

## Father's Notes

*May 25, 2025*

With May being the month of Mary, I would like to talk about the Rosary. This prayer is a hallmark of the Catholic Church, inviting us into the mysteries of Christ's life through the intercession of His Blessed Mother. But how did this beautiful devotion come to be?

From the early centuries of Christianity, a desire among the lay faithful arose to grow in holiness following the example of desert religious communities. At the center of Monastic spirituality is praying all 150 Psalms within a several-week rotation. While this proved challenging for the average lay Catholic, practices emerged of praying with knotted cords or pebbles numbering 150, in imitation of the Psalms.

In the 1200's, Tradition holds that St. Dominic in the 13th century (the founder of the Dominican Order) received the Rosary from the Blessed Virgin Mary during a time of great heresy and turmoil. She is said to have given it to him as a spiritual weapon to bring souls back to Christ.

In the 15th century, Blessed Alan de la Roche, a Dominican priest, promoted a more structured form of the Rosary: 150 Hail Marys divided into 15 decades, each accompanied by a mystery from the lives of Jesus and Mary. These mysteries were grouped into the Joyful, Sorrowful, and Glorious Mysteries, providing a Scriptural focus to the prayer.

In 2002, Pope St. John Paul II enriched the devotion further by introducing the Luminous Mysteries, calling the Rosary “a compendium of the Gospel,” encouraging all Catholics to rediscover its power.

The Rosary is not just a series of repeated prayers—it is a spiritual journey through the life of Christ, seen through the eyes of His Mother. With every bead, we are invited to meditate, to grow closer to Jesus, and to ask Mary to pray for us and for the world.

During this month of Mary, how can you integrate the Rosary into your daily prayer life? How can you pray the Rosary a little slower or more reverently? I invite families to consider praying this daily, even if it's only one decade.

I will close with a quote from Pope Pius: “The Rosary is a powerful weapon to put the demons to flight and to keep oneself from sin.”

What a gift!  
Fr. Ben

