

Out of the Upper Room - 02

The Rosary: The Joyful Mysteries



We have entered the month of October; a month dedicated to the Rosary. For the next four weeks we will be focusing on the Rosary and specifically the Mysteries of the Rosary. There are 4 sets of Mysteries (how fortuitous for us that there are also four weeks in October!), for a total of 20 Mysteries or specific moments in the lives of Jesus and Mary for us to focus on.

The Joyful Mysteries: Prayed Monday and Saturday.
These mysteries focus on the beginning of Jesus' earthly life.

Pope John Paul II said "The Joyful Mysteries are marked by the joy radiating from the event of the Incarnation. To meditate upon the joyful mysteries is to enter into the ultimate causes and the deepest meaning of Christian joy. It is to focus on the realism of the mystery of the Incarnation and on the obscure foreshadowing of the mystery of the saving Passion. Mary leads us to discover the secret of Christian joy, reminding us that Christianity is, first and foremost, evangelization, "good news", which has as its heart and its whole content the person of Jesus Christ, the Word made flesh, the one Savior of the world."

The Annunciation- Gabriel tells Mary she will bear God's Son- the Messiah. It is from Gabriel's greeting to Mary that we get the first part of the Hail Mary- "Greetings, favoured one! The Lord is with you." (Luke 1: 28) *Fruit of the Mystery: Humility*

The Visitation- Mary set out with haste to her cousin Elizabeth. It is where we get the next part of the Hail Mary, "Blessed are you among women, and blessed is the fruit of your womb." (Luke 1: 42)
Fruit of the Mystery: Love of Neighbour

The Birth of Jesus- Jesus is born in the humblest of places- a manger in the city of Bethlehem. Shepherds and Wisemen came to honour him. (Luke 2: 1-20, Matthew 2: 1-12) *Fruit of Mystery: Poverty*

The Presentation- Observing the Laws of Moses, Mary and Joseph bring baby Jesus to the Temple. There they meet Simeon who had been told by the Holy Spirit that he would not die until he sees the Messiah. Simeon recognizes Jesus as the Messiah, "Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel." (Luke 2:29-32)
Fruit of Mystery: Obedience

The Finding in the Temple- we fast forward several years from our previous Mystery. Jesus is now a 12-year old boy in Jerusalem with his parents for the Passover. Mary and Joseph discover on their way home that their son is not with them and panic strikes. They find Jesus in the Temple (3 days later), sitting among the teachers, listening to them and asking questions. (Luke 2: 46). He said to his parents, "Why were you searching for me? Did you not know that I must be in my Father's house?" (Luke 2:49)
Fruit of Mystery: Joy in Finding God

Each of these mysteries provides a moment of significance in the lives of Jesus and Mary. This snapshot gives us an anchor to meditate on while we pray the Rosary, and provides great insights for our own lives



Dynamic Catholic: tips for praying the Rosary

- Pick a set of Mysteries to pray.
- **Relax.** It is easy to fall into the trap of trying so hard to do it all right, using the right prayers, speaking the right words, reflecting well on the mysteries, and all the other aspects of the

Rosary. Remember ***it is the disposition of our heart that matters most*** . Don't miss out on the peace that Jesus and Mary want to flood our hearts with when you pray the Rosary.

- **Ask Mary to guide you** . Place your heart in the loving presence of Mary. Allow her to comfort you and love you. Your mind will follow your heart. Remember Mary offers a unique perspective as Jesus' mother. Nobody sees the life of a child the way the child's mother does—not even the father. In the Rosary we ***ponder the life of Jesus through the eyes of his mother***. This is an incredibly powerful experience if we enter into it fully.
- As you meditate on the mysteries, **allow the words** of the prayers to float by subconsciously. The beads will help you keep your place.
- Get lost in the scene. **Imagine yourself there**, at Jesus' side. Place yourself in the scene, not as a fly on the wall, but as a very specific person so you can fully immerse yourself into the situation and explore what you would have been thinking and feeling if you were there.

DON'T MISS OUT!

This month we will once again be encouraging our parishioners to pray the Rosary and we are marking the occasion!

This Sunday there will be a table set up in the Welcome Area with:

- **Rosary Cards**
- **Colouring pages**
- **a box for special intentions**
- **a jar for a draw-prize at the end of the month.**

Whenever you or your family prays a decade of the Rosary write your name down and enter it in for a prize! You can also drop a note at the office or email your name to us as well.

Note: The 'Mission Possible' reflection is not available this week.