
lead all souls to heaven, especially those most in need of Thy mercy.**

11. Repeat Steps 6-10 for the remaining four Mysteries.

12. After the Fifth Mystery say:

**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.**

V: Pray for us, O Holy Mother of God.

R: 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 life; grant, we beseech Thee, that by 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.

12. Make the Sign of the Cross to conclude.

JOYFUL MYSTERIES

Mondays & Saturdays

First Joyful Mystery: The Annunciation

The Angel Gabriel announces to Mary that she will conceive Jesus, the Son of God. Despite her initial fear, Mary responds with unwavering faith and obedience, saying, "Behold, I am the handmaid of the Lord; let it be to me according to your word." Her 'yes' opens the door to our salvation.

Let us pray for children, parents, and teachers; may they be guided by wisdom and compassion.

Second Joyful Mystery: The Visitation

Mary visits her cousin Elizabeth, who is also miraculously expecting a child. Elizabeth greets Mary with joy, and the unborn John the Baptist leaps in her womb. This encounter is a celebration of life and divine blessing.

Let us pray for those who care for the sick and elderly within their families; may they be strengthened and supported in their loving service.

Third Joyful Mystery: The Nativity

Jesus is born in Bethlehem in humble circumstances. The Savior of the world arrives not in grandeur but in a manger, teaching us about humility and the value of simplicity.

Let us pray for our families; may the treasure of love they have left and have in our hearts continue to grow.

Fourth Joyful Mystery: The Presentation in the Temple

Mary and Joseph present Jesus in the Temple in accordance with the Law. Simeon and Anna recognise Him as the Messiah. This moment signifies dedication and fulfilment of God's promises.

Let us pray for the elderly and vulnerable; may they receive improved social care and support from the NHS.

Fifth Joyful Mystery: The Finding of Jesus in the Temple

After days of searching, Mary and Joseph find Jesus in the Temple, discussing with the teachers. He expresses His commitment to His Father's work.

Let us pray for effective solutions to combat climate change and heal our planet.

First Luminous Mystery: The Baptism of Jesus in the Jordan

Jesus is baptised by John, and the Holy Spirit descends upon Him. The Father's voice declares, "This is my beloved Son."

Let us pray for vocations to the priesthood and religious life; may many answer God's call.

Second Luminous Mystery: The Wedding at Cana

At Mary's request, Jesus performs His first miracle, turning water into wine. This act begins His public ministry.

Let us pray for the Pope, all priests, deacons and religious worldwide; may they be strengthened in their mission.

Third Luminous Mystery: The Proclamation of the Kingdom of God

Jesus preaches repentance and the coming of God's Kingdom, healing the sick and forgiving sinners.

Let us pray for the missionaries around the world, men and women preaching the Gospel through words and actions. May they never lose spirit and courage in the service of evangelization.

Fourth Luminous Mystery: The Transfiguration

Jesus is transfigured before Peter, James, and John, revealing His divine glory.

Let us pray for unity within the Church, embracing a synodal lifestyle of participation and shared mission.

Fifth Luminous Mystery: The Institution of the Eucharist

Jesus offers His Body and Blood at the Last Supper, establishing the Eucharist as a lasting memorial of His sacrifice.

Let us pray for a deeper appreciation of the Eucharist and for all the faithful to be nourished by this sacrament of unity and love.

SORROWFUL MYSTERIES

Tuesdays & Fridays

First Sorrowful Mystery: The Agony in the Garden

In Gethsemane, Jesus experiences profound sorrow and distress, praying earnestly to the Father. He accepts the cup of suffering for our redemption.

Let us pray for an end to hostilities in the Middle East and Ukraine; may peace prevail.

Second Sorrowful Mystery: The Scourging at the Pillar

Jesus is brutally scourged, bearing physical pain for the sins of humanity. His suffering reveals the depths of His love for us.

Let us pray for our politicians and leaders; may they govern with integrity and wisdom.

Third Sorrowful Mystery: The Crowning with Thorns

Mocked and humiliated, Jesus is crowned with thorns. Despite the ridicule, He remains steadfast.

Let us pray for those in prison and their caretakers; may justice and mercy guide them.

Fourth Sorrowful Mystery: The Carrying of the Cross

Jesus carries His heavy cross toward Golgotha, falling multiple times under its weight. Simon of Cyrene helps Him continue.

Let us pray for social justice and the plight of refugees; may compassion guide our actions.

Fifth Sorrowful Mystery: The Crucifixion

Nailed to the cross, Jesus forgives those who crucify Him and surrenders His spirit. His death opens the way to salvation.

Let us pray for an end to human trafficking and modern slavery.

GLORIOUS MYSTERIES

Wednesdays & Sundays

First Glorious Mystery: The Resurrection

Jesus rises from the dead, conquering sin and death. The empty tomb is a sign of hope and the promise of eternal life.

Let us pray for all who suffer; may they unite their pains with Christ and find hope in His resurrection.

Second Glorious Mystery: The Ascension

Jesus ascends into heaven, entrusting His disciples with the mission to spread the Gospel. He promises to be with us always.

Let us pray for refugees and all displaced persons; may they find safety and welcome.

Third Glorious Mystery: The Descent of the Holy Spirit

The Holy Spirit descends upon the apostles, filling them with courage and wisdom to proclaim the Gospel.

Let us pray for integrity in all our decision-making and leadership roles.

Fourth Glorious Mystery: The Assumption of Mary

Mary is assumed body and soul into heaven, a testament to God's promise of eternal life for the faithful.

Let us pray for the elderly and vulnerable and those who care for the sick and elderly at home; may they be strengthened and always find support.

Fifth Glorious Mystery: The Coronation of Mary

Mary is crowned Queen of Heaven and Earth, honoured for her unwavering fidelity to God.

Let us pray for the lost, forgotten, homeless and troubled in any way. May they find help, comfort and hope for the future.



As we journey through October, let us embrace the Rosary as a means of drawing closer to Jesus and Mary. Whether in communal prayer or private devotion, may this powerful prayer bring peace to our hearts, families, and the world. Let us remember the words of Pope Francis, encouraging us to foster a spirit of unity and shared mission within the Church: "We must constantly pray that the Church continues to embrace a synodal lifestyle, fostering participation, communion, and shared mission among priests, religious, and laypeople."

May the Blessed Virgin Mary intercede for us and guide us ever closer to her Son.

NOTES FOR PERSONAL REFLECTION

- Consider setting aside a quiet time each day to pray the Rosary, using the reflections and intentions provided.
- Invite family members or friends to join you, fostering a community of prayer even outside the church walls.
- Meditate on how each Mystery relates to your own life and the world around you, deepening your connection to the divine mysteries.
- Reach out to those who care for the sick and elderly, offering support, encouragement, or assistance as they carry out this vital ministry within their families and communities.

This booklet is intended for both communal and personal use. Please share it with anyone who wishes to join in prayer during this special month dedicated to the Holy Rosary.