

# THE WALKING ROSARY

A JOURNEY WITH MARY



---

## ABOUT THIS ACTIVITY

The *Walking Rosary* aims to create a peaceful environment ideal for meditation or quiet reflection, building on the traditional Rosary, a well-known devotion to Mary that chronicles her life. Traditionally, the Rosary consists of a set number of specific prayers, such as the Our Father, Hail Mary, and Glory Be. Participants are invited to recite these prayers as they walk along the life-size rosary path.

There is no prescription as to how long this activity can take. Participants may choose to stop at various points along the way to meditate on each mystery or prayer.

This activity was developed to form part of a Retreat Weekend in 2014, focusing on the various moments in the life of Mary where she said 'yes' in faith and love. The activity is now available as a resource for the parishes, groups and organisations of the Catholic Archdiocese of Melbourne. The activity may be used as part of an event, such as feast day celebrations or parish missions. The activity can be booked for up to two weeks.

---

## BOOKING THE ACTIVITY

1. Fill in the booking form and return via email or by post
2. The Archbishop's Office for Evangelisation will contact you to confirm the booking request
3. Arrange to collect the activity from:

Archbishop's Office for Evangelisation  
Cardinal Knox Centre  
383 Albert Street  
East Melbourne VIC 3002

Ph: (03) 9926 5761

*Please note that the exhibitor is to pay the cost of a courier if collection/return is unable to be arranged.*

4. Return the activity materials at the end of the exhibition period.

---

## ASSEMBLING THE ACTIVITY

This travelling activity kit contains:

- 1 white cross
- 5 large candle holders
- 53 small candle holders
- 1 long string
- 10 copies of the activity booklet

What **you** will need to provide:

- Tea light candles & Matches  
(n.b. Depending on the length of your activity you may need several hundred candles as they may not last. You might also consider electronic candles)
- A large flat-surfaced area to lay out the activity
- Reflective music (optional)

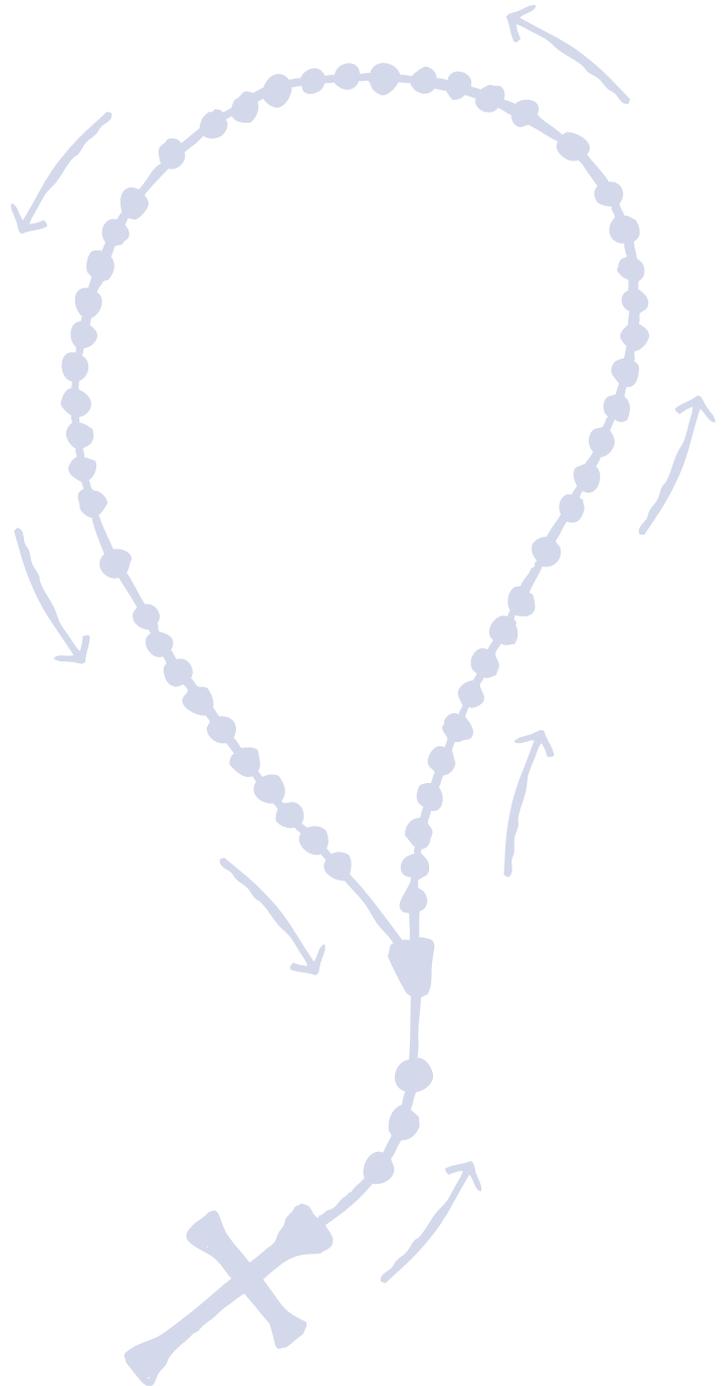
The Walking Rosary can be assembled in the most suitable way for your space. It is suggested that the activity is assembled in a space large enough for the movement of participants (e.g. A minimum of 4m x 7m is recommended). If you are using tea light candles, please ensure you have a volunteer/s who can monitor the flames.

Following the instructions provided will ensure the protection and longevity of the activity materials. The materials will be inspected upon return and a fee will be charged for any damage.

---

## ACTIVITY BOOKLETS

An electronic copy of the activity booklet is available to download and print from the Archbishop's Office for Evangelisation website: [www.cam.org.au/evangelisation](http://www.cam.org.au/evangelisation).





The Walking Rosary  
aims to create a  
peaceful environment  
ideal for meditation  
or quiet reflection.

---

## AN INTRODUCTION

The rosary is a well-known devotion to Mary, the Blessed Mother of Jesus. The Rosary consists of a set number of specific prayers with various mysteries that highlight key moments in the lives of Mary and Jesus.

First are the introductory prayers: one *Apostles' Creed*, one *Our Father*, three *Hail Marys*, and one *Glory Be*. The prayers that follow are five sets of ten *Hail Marys* preceded by one *Lord's Prayer* and concluded with one *Glory Be*. When the fifth mystery is completed, the Rosary customarily ends with the *Hail Holy Queen*, and the Sign of the Cross.

***See Appendix for the text of these prayers.***

The Walking Rosary activity aims to create a peaceful environment ideal for meditation or quiet reflection. No haste... Feel free to stay with one mystery for the whole time or to move slowly along the Walking Rosary. As we journey along, we ask Mary to pray for us, deepening our faith, hope and love.



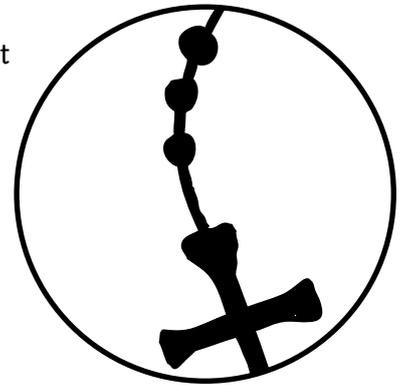
---

## WE BEGIN AT THE FOOT OF THE CROSS

As you prepare to begin the Walking Rosary, we invite you to pause and reflect on key moments in Mary's journey. Take time to share these moments with Mary, quietly praying the mantra at each of Mary's milestones along her journey.

The first few beads are introductory prayers. Pray the following in this order:

- The Apostles' Creed (x1)
- Our Father (x1)
- Hail Mary (x3)
- Glory Be (x1)



---

## THE 1ST MYSTERY: THE ANNUNCIATION

To begin, pray an **Our Father**.

As you pass these first ten beads, reflect on what Mary must have been feeling when she was visited by the Archangel Gabriel with the wonderful news that she was to bear the Son of Man. What must have been going through her mind as she graciously accepted this news?

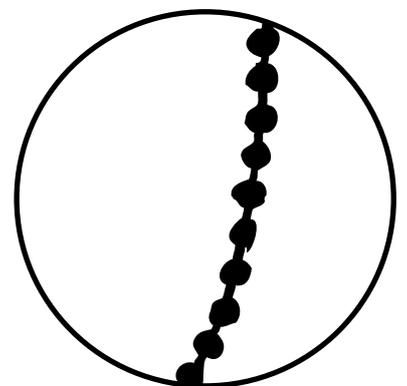
*Mary, full of grace.....*

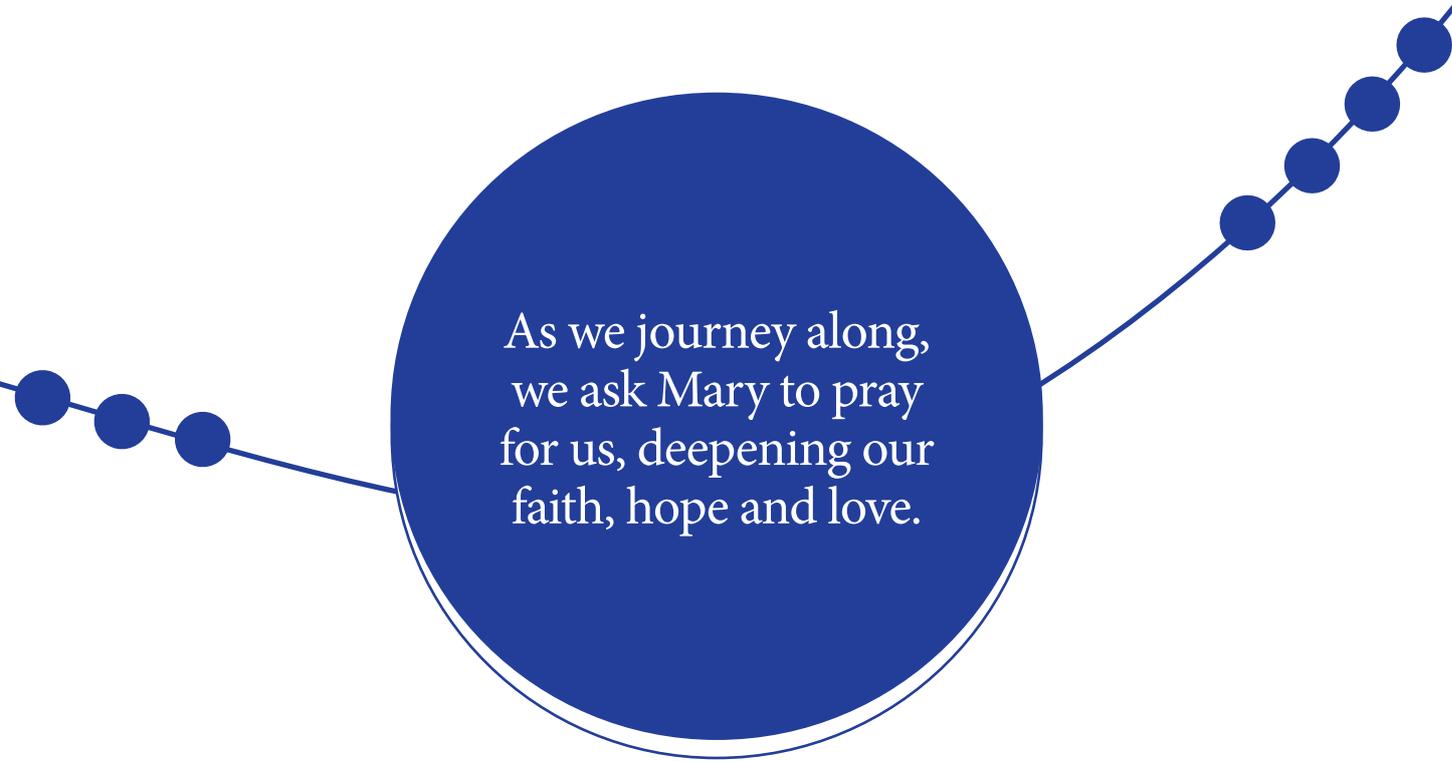
*Mary, moved by the Spirit.....*

*Mary, welcomer of the Word.....*

*Mary, living a 'yes' in trust...*

As you leave this mystery, pray the **Glory Be**.





As we journey along,  
we ask Mary to pray  
for us, deepening our  
faith, hope and love.

---

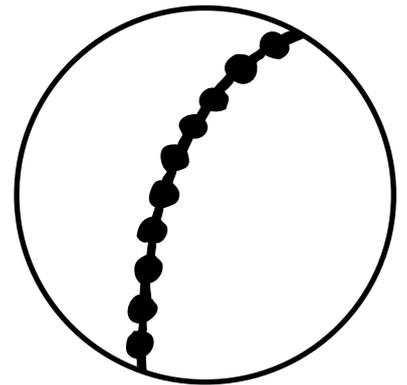
### THE 2ND MYSTERY: NATIVITY OF JESUS

To begin, pray an **Our Father**.

As you pass by this second mystery, as yourself, what would it have been like for Mary and Joseph, having to leave their home in search of safety, in anticipation of the birth of Jesus?

*Mary, at Bethlehem birthing her Son...*  
*Mary, with Joseph cradling the long awaited child of love...*  
*Mary, greeter of the simple shepherds from the hills...*  
*Mary, welcomer of the Wise seekers from the east...*

As you leave this mystery, pray the **Glory Be**.



---

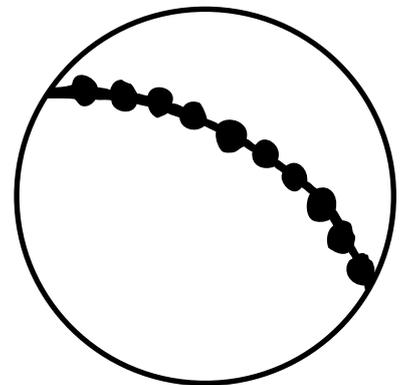
### THE 3RD MYSTERY: ESCAPE TO EGYPT

To begin, pray an **Our Father**.

As you pass this third mystery, reflect on the experience of Mary and her family, seeking refuge in a foreign land.

*Mary, escaping in haste...*  
*Mary, seeking refuge afar...*  
*Mary, living in a foreign land...*  
*Mary, awaiting God's signs...*

As you leave this mystery, pray the **Glory Be**.



---

## THE 4TH MYSTERY: THE CRUCIFIXION

To begin, pray an **Our Father**.

As you pass through this fourth mystery, imagine the anguish Mary must have felt as she watched her Son take up his cross and die for the sake of mankind. What strength and faith she must have needed to allow her Son to fulfil the Father's plan.

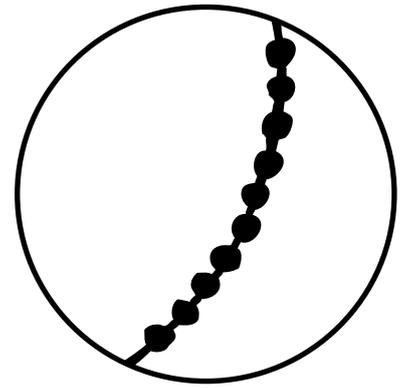
*Mary, standing at the foot of the Cross...*

*Mary, with unyielding faith...*

*Mary, strength of love for her Son...*

*Mary, receiving her Son in death...*

As you leave this mystery, pray the **Glory Be**.



---

## THE 5TH MYSTERY: THE RESURRECTION

To begin, pray an **Our Father**.

As you pass through this fifth and final mystery, reflect on the following prayer by Pope Francis about Mary:

Mary, Virgin and Mother  
You who, moved by the Holy Spirit  
Welcomed the word of life  
In the depths of your humble faith:  
As you gave yourself completely to the Eternal One,  
Help us to say our own 'yes'  
To the urgent call, as pressing as ever,  
To proclaim the good news of Jesus.

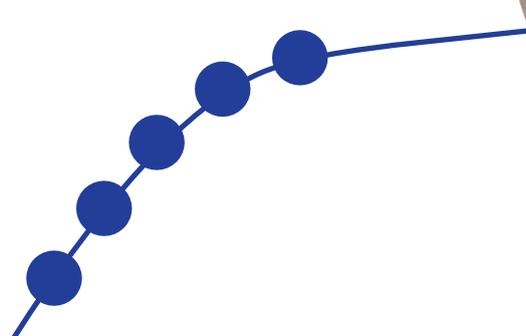
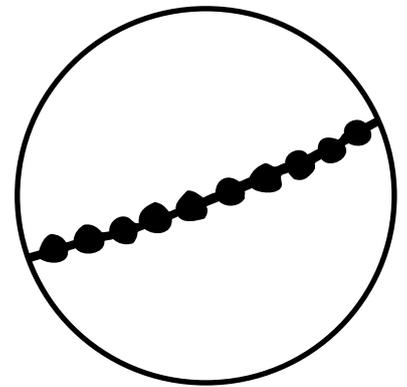
*Mary, receiving the joyful comfort of resurrection...*

*Mary, awaiting the promise of the Spirit...*

*Mary, the gift of unfading beauty...*

*Mary, glory of the eternal heavens...*

As you leave this mystery, pray the **Glory Be**.



## APPENDIX

# PRAYERS

### THE APOSTLES' CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit, (*bow*)  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

### 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.

### HAIL MARY

Hail Mary, Full of Grace, the Lord is with thee.  
Blessed art thou among women, and blessed  
is the fruit of thy womb, Jesus. Holy Mary,  
Mother of God, pray for us sinners now,  
and at the hour of our death. Amen.

### GLORY BE

Glory be to the Father, and to the Son,  
and to the Holy Spirit. As it was in the  
beginning, is now, and ever shall be,  
world without end. Amen.

### SALVE REGINA (HAIL, HOLY QUEEN)

Hail, holy Queen, Mother of mercy, hail, 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 vale 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 merciful,  
O loving, O sweet Virgin Mary! Amen.



# The Walking Rosary

## **About this Activity**

The *Walking Rosary* activity aims to create a peaceful environment ideal for meditation or quiet reflection, building on the traditional Rosary, a well-known devotion to Mary that chronicles her life. The Rosary consists of a set number of specific prayers, such as the Our Father, Hail Mary, and Glory Be. Participants are invited to recite these prayers as they walk along the life-size rosary path.

There is no prescription as to how long this activity can take. Participants may choose to walk slowly, stopping at various points to meditate on each mystery or prayer.

This activity was developed to form part of a Retreat Weekend in 2014, focusing on the various moments in the life of Mary where she said 'yes' in faith and love. The activity is now available as a resource for the parishes, groups and organisations of the Catholic Archdiocese of Melbourne. The activity may be used as part of an event, such as feast day celebrations or parish missions. The activity can be booked for up to two weeks.

## **Booking the Activity**

1. Fill in the booking form and return via email or by post
2. The Archbishop's Office for Evangelisation will contact you to confirm the booking request
3. Arrange to collect the activity from:

Archbishop's Office for Evangelisation  
Cardinal Knox Centre  
383 Albert Street  
East Melbourne VIC 3002

*(Please note that the exhibitor is to pay the cost of a courier if collection/return is unable to be arranged)*

4. Return the activity materials at the end of the exhibition period.

## **Assembling the Activity**

*The travelling activity kit contains:*

- 1 white cross
- 5 large candle holders
- 53 small candle holders
- 1 long string
- 10 copies of the activity booklet

*What you will need to provide:*

- Tea light candles & Matches (n.b. depending on the length of your activity you may need several hundred candles as they may not last. You might also consider electronic candles)
- A large flat-surfaced space to lay out the rosary
- Reflective music (optional)

The Walking Rosary can be assembled in the most suitable way for your space. It is suggested that the activity is assembled in a space large enough for the movement of participants (e.g. a minimum of 4m x 7m is recommended). If you are using tea light candles, please ensure that you have a volunteer/s that can monitor the flames.

Following the instructions provided will ensure the protection and longevity of the activity materials. The materials will be inspected upon return and a fee will be charged for any damage.

An electronic copy of the activity booklet is available to download and print from the Archbishop's Office for Evangelisation website: [www.cam.org.au/evangelisation](http://www.cam.org.au/evangelisation).

# The Walking Rosary

*A Life-Size Rosary Activity*

## Booking Form

<b>Parish or Organisation</b>	
<b>Contact name</b>	
<b>Contact phone</b>	
<b>Contact email</b>	
<b>Preferred dates</b> (up to two week period)	
<b>Address of activity space</b>	
<b>Activity space</b> (e.g. hall, foyer, church)	
<b>Event or activity</b> (e.g. feast day, parish mission, expo)	
<b>Transport arrangements</b> (e.g. collect or courier)	

***Please return to the Archbishop's Office for Evangelisation***

Email: [evangelisation@cam.org.au](mailto:evangelisation@cam.org.au)

Fax: 9926 5767

Post: PO Box 146, East Melbourne VIC 8002

In person: Cardinal Knox Centre, 383 Albert Street, East Melbourne, VIC 3002

For more information please contact the Office on 9926 5761