

A FEW TIPS
[well, hardly any, really]
ON HOW TO PORTRAY
[well, fake, actually]
A SIXTEENTH CENTURY ENGLISH CATHOLIC
[or somebody who is just REALLY OLD-FASSHIIONED]

How to say THE ROSARY

1. Begin on the crucifix by saying the Apostles' Creed.
[If your rosary has no beads/chain between the cross and the circlet, omit #2, 3, and 4.]
2. On the 1st bead, say the Our Father.
3. On the next 3 beads, say one Hail Mary each.
4. Then say a Glory Be. [If you have a medallion connector, it is only for ornamentation.]
5. On the next single [large] bead, announce and think about the first Mystery of the selected group, then say an Our Father.
6. Say 10 Hail Marys, one per bead, and then a Glory Be.
7. On the next single [large] bead, announce the second Mystery, say the Our Father, and continue in the same way until all five Mysteries, and their 10 Hail Marys and one Glory Be, are said.

THE JOYFUL MYSTERIES;

1. The Annunciation *humility*
2. The Visitation *charity*
3. The Birth of Jesus *spirit of poverty*
4. The Presentation in the Temple *virtue of obedience*
5. The Finding in the Temple *virtue of piety*

THE SORROWFUL MYSTERIES:

1. The Agony in the Garden *true contrition*
2. The Scourging at the Pillar *virtue of purity*
3. The Crowning with Thorns *moral courage*
4. The Carrying of the Cross *virtue of patience*
5. The Crucifixion *grace of perseverance*

THE GLORIOUS MYSTERIES:

1. The Resurrection *faith*
2. The Ascension *virtue of hope*
3. The Descent of the Holy Ghost *love for God*
4. The Assumption of Mary into Heaven *devotion to Mary*
5. Crowning of Mary as Queen of Heaven *eternal happiness*

CLOSING:

It is to thee that we go, holy Mother of God, seeking refuge and protection. Look kindly upon us as we cry to thee in our need. Glorious and blessed Virgin, be with us always and rescue us from every kind of danger. AMEN.

THE ANGELUS

At the tolling of the 'Noon' bells [or on joint decision of your group that it is now 'Noon'], stop whatever it is you are doing and, wherever you happen to be, join with others of like mind and recite the following [using 'call and response']:

The Angel of the Lord declared unto Mary.
And she conceived of the Holy Ghost.
Hail Mary, ...
Behold the handmaid of the Lord.
Be it done unto me according to Thy word.
Hail Mary, ...
And the Word was made flesh.
And dwelt among us.
Hail Mary, ...

*Angelus Dómini nuntiávit Mariæ.
Et concépit de Spíritu Sancto.
Ave, Maria, ...
Ecce ancílla Dómini.
Fiat mihi secúndum vervum tuum.
Ave, Maria, ...
Et Verbum caro factum est.
Et habitávit in nobis.
Ave, Maria, ...*

Let us pray.
Pour forth, we beseech thee, O Lord, Thy grace into our hearts; that we to whom the Incarnation of Christ Thy Son was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection; through the same Christ our Lord.
AMEN.

*Oremus.
Grátiam tuam, Dómine, méntibus nostris infúnde, ut qui Angelo nuntián-te, Christi filiii tui incarnatió-nem cognó-vimus, per passió-nem ejus et crucem ad resurrecti-ónis glóri-am perducámur; per eú-m-dem Christum Dó-minum nostrum.
AMEN.*

PRO INIMICUS [A Prayer for my Enemies]

Almighty God, have mercy on **N.** [and **N.**], and on all that bear me evil will, and would me harm, and their faults and mine together, by such easy and tender, merciful means, as thine infinite wisdom can devise; vouchsafe to amend and redress, and make us saved souls in heaven together where we may ever live and love together with thee and thy blessed saints. O Trinity, for the bitter passion of our sweet savior Christ. Amen.

Lord, give me patience in tribulation and grace in everything to conform my will to thine: that I may truly say: *Fiat voluntas, tua sicut in cælo et in terra.*

The things, good Lord, that I pray for, give me the grace to labour for. AMEN.

*Sir Thomas More, at the Tower of London,
Sometime between his condemnation and death,*

1-6 July 1535

