

The Sorrowful Mysteries

Sign of the Cross: In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.

The Apostles Creed: 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; the third day He rose again from the dead; He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall 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.

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.

3 times: Hail Mary full of Grace, the Lord is with thee. Blessed are 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.

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.

First Mystery: The Agony in the Garden

The cup of the New Covenant, which Jesus anticipated when he offered himself at the Last Supper, is afterwards accepted by him from his Father's hands in his agony in the garden at Gethsemane, making himself "obedient unto death." Jesus prays: "My Father, if it be possible, let this cup pass from me...." Thus he expresses the horror that death represented for his human nature. Like ours, his human nature is destined for eternal life, but unlike ours, it is perfectly exempt from sin, the cause of death. Above all, his human nature has been assumed by the divine person of the "Author of life, the living One." By accepting in his human will that the Father's will be done, he accepts his death as redemptive, for "he himself bore our sins in his body on the tree."

Pierwsza tajemnica: Modlitwa Pana Jezusa w ogrodzie

Najpierw agonalny lęk na myśl o Męce. Potem Jezus bezbronny wydaje się w ręce ludzi. Uniżał się od samego początku: od Zwiastowania, przez Narodzenie w Betlejem, ucieczkę do Egiptu, trud nauczania, opór ludzi. Teraz Jego uniżenie osiąga punkt kulminacyjny: zamiast czci i wyrazów miłości – osamotnienie, zdrada, policzkowanie, więzienie.

Our Father...
10 Hail Mary's
Glory be...

Second Mystery: The Scourging at the Pillar

Jesus knew and loved us each and all during his life, his agony, and his Passion and gave himself up for each one of us: "The Son of God...loved me and gave himself for me." He has loved us all with a human heart For this reason, the Sacred Heart of Jesus, pierced by our sins and for our salvation, "is quite rightly considered the chief sign and symbol of that...love with

which the divine Redeemer continually loves the eternal Father and all human beings" without exception.

Tajemnica druga: Biczowanie Pana Jezusa

Ludzka grzeszność, pogarda dla człowieka i pogarda dla Boga uzewnętrzniają się w najbardziej bezpośredni sposób: przez bicie. Ale także w sposób bardziej wyrafinowany: przez oszczerstwa, wrogość, niesprawiedliwy wyrok. Wszystko po to, by pozbyć się Boga, usprawiedliwić swoje nieprawości i kłamstwa. Na przekór temu Chrystus daje milczące świadectwo prawdzie.

Our Father...
10 Hail Mary's
Glory be...

Third Mystery: The Crowning with Thorns

It is precisely in the Passion, when the mercy of Christ is about to vanquish it, that sin most clearly manifests its violence and its many forms: unbelief, murderous hatred, shunning and mockery by the leaders and the people, Pilate's cowardice and the cruelty of the soldiers, Judas' betrayal so bitter to Jesus, Peter's denial, and the disciples' flight. However, at the very hour of darkness, the hour of the prince of this world, the sacrifice of Christ secretly becomes the source from which the forgiveness of our sins will pour forth inexhaustibly.

Tajemnica trzecia: Cierniem ukoronowanie Pana Jezusa

Nie taka korona, nie ten strój i nie te „hołdy” – wszystko powinno wyglądać zupełnie inaczej. Król wszechświata, przez którego wszystko się stało, zasługuje na coś innego, a jednak przyjmuje to, co zgotował Mu człowiek. Jego miłość do nas nie cofa się przed żadnym darem. W ten sposób dowiódł, że jest prawdziwym Królem – zdolnym do największej hojności.

Our Father...
10 Hail Mary's
Glory be...

Fourth Mystery: The Carrying of the Cross

The cross is the unique sacrifice of Christ, the "one mediator between God and men." But because in his incarnate divine person he has in some way united himself to every man, "the possibility of being made partners, in a way known to God, in the paschal mystery" is offered to all people. He calls his disciples to "take up their cross and follow him," for "Christ also suffered for us, leaving us an example so that we should follow in his steps." In fact Jesus desires to associate with his redeeming sacrifice those who were to be its first beneficiaries. This is achieved supremely in the case of his mother, who was associated more intimately than any other person in the mystery of his redemptive suffering.

Tajemnica czwarta: Dzwiganie krzyza

Podjęcie Krzyża to w istocie przyjęcie wszystkich bolesnych konsekwencji ludzkiego grzechu. Jezus okazał pełną solidarność z człowiekiem: w zastępstwie za nas wziął na siebie skutki naszych nieprawości. Zapłacił cenę, którą my powinniśmy byli płacić. Ukazał nam zbawczy wymiar cierpienia, nadał sens wszelkiemu bólowi, prześladowaniu, konaniu.

Our Father...
10 Hail Mary's
Glory be...

Fifth Mystery: The Crucifixion

The Church is born primarily of Christ's total self-giving for our salvation, anticipated in the institution of the Eucharist, and fulfilled on the cross. "The origin and growth of the Church are symbolized by the blood and water which flowed from the open side of the crucified Jesus." "For it was from the side of Christ as he slept the sleep of death upon the cross that there came forth the 'wondrous sacrament of the whole Church.'" "As Eve was formed from the sleeping Adam's side, so the Church was born from the pierced heart of Christ hanging dead on the cross.

Tajemnica Piata: Ukrzyzowanie Pana Jezusa

Jezus doprowadził swe dzieło do końca. Uczynił to z Boską hojnością i wielkodusznością, ale na sposób wpisany całkowicie w ludzką kondycję: doświadczył skrajnej słabości, osamotnienia, lęku, śmierci. Przez swoje uniżenie dokonał odkupienia wszystkich skutków grzechu, bo przewyciężył je posłuszeństwem, ufnością, miłością.

Our Father...
10 Hail Mary's
Glory be...

Fatima Prayer: O My Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those who are in most need of Thy mercy.

V. Pray for us, O Holy Mother of God,
R. That we may be made worthy of the promises of Christ.

O God, whose only begotten Son, by His life, death, and resurrection, has earned for us the eternal salvation. Grant, we beseech You, that while meditating on these mysteries of the Rosary we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

O Boże, którego Jednorodzony Syn swoim życiem, śmiercią i zmartwychwstaniem wysłużył nam nagrodę wiecznego zbawienia. Spraw, prosimy Cię, abyśmy rozważając te tajemnice Różańca wspólnie naśladowali to, co one zawierają, i otrzymywali to, co obiecują, przez Chrystusa, Pana naszego. Amen.

THE ANGELUS

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, ...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary, ...

V. And the Word was made Flesh.

R. And dwelt among us.

Hail 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

Pour forth, we beseech You O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen

Eternal rest grant unto them O Lord and let perpetual light shine upon them /
three times/ **May they rest in peace.**

May the souls of all the faithful departed, through the mercy of God, rest in peace.

Amen.

Sign of the Cross: In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.