

## Renewing our lives in Christ...

### **CAN SAYING THE ROSARY RENEW OUR LIVES IN CHRIST?**

**THE ROSARY IS MADE UP OF TWO THINGS: *MENTAL PRAYER AND VOCAL PRAYER*. IN THE HOLY ROSARY, MENTAL PRAYER IS NONE OTHER THAN MEDITATION OF THE CHIEF MYSTERIES OF THE LIFE, DEATH AND GLORY OF JESUS CHRIST AND OF HIS BLESSED MOTHER. VOCAL PRAYER CONSISTS IN SAYING TWENTY DECADES OF THE HAIL MARY, EACH DECADE HEADED BY AN OUR FATHER, WHILE AT THE SAME TIME MEDITATING ON AND CONTEMPLATING THE TWENTY PRINCIPAL VIRTUES WHICH JESUS AND MARY PRACTICED IN THE TWENTY MYSTERIES OF THE HOLY ROSARY. SO THE ROSARY IS A BLESSED BLENDING OF MENTAL AND VOCAL PRAYER BY WHICH WE HONOR AND LEARN TO IMITATE THE MYSTERIES AND THE VIRTUES OF THE LIFE, DEATH, PASSION AND GLORY OF JESUS AND MARY. FOR THROUGH THE HOLY ROSARY:**



**SINNERS ARE FORGIVEN;  
SOULS THAT THIRST ARE REFRESHED;  
THOSE WHO ARE FETTERED HAVE THEIR BONDS**

**THOSE WHO WEEP FIND HAPPINESS;  
THOSE WHO ARE TEMPTED FIND PEACE;  
THE POOR FIND HELP;  
RELIGIOUS ARE REFORMED;  
THOSE WHO ARE IGNORANT ARE INSTRUCTED;  
THE LIVING LEARN TO OVERCOME PRIDE;  
THE DEAD (THE HOLY SOULS) HAVE THEIR PAINS  
FRAGES.**

**THE HOLY ROSARY IS THE ROOT AND STOREHOUSE OF COUNTLESS BLESSINGS.  
(FROM 'THE SECRET OF THE ROSARY,' ST. LOUIS DE MONTFORT)**

**WE, AS AUXILIARY MEMBERS OF THE LEGION OF MARY OF ST. THERESE PARISH,  
RECITE THE ROSARY TO RENEW OUR LIVES IN CHRIST AND, IN DOING SO, WE HAVE  
RECEIVED BOUNTIFUL GRACES, BLESSINGS AND INDULGENCES THROUGH IT.**

**IF YOU ARE INTERESTED IN BECOMING A MEMBER, PLEASE LET JENNIFER CHAN,  
EDY GUNAWAN OR ROSE LAU KNOW.**

*By Rose Lau ~ Legion of Mary*