

Mrs Acton's 'Thought for the day'

BELIEVE
you can
and
you
will



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...



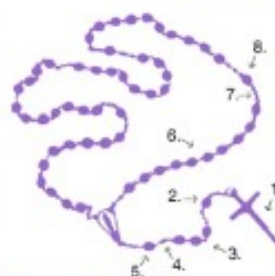
Second Sorrowful Mystery– 'The Scourging at the Pillar'

Watch the video clip attached and think about how terribly Jesus was treated. He was beaten and tortured.

<https://www.youtube.com/watch?v=yu-RljBw-Xc>

Follow the guidance attached to pray one decade of the Rosary.

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.

