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Glorious Mysteries

- 1. The Resurrection:** Live the Risen One. Rise again always by loving even in difficult moments. Despite everything, always begin anew.
- 2. The Ascension:** Strive for the things above and seek to improve each day. Whoever does not move forward, risks going backward. May each day be one step closer to union with God.
- 3. The Descent of the Holy Spirit:** Listen to that subtle voice within. Thank the Holy Spirit for all the gifts in life; offer the Holy Spirit our life of prayer so that it may be His light and His warmth that guide and sustain our journey.
- 4. The Assumption of Mary into Heaven:** Remember that we have a Mother in heaven who loves us. Renew our trust that one day we will be with her, with Jesus, and with all who have gone before us. In the meantime, offer our daily effort to live our faith as a gift to Mary.
- 5. The Crowning of Mary Queen of Heaven and Earth:** Strive for holiness today. See all circumstances through the eyes of faith. Ask Mary, the saints, and all of those who have reached Heaven to guide us on our Holy Journey.



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Joyful Mysteries

- 1. The Annunciation:** Mary responds with unconditional openness and trust. May we, too, through His Word, welcome Christ within us as Mary did, and with active readiness, put it into practice, moment by moment.
- 2. The Visitation:** Mary went in haste to help her cousin Elizabeth. She is a model of charity. We can imitate her as we strive to love each person we encounter throughout the day with tangible signs of love.
- 3. The Birth of Jesus:** Christ is present today wherever two or more are united in His name. If we live the Gospel, we can be similar to Mary and bring Jesus spiritually into the world, just as she did so physically.
- 4. The Presentation of Jesus in the Temple:** To love, for a Christian, often comes at a cost. It means living not for oneself, but for others. Even though love brings new light, true peace, and joy, it often passes through the cross.
- 5. The Finding of Jesus in the Temple:** Mary could no longer see Jesus, she could no longer hear His voice. There are moments in life when we cannot find Jesus and there is only darkness. We can imitate Mary in embracing our trials as she did even under the Cross and thus find a new and deeper union with Jesus.



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Sorrowful Mysteries

1. The Agony in the Garden: Say Yes to what God is asking of us in the present moment. Anchor ourselves firmly in the present—with its joys, surprises, struggles, and the responsibilities we're called to fulfill. To do His will is an expression of our love for Him.

2. The Scourging at the Pillar: Endure physical suffering: illnesses, fatigue, or other ailments by uniting them to Jesus' Passion where they gain infinite value.

3. The Crowning with Thorns: Embrace the suffering born of adversity—disappointments, misunderstandings, temptations, guilt, and loneliness. Recognize the challenges of loving our neighbor, and offer these trials to Jesus, uniting them with His Passion.

4. The Carrying of the Cross: Journey toward an encounter with God and a life of union with Him. Carry our daily cross as Jesus carried his. Then, when the time comes to face death, accept it whenever, wherever, or however He wills.

5. The Crucifixion of Jesus: At the height of his suffering, Jesus cried out: "My God, my God, why have You abandoned me?" We renew our desire to love Him always, immediately, and with joy, recognizing that in every suffering and trial, we encounter the face of Jesus to be loved.



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Luminous Mysteries

1. The Baptism of Jesus: Live out our baptism by renouncing the old self with its tendency to make us close our hearts and narrow our minds. Instead, open our hearts to the measure of Jesus' heart.

2. The Wedding Feast of Cana: Love is the very essence of the Gospel. Listen to God's often gentle, subtle voice within and follow it, turning His Word into life.

3. The Proclamation of the Kingdom of God: The Gospel contains words of true life that nourish and enlighten our own. Listen to His Words and put them into practice, one by one.

4. The Transfiguration: Allow ourselves to be transformed and let Jesus live within us. Become instruments of unity and bridges wherever they are needed.

5. The Institution of the Eucharist: Nourish ourselves with the Eucharist, which makes us one body with Jesus and unites us with one another. Let ourselves be imbued with His light and all His warmth.



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