

ROSARY ASSIST!!

Fr. Peter Malone is a retired priest in Lismore NSW and invites everyone who finds the Rosary a bit daunting, to try his recipe for an enriching experience.

Fr. Peter explains: "It has worked for me, and it just might work for you too! The Rosary is a Prayer recommended by Pope John Paul II. He has even instigated the new 5 decade Mysteries of Light, to supplement the original three former series of mysteries - Joyful, Sorrowful, and Glorious. So now we have four categories of Mystery: Joyful, Sorrowful, Glorious and the new Mysteries of Light. The idea behind "Rosary Assist" is to keep the mind and heart "on track."

Some people even dislike the Rosary because of monotonous repetition. But the Rosary is a treasure-field of countless riches, sourcing the graces of God through The Blessed Virgin Mary, mediatrix of all graces. How does it work? Simply enough: by saying [or thinking] the short Captions before each Hail Mary. You may be tempted to say that this follows the old form of the Scriptural Rosary, but the difference is this: the Scriptural Rosary uses rather long passages of Scripture before the Hail Mary's are said. Quite valid of course, but once the IO Hail Mary's get going, the mind could wander yet again. Human nature....the spirit is willing, the flesh is weak. Another important point - the Rosary, I think, is meant to have a certain Rhythm and the captions are designed to give just that - a Rhythm.

Anyhow, see what you think! And whatever you decide, keep up those All Important Rosaries. The world is in dire need of our prayers.... To the Father, Through Jesus, In the Holy Spirit, Through Mary.

Feel free to make copies!"

Fr. Peter Malone [ret]

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JOYFUL MYSTERIES: (Mondays & Saturdays)

The Annunciation:

1. Maiden's prayer: Angel comes: Great surprise
2. Angel's love: Shining bright: Full of peace
3. "Mary hail: Full of grace: Lord with thee"
4. Midday hush: Birds' song stilled: Breathless wait
5. Angel asks: "Will you be: Mother of God?"
6. Virgin's vow: Promises: "Tell me how."
7. "Spirit of God: Oershadow thee: Do not fear"
8. "Sign there is: Your cousin too: Is with child"
9. "Look on me :A servant low: Be it done"
10. Emmanuel: God with us: Praise you Lord

The Visitation:

1. Hurry now: To Elizabeth: Joy to share
2. Mary's voice: In John's ear: Jump for joy
3. Elizabeth: Welcomes them: "My Lord's mother"
4. O Zachary: What's his name: "His name is John"
5. "I hear again: Lord be praised: And thou O child"
6. Joy to share: And Mary too: Sings her song
7. "Magnificat: All ages shall: Me blessed call"
8. Enough of words: Now Mary serves: Helping hand
9. Time to leave: Time to go: To Bethlehem
10. Think of her: Ask her in: She'll visit you

The Birth of Christ:

1. Census time: In Caesar's land: To Bethlehem
2. Fruit of womb: Sits heavy now: Yet they go
3. Boarding house: Lodging place: Just no room
4. Midnight Stars: Angels' Song: "O Gloria!"
5. Hillside cave: A child is born: Shepherds come
6. Come and see: All is joy: To little ones
7. Men and kings: Animals: Even stars
8. Blind are you: Lest you be: As little child
9. Lesson learn: God immense: Small are we
10. Jesus Lord: Son of God: Lovable

The Presentation:

1. Jewish law: First born son: Offer him
2. Something like: Offertory: Of the Mass
3. Ransom him: Back from God: With turtle doves
4. Temple crowds: Passed on by: Did not know
5. Could it be: E'en today: Christ walked by?
6. One old man: Simeon: Took the child
7. Moistened eyes: Trembling hand: "Now at last!"
8. "Take me now: I've seen the Lord: Peace at last"
9. Anna too: Prayerful soul: She did know
10. Just one cloud: Cruel sword: prophesied

The Finding in the Temple:

1. Festival: Every year: Sacrifice
2. Boy of twelve: Jesus now: looks ahead
3. Work to do: Father's call: Save the world

4. Service done: Folks depart: Jesus waits
5. Something heard: Something said: Challenge here
6. Learned men: Quite amazed: "Who's this boy?"
- 7 Dallies long: Quite three days: Parents search
8. Sorrowful: Anguish too: Questioning
9. Found at last: Full of Joy: "O Jesus why?"
10. "Know you not: My work is near: For this I come"

SORROWFUL MYSTERIES: (Tuesdays & Fridays)

Agony in the Garden:

1. Supper over: To the garden: There to pray
2. James and John: Peter too: "Come aside"
3. . Apprehension: Crowds upon him: Hour so dark
4. Father mine: Mercy now: Please relent
5. Not this chalice: Take it from me: But you decide!
- 6 James and John: Peter too: Fall to slumber
7. All alone now: Jesus feels: Our weight of sin
8. Voice of Satan: Mocking always: "Men wont love"
9. Sweat of blood: Gently oozing: To the ground
10. Angels' pity: Comfort him: To face the end

Scourging at the Pillar:

1. Now a prisoner: At the court: Of Pontius Pilate
2. Crowds below: Anger frenzied: bellow hatred
3. Pilate's hands: Still so stained: After washing
4. "Know you this: I'm innocent: Of this man's blood"
5. "Blood on us: Our children too: Let him die"
6. One last chance: Scourge the man: "Behold the man"
7. "Crucify him: Crucify him: Crucify him"
8. "Choose Barrabas: Or choose this man: Make the choice
9. "Let him die: Free Barrabas: Let him die"
10. So they led him: Doomed to death: On a Cross

Crowning with Thorns:

1. Soldiers gleeful: Prisoner theirs: To mock and play
2. Bind his eyes: Strike him hard: "Who struck you then?"
3. Laughing men: Of cruel heart: Full of pride
4. "King" he said: "Let him be: Our king today!"
5. Take this reed: Purple cloth: Where's his crown?
6. Thorns on trellis: Bring them here: Make a crown

7. Your Majesty: Take this crown: To you we bow!
8. Searing PAIN: Burning head: Eyes blooded
- 9 "O my brothers: Why so cruel: To your God?"
10. King of kings: Lord of lords: Son of God!

Carrying of the Cross:

1. Cross of Jesus: Loaded on him: Journey starts
2. Step by step: Along the way: Panting breath
3. Eyes blinded: Cannot see: The stone ahead
4. Thereon stumbled: Heavy fall: Feel of lead
5. Shouted curses: Rough hands reach: Force him on!
6. Falls again: Strength departed: "Help me please"
7. Simon summoned: "Help this man: To Calvary"
8. Veronica: Pity filled: Wipes his face
9. Mary too: Now we see: Her pierced heart!
10. "Gentle women: Weep for men: Not for me!"

The Crucifixion:

1. Hammer's blow: Dreadful sound: Echoes still
2. Nails through wrist: And through feet: On the ground
3. Lift him high: For all to see: Sagging down
- 4 "Hah look there: said he were: the Son of God!"
5. "Save yourself: If you be: The One you say!"
6. Three there were: To die that day: One either side
7. Jesus speaks: A grating sound: Yet gentle too
8. "Forgive them Father: For their sin: Little known
9. Now I thirst: Give me drink: but not that wine!
10. YOU I crave: Then I bow: And happy die"

GLORIOUS MYSTERIES: (Wednesdays & Sundays)

The Resurrection:

1. Alleluia: Easter morning: Glory dawns
2. Soldiers faint: Jesus rises: To die no more
3. Women coming: With the spices: Early morn
4. Heavy stone: Across the grave: "Who will roll?"
5. Empty tomb: Angel there: "Tell the news"
6. Peter running: John runs too: Enter in
7. Body missing: Cloths all folded: Could it be?
8. Locked in room: Praying, hoping: Jesus comes
9. Peace to all: Come near & see: My hands & feet
10. The Lord is risen: He said he would: Alleluia.

The Ascension:

1. On the mountain: All assembled: Jesus leaves
2. For his glory: Up in heaven: All gaze up
3. Angels chiding: "Don't be idle: Back and pray
4. As you see him: Jesus going: Will return
5. Second coming: Trumpet sounding: K'dom come
6. So be fruitful: Learn the Way: Find yourself
7. Feelings mixed: Joyful hearts: Back they trudged
8. Timid still: Doors to lock: Fear the Jews
9. Mary with them: Gentle Mother: Let us pray!
10. First Novena: Days all nine: "Come Holy Spirit"

The Descent of the Holy Spirit:

1. Pray with Mary: Prayerful days: Timidity
2. Cocoon of fear: Splitting open: Soon to burst
3. Expectation: Driving wind: Flaming tongues
4. Hearts on Fire: Powerful Love: Holy Spirit
5. Languages: Dialects: Words for all
6. Open up: Shutters down: Breathe him in
7. Peter speaks: Crowds amazed: Listening
8. "The One you killed: He it is: His Spirit here"
9. "Tell us please: what can we do: To make amends"
10. Holy Spirit: Sweep the world: Clean again!

The Assumption:

1. All flesh must die: So Mary too: Of love for him
2. Lovingly: They laid her down: The tomb closed
3. Far away: Thomas heard: Homeward came
4. I doubted then: With the Lord: But not again
5. Let me be: To enter in: And find her gone
6. Stone rolled back: Lovely bloom: Bare the tomb
7. Body flown: Glorious: To reign with him
8. We see her still: Modern times: Maternal care
9. To Bernadette: At Fatima: Medjugorje
10. Teach us all: Your purity: And modesty.

Crowning of Mary:

1. Scene no eyes: Dare to see: Let us dare
2. Throngs of angels: Many nations: All assembled
3. Voices sounding: Roaring like: The many oceans

4. Small sample: Here on earth: Sports crowd cheer
5. Hush there friends: Coming now: Virgin Mary
6. Trumpet sounds: Rise together: Lovely woman
7. Jesus waiting: Smile divine: Crown to give
8. Come my mother: Take this crown: You are Queen
9. Hail to Thee: Queen of Heaven: Queen of Earth
10. Co-redemptrix: Intercessor: Mother of All

MYSTERIES OF LIGHT: (Thursdays)

Baptism of the Lord:

- I. John the Baptist: At the Jordan: Bearing witness
2. Urgent message: Repentance needed: Messiah coming
3. John's Baptism: Crowds queuing: Sin submerging
4. Symbolic washing: In those waters: Life proclaiming
5. "Lamb of God": Says John surprised: Best you wash me
6. Christ submitting: Pleading with him: "Let it be!"
7. Christ emerging: Dove descending: Holy Spirit
8. On high speaking: God the Father: Intervening
9. Crowds all trembling: From the sky: Thundering voice
10. "This is He: My Son beloved: Listen to Him"

The Miracle at Cana:

1. New beginning: At a wedding: His public life
2. Joyful gathering: Friends at Cana: To be married
3. Guests mingling: Mother and son: Disciples with him
4. Invitations: Wide extended: Wine depleted
5. "They have no wine" Says Mary to him: "Leave me be"
6. But Mary tells: The worried servants: "Do his bidding"
7. He relenting: "Fill those cisterns: full with water"
8. Water to wine: First miracle: Steward intrigued
9. What strange behaviour: Most unusual: Best till last
- IO. A mirror of life: Our anguish here: But Heaven to come

The Proclamation of the Kingdom: (Sermon on mount)

1. Now embarks: On life as teacher: Proclaim the Kingdom
2. Mountain sermon: The Beatitudes: "The Way" intended
3. Blest indeed: The poor in spirit: the Kingdom theirs
4. For those who mourn: Sorrow noted: Comfort given
5. The meek & humble: No aggression: The Earth be theirs
6. The merciful: Forgiving others: Themselves forgiven

7. The pure of heart: In whom no guile: Vision of God
8. Peacemakers: Blest of God: Beloved children
9. Persecuted: Unjustly so: Theirs the Kingdom
10. The Way of Christ: Plainly spelt: His Kingdom come!

The Transfiguration:

1. Cross now looming: The Lord prepares: Strengthen Faith
2. James, John & Peter: Come with me: We climb the mount
3. Transfigured there: Light divine: Vision splendid
4. Elijah & Moses: Speaking with him: About his passion
5. Peter confused: Says dazedly: "Let's make 3 tents"
6. A covering cloud: Hides the brilliance: Then voice of God
7. "This my Son: So much beloved: Listen to him"
8. Disciples fearful: Filled with awe: Faint away
9. Then Jesus normal: Touches them: "Be not afraid"
10. A memory treasured: In days ahead: To bolster Faith.

The Institution of the Eucharist:

1. The Last Supper: But first of many: As ages run
2. Eucharist offered: To God the Father: Every Mass
3. With great desire: Have I yearned: To share this meal
4. Taking bread: Raised to Heaven: "This is my body"
5. Taking wine: Fruit of the vine: "This is my blood"
6. Take eat and drink: Live in Me: As I in you
7. Do this always: Till end of time: In memory of Me
8. Bread of life: Our Eucharist: In every land
9. Enlivens hearts: Enlivens Church: Appeases God
10. Calvary: Renewed in time: His presence real

(I found this to be a truly enriching experience....hope you feel the same...Ed)

BACK ISSUES

We have a number of the following back issue,
#59 September 2003. Anyone wanting one or several copies of this issue please ask
and we will post them free whilst they last.

THE PNG SENTINEL FIELD OFFICE

Some readers in PNG still write to the Sentinel in Australia with their requests - wasting their time and money. But the Sentinel sends all their letters back to the Field Office Managers for processing. Your request will be processed much faster if, instead of writing to us - you contact the Field Office -thus saving yourself a great deal of time and money.

Readers in PNG are reminded that they should contact the Field Office in Kokopo, PNG for everything (not to the Sentinel in Australia).

The address is:

Medjugorje Sentinel, PNG Field Office, P.O. Box 137 KOKOPO ENBP

READERS PETITIONS

We are now sending readers petitions to Our Lady directly to the Medjugorje Information Office in Medjugorje. Sonia has been doing this for us for a long time now, but recently she had to temporarily return to Australia for family reasons, and so posting direct seems a good solution. Previously, petitions were delivered to one of the seers in person, but these days many of the seers live away from Medjugorje and have family commitments - and so petitions are now handed into the Information Centre - who in turn hand them to the one of the seers prior to an apparition. People also can send petitions by Email to the Information Office (medjugorje-mir@medjugorje.hr) - but we have chosen not to do this, because it would mean having to open each petition to transcribe it - and this would impinge on the petitioners confidentiality. So rest assured - your petition remains sealed - only Our Lady continues to be able to read it!

NOVENA TO ST. CLARE

Ask St. Clare for three favours. 1 business, 2 impossible. Say 9 Hail Marys for nine days with a lighted candle. Pray believing this is so. Publish on the 8th day and your request will be granted no matter how impossible it may seem.

Note: A reader asked us about the significance of publishing this prayer on the 8th day - we do not know if this is important or not! We simply published the prayer when another reader sent it in to us. Since we only come out 4 times a year - we can only publish it at these times. Judging by the letters received in the past, it would appear that this arrangement is OK with St. Clare! Another reader complained about the lighted candle (on behalf of people who could not afford one) - We are sure that if you can't afford a candle - St. Clare will not mind one jot!

Thanks from: Luizzolvi, Pauline Wong NSW, LRC, NSW, S. Savage, Qld, One Anonymous reader.