**How to Pray the Rosary**

1. Begin by touching the crucifix and praying the Sign of the Cross followed by the Apostle's Creed.

2. On the first large rosary bead, pray the Our Father.

3. On each of the next three beads, pray a Hail Mary.

4. On the next large bead, pray the Glory Be to the Father.

5. At the beginning of each decade, announce the "mystery" to be contemplated, for example, the first luminous mystery is “Jesus is Baptised".

6. After a short pause for reflection, recite the "Our Father", ten "Hail Marys" and the "Glory be to the Father".

After this, repeat stages 5 and 6 for the remaining four decades.

At the end of the Rosary, the Hail Holy Queen.