

THE DOLOUR ROSARY

The rosary consists of seven groups of beads, one for each of the seven sorrows of Mary. Each group consists of seven beads. A medal separates each group which depicts one of the seven sorrows. Begin the Rosary with the opening prayer:- *In the name of the Father and of The Son and of The Holy Spirit.....*

At the first medal, the Presentation, pray The Our Father and then seven Hail Marys on the seven following beads Move through the seven Dolour's in this way. As each of the dolour's are prayed, keep in mind experience of Mary as Mother and witness to the Life of Our Lord, joining her in her Love and her suffering.

End the rosary with three Hail Marys in honour of Our Lady's tears.

THE PRESENTATION

THE FLIGHT INTO EGYPT

THE LOSS OF JESUS IN JERUSALEM

MARY MEETS JESUS CARRYING HIS CROSS

MARY STANDS AT THE FOOT OF THE CROSS

MARY RECIEVES THE BODY F JESUS

BURIAL OF JESUS

