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# How to Pray the Rosary

Not sure how to pray the rosary? Or trying to help a friend to pray it? This simple guide can help. "The Rosary is the prayer of the humble and of the saints. In its mysteries, they contemplate, along with Mary, the life of Jesus, the merciful face of the Father." - Pope Francis

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The Rosary is a traditional Catholic prayer to the Blessed Virgin Mary,

our Mother, asking her to pray for all her children in their time of need. Through the repetitive prayers that make up the Rosary, we tell our Lady that we love her and contemplate Jesus' life. "The Rosary is the prayer of the humble and of the saints. In its mysteries, they contemplate, along with Mary, the life of Jesus, the merciful face of the Father. O, how much we all need to be truly comforted, to be wrapped in loving presence!" (Pope Francis, March 19, 2020)

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