

The Millennium Pilgrimage Cross Rosary



The Joyful Mysteries

A Prayerful Meditation for the Dignity of Every Human Life



Throughout history, the Rosary has been a source of comfort, courage, and deep spiritual reflection for millions. It is a tapestry of prayers woven together, inviting the faithful to contemplate the mysteries of Christ's life and love through the lens of Mary, his mother. The "Rosary for Life" embraces this tradition, focusing each prayer on the celebration, protection, and dignity of human life—from conception to natural death. This document offers a detailed guide and meditative reflections to accompany those who wish to pray the Rosary for Life, whether individually, in families, or as a community.

The Rosary is a powerful prayer that allows us to draw close to the mysteries of faith. When offered for the intention of life, it becomes an instrument of hope and an affirmation of the value and sacredness of every person. Each bead can be seen as a call to defend the vulnerable, heal the wounded, and uplift those at the margins. The Rosary for Life is not merely a set of prayers—it is a journey of compassion, a spiritual commitment to honor and protect life in all its stages.

The Cross is at the center of the Rosary:

Troparion Exultation of the Holy Cross- ***Save your people, O Lord and bless your inheritance. Grant victory to faithful people against enemies and protect Your community by Your Cross.***

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. 3x

We are all invited to look upon the healing and life-giving Cross of Christ and receive His transformative love and mercy. Today we walk with Mary through the joyful mysteries and pray for her intercession as she accompanies us in all of our joyful mysteries, which even in joy are often mixed with challenges and struggles. She reminds us, God is with us, and we do not walk alone.

We begin with the Sign of the Cross: In the name of the Father and the Son and the Holy Spirit+

Invocation of the Holy Spirit

Heavenly King, Advocate, Spirit of truth, who are everywhere present and fill all things. Treasury of blessings, Bestower of life, come and dwell within us; cleanse us of all that defiles us and O Good One, save our souls.

Nicene Creed

I believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is seen and unseen. I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God, begotten not made, one in being with the Father. Through Him all things are made. For us men and our salvation He came down from heaven: by the power of the Holy Spirit, He was born of the Virgin Mary and was made man. For our sake He was crucified under Pontius Pilate. He suffered, died, and was buried. On the third day, He rose again in fulfillment of the scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father (and the Son). With the Father and the Son, He is worshiped and glorified. He is spoken through the prophets.

I believe in one holy, catholic and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead and the life of the world to come. Amen

Next, we pray The Our Father:

Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil.

Then we pray three Hail Mary's for an increase of faith, hope and love:

When praying together the Hail Mary is announced by an individual in their language of choice: Hail Mary, full of grace the Lord is with you. Blessed art thou among women and blessed is the fruit of thy womb Jesus.

Asking for the intercession of the Theotokos we respond all together: Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen

We continue in this same fashion through 5 decades of the Rosary.

The First joyful Mystery: The Annunciation

Prayer Intention: For parents facing an unexpected pregnancy, that they lovingly accept the precious life God has entrusted to their care.



The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be.

Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you

shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (Luke 1:26-33, 38)

As an angel proclaimed the conception of Christ in Mary's virginal womb, so do mothers and fathers learn every day of the conception of their child. Let us pray to the Mother of all the Living that every child be treasured and protected from the first moment of conception as an inestimable and wondrous gift of God.

Our Father...

- Holy Mary, Mother of Joy: inspire the hearts of all newly pregnant women with the joy of which you sang at the Annunciation. ***Hail Mary...***
- Holy Mary, Mother of Joy: deliver all parents from fear, and implant in their hearts a joyful hope. ***Hail Mary***
- Holy Mary, Mother of Joy: pray that all expectant parents will be surrounded with love and support. ***Hail Mary***
- Holy Mary, Mother of Joy: pray for grandparents, that the witness of their joy might be a source of strength to their expectant children. ***Hail Mary***
- Holy Mary, Mother of Joy: be with all new parents, that the miracle of new life silently growing in the womb will awaken in them a commitment to cherish and protect their child. ***Hail Mary***
- Holy Mary, Mother of Joy: pray that all might be inspired by the wonder of new life and embrace God's overwhelming gift. ***Hail Mary***
- Holy Mary, Mother of Joy: watch over all new parents with your maternal care, from the first moments of new life. ***Hail Mary***
- Holy Mary, Mother of Joy: rejoice with the mother who first feels the stirring of the child in her womb. ***Hail Mary***
- Holy Mary, Mother of Joy: intercede for all parents who long to carry a child in their arms. ***Hail Mary***
- Holy Mary, Mother of Joy: Bless adoptive parents and rejoice with them in the beauty of their child. ***Hail Mary***
- ***Glory be to the Father, and to the Son, and to the Holy Spirit: now and forever and ever. Amen.***

O My Jesus, forgive us our sins. Save us from the fire of hell and lead all souls to heaven especially those most in need of your mercy.

Always Protect Us

Always protect us dear Virgin Mary
While we are striving through our lives
And be our hope when death comes unwary
Be our salvation from evil plight

Chorus: We bring to you dear Mother
Our hearts in pure offering
We worship God. He is our Father.
We worship God. He is our King. (2x)

The Second Joyful Mystery: The Visitation

Prayer Intention: That each of us be given the eyes to see the dignity and worth of every human person and seek to honour the image of You, our Lord and God, in each person we meet as we acknowledge the sacredness of every human person at every stage of life.



During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (Luke 1:39-45)

As the child in Elizabeth's womb leaped for joy when the Blessed Virgin,

pregnant with the Son of God, came to meet her, so may our hearts leap with joy at the wonder of the gift of life.

Our Father...

- Holy Mary, Mother of Joy: Inspire us to rejoice with all expectant parents and to support them with our prayers. ***Hail Mary***
- Holy Mary, Mother of Joy: Comfort those facing illness and even death, when they are afraid, help them to choose life until the end of their earthly journey. ***Hail Mary***
- Holy Mary, Mother of Joy: Share your hope with all who despair. ***Hail Mary***
- Holy Mary, Mother of Joy: Be close to all the families of those who struggle with mental illness or addictions. ***Hail Mary***
- Holy Mary, Mother of Joy: Give us the joy of Saint Elizabeth and her son whenever we meet the miracle of new life. ***Hail Mary***
- Holy Mary, Mother of Joy: Pray that all our laws may protect and defend innocent life in each mother's womb and vulnerable who consider ending their lives. ***Hail Mary***
- Holy Mary, Mother of Joy: Give comfort and courage to those who have lost a child. ***Hail Mary***
- Holy Mary, Mother of Joy: Teach us to support all expectant parents and to increase their joy in the miracle of God's work within them. ***Hail Mary***
- Holy Mary, Mother of Joy: Ask that God gives us the wisdom to support those tempted to abort their child's life or end their own life. ***Hail Mary***
- Holy Mary, Mother of Joy: Transform even those who perform abortions or euthanasia with the truth of him whom you bore in your womb. ***Hail Mary***

***Glory be to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen.***

***O my Jesus, forgive us our sins. Save us from the fire of hell and lead all
souls to heaven especially those most in need of your mercy.***

Immaculate Mary

Immaculate Mary, your praises we sing
You reign now in heaven with Jesus our King

Chorus: Ave, Ave, Ave Maria (2x)

Your name is our power, your virtues our light
Your love is our comfort your pleading our might

Chorus:

We pray for our mother, the Church upon earth
And bless dearest Lady the land of our birth,

Chorus:

The Third Joyful Mystery: The Birth of Jesus

Prayer Intention: That the love of the Blessed Mother and the Christ Child may be a source of strength for every person living in circumstances of poverty, facing war or fleeing from it and all who face the callous disregard for human life and dignity in our world. We pray especially for expectant mothers, and all the vulnerable.



While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared

to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Messiah and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger." (Luke 2: 6-12)

In the birth of every child we see the birth of Christ Jesus in the Bethlehem stable. Let us commend all new mothers and fathers and every newborn child to the protection and intercession of the Mother of God and Mother of all Christians. We also pray for those in need, the vulnerable and all immigrants who struggle to build a life in a foreign land as the Holy Family did when they fled to Egypt.

Our Father...

- Holy Mary, Mother of Joy: Come swiftly to the aid of all who labor and who are in distress. **Hail Mary**
- Holy Mary, Mother of Joy: Give your own courage to those who are alone or feel abandoned. **Hail Mary**
- Holy Mary, Mother of Joy: Implant in our hearts the wonder known by the shepherds at the birth of your Son. **Hail Mary**
- Holy Mary, Mother of Joy: pray for all physicians and health care workers that they honor and care for life and refuse to destroy it, grant them protection, courage skill and compassion. **Hail Mary**
- Holy Mary, Mother of Joy: Help us to welcome the gift of new life, as you welcomed the birth of your Son. **Hail Mary**
- Holy Mary, Mother of Joy: Strengthen the joy of all men and women who behold the wonder of life regardless of our challenges and frailties. **Hail Mary**
- Holy Mary, Mother of Joy: Let the face of the newborn child proclaim the Gospel of Life. **Hail Mary**
- Holy Mary, Mother of Joy: Guide the hands and hearts of all those that care for and nurture life. **Hail Mary**
- Holy Mary, Mother of Joy: help us to proclaim the Gospel of Life in our care for each baby and person in need. **Hail Mary**
- Holy Mary, Mother of Joy be present at the moment of birth and death of each person to share in our joy of new life, guide us through our purification and usher the faithful into heaven. **Hail Mary**

Glory be to the Father, and to the Son, and to the Holy Spirit: now and forever and ever. Amen.

O my Jesus, forgive us our sins. Save us from the fire of hell and lead all souls to heaven especially those most in need of your mercy.

Tell the People

Chorus:

Tell the people I love them;

Tell the people I care;
When they feel far away from me,
tell the people I'm there.

Last night Jesus came to me
Wiped the tears from my eyes
He said not to worry
He would stay by my side

Chorus:

Then He looked out upon the world
In the darkness of night
Then He turned and He looked at me
O how sadly He sighed

Chorus:

When I walked upon Calvary
And I poured out my life,
I died for each one of them,
So that they may have life

Chorus:

The Fourth Joyful Mystery: The Presentation in the Temple

Prayer Intention: That fathers of families will model St. Joseph in devoutly practicing their faith, so that they lead their children to God by their words and example teaching them the value and dignity of each human being created in the image of God.



Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him. It had been revealed to him by the holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel." (Luke 2:25-32)

As Christ was consecrated to God at his presentation in the temple, so may we consecrate all children to that holiness, purity, and innocence by which they lead us to God. "A little child shall lead them."

Our Father...

- Holy Mary, Mother of Joy: watch over every child and keep them safe and close to your Son. ***Hail Mary***
- Holy Mary, Mother of Joy: Inspire all parents to bring their children up with faith, as you and Joseph guided and taught the child Jesus. ***Hail Mary***
- Holy Mary, Mother of Joy: Be with all married couples that they might be open to chastity, honesty, respect and life through the practice of natural family planning. ***Hail Mary***
- Holy Mary, Mother of Joy: Gently guide new parents as they lead their little ones to your Son. ***Hail Mary***
- Holy Mary, Mother of Joy: Pray for the child who, like your Son, reaches out in hope to a brand-new world, guard them body and soul under your mantle of protection. ***Hail Mary***

- Holy Mary, Mother of Joy: Hold close to your immaculate heart the heart of each child and adult who as a child been abused, comfort them and heal their trauma and pain. *Hail Mary*
- Holy Mary, Mother of Joy: Be a model of maternal love for all women who reject or fear motherhood. Help them to embrace the gift of a new life. *Hail Mary*
- Holy Mary, Mother of Joy: Bless with your presence the room of each little child, and each teen that is searching for meaning. Be with those who are struggling in their marriages, as well as the sick and the dying. *Hail Mary*
- Holy Mary, Mother of Joy: Welcome home to heaven the soul of every child that is lost. *Hail Mary*
- Holy Mary, Mother of Joy: Help us to be obedient and faithful like you and Saint Joseph, when you brought Jesus to the temple without fear or hesitation. *Hail Mary*

*Glory be to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen.*

*O my Jesus, forgive us our sins. Save us from the fire of hell and lead
all souls to heaven especially those most in need of your mercy.*

Redemptorist Prayer

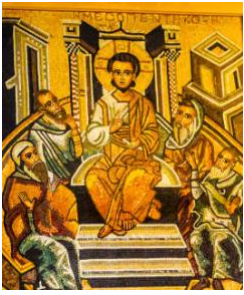
Mary mother of Jesus, you the lowly one chosen from all time to bear God's only son.

Chorus: Ave Maria, Ave Maria. Watch dear mother my way, hear me when I pray. Ave Maria, Maria.

Mary Mother of Sorrows, your Son has won for us, life with God on high, the triumph of the Cross

Chorus:

The Fifth Joyful Mystery: The Finding in the Temple



Prayer Intention:

For all children and adults who have been lost and forgotten, that they may be led to a place where they are treasured, protected and loved.

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. (Luke 2:41-50)

As the Christ Child was found in the temple by the Blessed Virgin Mary and Saint Joseph, so we pray for all those who are lost and forgotten, and those who have lost their understanding of themselves as blessed Children of God. May the Gospel of Life impel us to find them when they are most in need and to lead them home to a place where they are treasured, protected, and loved just as God created them to be.

Our Father...

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- Holy Mary, Mother of Joy: Bring joy, peace and healing to the lives of children who are abused in body or mind. **Hail Mary**

- Holy Mary, Mother of Joy: Deliver the abusive adult from the evil of their actions. *Hail Mary*
- Holy Mary, Mother of Joy: Guide those who work to find children who are lost or taken. *Hail Mary*
- Holy Mary, Mother of Joy: Pray for all children and all persons who feel unwanted or abandoned and lead them home. *Hail Mary*
- Holy Mary, Mother of Joy: Be with parents unable to care for their children: teach them patience and holiness. *Hail Mary*
- Holy Mary, Mother of Joy: Teach young parents to treasure their child as you loved the child Jesus. *Hail Mary*
- Holy Mary, Mother of Joy: Pray for politicians and health care professionals who have abandoned the practice of the faith: lead them home to your Son. *Hail Mary*
- Holy Mary, Mother of Joy: Intercede with your Son for all who perform or assist in procedures that deliberately take life that they may be freed from a blindness to the evil of their actions. *Hail Mary*
- Holy Mary, Mother of Joy: Inspire all legislators by your love for us, that they might work for the protection of life. *Hail Mary*
- Holy Mary, Mother of Joy: Guide, by your holy example, lead all leaders to a love for the Gospel of Life. *Hail Mary*

*Glory be to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen. O my Jesus, forgive us our sins.
Save us from the fire of hell and lead all souls to heaven especially
those most in need of your mercy.*

Behold the Wondrous Cross

When I behold the wondrous cross
On which the Prince of Glory died
Richest gain I count my loss
and pour contempt on all my pride

Chorus:

Lord my God who died for me



All thanksgiving be to Thee (2x)
See from His hands, His head, His feet
What grief and blood flow mingled down
Did 'ere such love and sorrow meet
or thorns compose so rich a crown?

Chorus:

Were all the realms of nature mine
It would be offering far too small
Love so amazing so Divine
Demands my soul, my life, my all

Chorus:

Hail Holy Queen, Mother of Mercy, Our life our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate thine eyes of mercy toward us and after this our exile show unto us the blessed fruit of thy womb Jesus, O clement O loving O sweet Virgin Mary. Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ.

It is truly right to bless you, O God bearing one, as the ever blessed and immaculate Mother of our God. More honourable than the cherubim and by far more glorious than the seraphim. Ever a virgin you gave birth to God the Word. O true Mother of God we magnify you.

Adapted from USCCB Rosary for Life: <https://www.usccb.org/prayers/rosary-life-joyful-mysteries>

To find out more about the Millenium Pilgrimage Cross and find out about our history and mission please visit our website at www.millenniumcross.ca. To support our mission and development of this pilgrimage site donate via e-transfer to donate@millenniumcross.ca