



Catholic Family Challenge

Start children off in the way they should go, and even when they are old they will not turn from it. Proverbs 22:6

October is the Month of the Holy Rosary

Did you know that Hebrews used to tie 150 knots on a string to represent the 150 Psalms of the Bible. According to the Catholic tradition, in the 13th Century, Mary, the Mother of God, appeared to St. Dominic de Guzman, gave him a Rosary, and asked that instead of praying the Psalms on the beads or knots, the faithful pray the Hail Mary, the Our Father, and the Glory Be. Fifteen decades made up the original Dominican Rosary, but it was later abbreviated. A decade refers to the ten Hail Marys preceded by the Our Father and ending with a Glory Be. Today most Catholics use the five-decade Rosary.



While saying the Rosary, Catholics are encouraged to meditate on the Mysteries of the Rosary. Praying the Rosary has always been considered a meditative prayer due to the fact that it consists of both vocal prayer and mental prayer. We are vocally reciting the words for the Hail Mary, Our Father, and Glory Be while simultaneously meditating on the Mysteries of the Rosary.

There are designated days of the week for certain mysteries. Even though many people think the Rosary is mostly about Mary because of the number of Hail Marys we pray, Pope St. Paul VI and Pope St. John Paul II remind us that the Rosary is also Christocentric, meaning it focuses on Christ and is more than a Marian devotion. During each of the Joyful, Luminous, Sorrowful, and Glorious Mysteries we meditate on both the divinity and humanity of Jesus.

October has been designated the month of the Rosary for years because it is during this month that the Church celebrates the feast of Our Lady of the Rosary on October 7th. This year, Pope Leo XIV has invited the faithful to join in praying the Rosary every day during October to invoke God's gift of Peace.

This month, try to set a goal to pray the Rosary as a family at least once this month. You can break it up over the course of several days, or you can say it all at once. As many families may be traveling in October for fall break, it might be helpful to set a goal to pray the Rosary if you are travelling. You could pray the Rosary together during a long drive or flight.

Holy Rosary

Please read the above information together and complete the assigned activity with your family. Once you have done this, fill out and sign the bottom section of this page and return to the office. Only one page needs to be returned per family.

Student Name(s): _____

Family Name: _____

Parent Signature: _____ Date: _____



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