

# Mrs Acton's 'Thought for the day'

*Join the Pope today.*

*It is a special day of prayer,  
fasting and acts of charity  
to overcome the Coronavirus*



## May is the Month of Mary

*Pope Francis has asked that all families pray the Rosary during the Month of May. This week we will focus on The Sorrowful Mysteries.*

*Watch this very short clip to learn about the Rosary and why this is a very important prayer for Catholics.*

<https://www.youtube.com/watch?v=GuT7HI7ZvfA>



### Let us pray...

**Fourth Sorrowful Mystery– ‘The Carrying of the Cross.’**

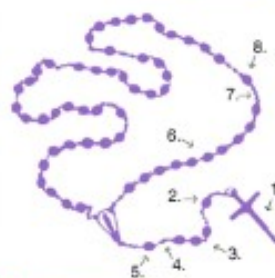


Watch this beautiful clip telling the moving story of how Simon of Cyrene helped Jesus to carry His heavy cross. Reflect on the effect that this journey had on Simon.

Jesus always walks with us through good and bad times <https://www.youtube.com/watch?v=IKqDUtby9zU>

Follow the guidance attached to pray one decade

#### How to Pray the Rosary



1. Make the Sign of the Cross and pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray Glory Be to the Father.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray the 10 Hail Marys.
7. Finish the decade with the Glory Be to the Father.

