

Daughters of Mary, Mother of Our Savior



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"When you say the Rosary, the angels rejoice, the Blessed Trinity delights in it, my Son finds joy in it, and I am happier than you can possibly guess." - Our Lady to Blessed Alan de la Roche

FROM THE MOTHER GENERAL

Dear Friends of the Daughters of Mary,

The theme of the Sisters' annual retreat this past summer was the Holy Rosary. The conferences focused on the importance of the Rosary and methods for praying it with greater fervor. St. Louis de Montfort explains that each Hail Mary is like a flower in a crown that we present to Jesus and Mary. He also says that we craft for ourselves three crowns with the Rosary: "The first is a crown of merit during our lifetime, the second a crown of peace at our death, and the third a crown of glory in Heaven."

Distractions During the Rosary

The recitation of the Rosary can, perhaps, be difficult for some. This is understandable. If you have trouble praying the Rosary due to distractions, don't lose courage. St. Louis de Montfort says, "Even if you have to fight distractions all through your whole Rosary, be sure to fight well, arms in hand: that is to say, do not stop saying your Rosary even if it is difficult to say and you have no sensible devotion. It is a great battle, but one that is profitable to the faithful soul."



Suggestions for Praying the Rosary

To help with concentrating on the Holy Rosary, I obtained a number of ideas from various books and by asking the other Sisters and laity what methods they find useful. Since it's important to pray the Rosary well to obtain merit and to give God and Our Blessed Mother due honor, I would like to share some of these ideas with you.

1. Search for a Virtue - After announcing the decade, ask for a better understanding of some virtue or aspect of our faith, such as God's love for us or patience or charity for neighbor. Then, as you recite the Hail Marys, look for that virtue in the mystery you are saying. St. Louis de Montfort recommends this method.

2. Use Visuals - Pictures have great influence on our minds and inspire in us pious thoughts.

- Set up a statue, picture, or shrine before which you can pray your Rosary.
- Have holy cards or pictures in front of you as you pray.
- Put together a small photo album with printed pictures of each decade of the Rosary.
- Use a display of digital images or a slideshow.

3. Place Yourself in the Picture - For instance, in the first Sorrowful Mystery, imagine yourself in the Garden of Gethsemane kneeling beside Our Lord. See Him so sorrowful and sweating blood. When you visit Bethlehem or Calvary or any other scene of the Rosary, picture yourself there.

4. Speak with Our Lady - Imagine Our Blessed Mother beside you, praying with you, and conversing with you about the mystery. In the Rosary Our Lady has gathered together some of the most important moments in the lives of the Holy Family. As you pray each decade, it is as if you look through her family photo album. Hear her announce the first Joyful Mystery and then tell you what happened: "I was praying when the Angel appeared to me. . . ."

5. Repeat a Few Words - Ponder just a few words of the Hail Mary or the Our Father during each decade. As you say the Annunciation decade, you could reflect on just the words "Hail Mary, full of grace." For the next decade, try the words "the Lord is with thee."

6. Use a Book - Some books about the Rosary have a scripture quotation for each Hail Mary. Other books have some thoughts to consider at the beginning of each decade.

7. Pray with a Recording of the Recitation of the Rosary - This can be useful if you are praying the Rosary alone at home or while traveling, since it's sometimes very hard to focus and keep track of the prayers. Praying with others, even with a recording, can be helpful. There are many CDs or digital downloads of the Rosary available, including the Sisters' album.

8. Make a Petition - Since the Rosary is such a powerful means for obtaining our requests, St. Louis de Montfort recommends stating a petition at the beginning of each decade. When praying with children, it will assist them to pray the decade more eagerly if they announce their intention out loud. As a child, I remember how



happy I was to announce my special intention before leading a decade. When visiting with relatives recently, I was pleased to see that my great-nieces and nephews carry on this tradition. It's always edifying to hear the simple wishes of innocent children. All of us will pray the Rosary better while seeking some particular favor.

9. Prepare with Spiritual Reading - It can be beneficial to read about the events commemorated in the fifteen mysteries, especially if an incident is unfamiliar. By learning more about the events in the lives of Our Lord and Our Blessed Mother, we will have more to think about and will be better able to pay attention during the mysteries.

Pray the Rosary Devoutly

My last recommendation is a reminder to pray the vocal prayers of the Rosary devoutly. Even if we're having difficulty concentrating or imagining the scenes, we should pronounce the words and say the prayers with the greatest care and respect. St. Louis de Montfort addressed this point in a very specific way: "It is pathetic to see how most people say the Rosary. They say it astonishingly fast and mumble so that the words are not pronounced well at all. We could not possibly expect anyone, even the most unimportant person, to think that a slipshod address of this kind was a compliment, and yet we imagine that Jesus and Mary will be honored by it!" Let's honor and compliment Jesus and Mary with a well-said Rosary. We may not always be able to focus our attention or feel devotion, but we can still try to say the vocal prayers well.

A Crown for Our Lady

I hope some of these methods will be of assistance in praying the Rosary more devoutly. Each day when you say your Rosary, take the time to make a beautiful crown for Jesus and Mary, and then our Blessed Mother will be truly delighted. Being the most generous and powerful of mothers, she will return to us the most wondrous gifts. The Rosary will help make us holy and will obtain many spiritual and temporal favors for us. It will convert sinners and keep Our Lady as our constant Protectress. Persevere then in praying your Rosary well, and remember that Our Lady always hears the petitions and guards over all who have a devotion to her Rosary. As St. Louis says, "Never give up, even the least little bit, on your Rosary."

In the Sacred Heart,

Mother Mary Bosco, F.M.

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