

Out of the Upper Room - 01

The Rosary:

The Fruits of the Joyful Mysteries



It's October! October is a beautiful month when autumn really takes its hold on our environment. Our gardens have been brought in, the harvest is nearly complete, and we start to enjoy the fruits of our summer's labours. It is a month of giving thanks for all that God has provided for us. It is also the month of the Rosary. Last year we took a look at each set of Mysteries over the course of the month (Joyful, Luminous, Sorrowful, and Glorious). This year we are going to work our way through the Fruits of each Mystery. Today we will start with the Joyful Mysteries.

But first, what exactly does that mean, "The Fruits of the Mysteries" ?

Well, according to Jonathon Conrad at "The Catholic Woodworker" the Spiritual Fruit of each Mystery is a "specific virtue that we can aspire to live out in our own lives like Jesus and Mary." We are often holding specific intentions in our minds and hearts, or picturing the scenes from scripture as we pray our way through the Rosary— the Fruits of the Mystery allow us to make our prayer experience deeper and allows us to become the person that God intends us to be.

St. Pope John Paul II said meditating on the fruits of the mystery is to meditate on the virtue that Jesus and Mary embodied, and to contemplate what that means for our own lives and how we can live that truth.

So what are the Fruits of the Joyful Mysteries? We will look to an article by Patrice Fagnant– Macarthur on "The Catholic Exchange"

1. The Annunciation — Humility

It is appropriate to begin the rosary with the virtue of humility. The *Catechism of the Catholic Church* states that "humility is the foundation of prayer. Only when we humbly acknowledge that 'we do not know how to pray as we ought,' are we ready to receive freely the gift of prayer. 'Man is a beggar before God.' " (CCC 2559)

2. The Visitation — Love of Neighbor

Mary hastened to her cousin's Elizabeth's house to help her in her time of need. In what ways can we be of service to our own neighbor's today, whether we find that neighbor in our own home, in our community, at work, or on the internet?

3. The Nativity of the Lord — Poverty of Spirit

Detachment from the Things of the World. We live in a very consumerist culture. This mystery invites us to detach ourselves from our many possessions. What do we truly need and what is excess? What can we share with others?

4. Presentation — Obedience

Mary and Joseph humbly brought Jesus to the temple in accord with Jewish law. Obedience

to God and to others can be very difficult, but offers us the opportunity to subjugate our own will to that of our heavenly Father. Not my will, but God's will be done.

5. Finding of the Child Jesus in the Temple — Piety

Piety is dedication to the Church's sacramental life and devotions. Mary and Joseph were surprised to find Jesus in the temple. We, too, should be dedicated to our Church and the sacraments.

We invite you this October to join us in praying the rosary more often and while doing so meditating on each Fruit of the Mystery so that we might become the person God intends for us to be.



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.

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