



## How to Pray The Six Decade Brigittine Carmelite Rosary



“Pray the rosary every day to obtain peace for the world.”-- *Our Lady at Fatima, May 13, 1917*

## INDULGENCES

“The Brigittine Rosary was richly indulgenced by Pope Leo X in 1515, by Clement XI in 1716, and by Benedict XIV in 1743.” (*Carmelite Devotions and Prayers for Special Feasts of The Liturgical Year*, Compiled by a Carmelite Tertiary [Published by: Discalced Carmelite Nuns, Wisconsin]).

*N.B.*--The indulgences may all be gained by saying five out of the six decades (Bridgettine Nuns, Syon Abbey, Marley, S. Brent, Devon, England).

For a summary of these indulgences visit:

*The Raccolta or Collection of Indulgenced Prayers*,  
<http://www.liturgialatina.org/raccolta/contents.htm>



## A BRIEF DESCRIPTION OF THE BRIGITTINE / CARMELITE ROSARY

“The Brigittine Rosary was instituted and propagated by St. Bridget of Sweden. The six-decade rosary, or Brigittine beads, is traditional in the Discalced Carmelite Order as part of the habit. The reason for its adoption is found in the explanation of these beads.” (*Carmelite Devotions and Prayers for Special Feasts of The Liturgical Year*, Compiled by a Carmelite Tertiary [Published by: Discalced Carmelite Nuns, Wisconsin]).

“The Brigittine beads number seven *Paters* in honor of the sorrows and joys of the Blessed Virgin, and sixty-three *Aves* to commemorate the years of her life.” (Fr. Kevin, O.C.D., *Way of Perfection for the Laity* [Dublin: M. J. Gill & Son]).

“Besides the introductory "Our Father" and three "Hail Mary's" there are six mysteries or decades in each of the parts or divisions. In the six *Joyful Mysteries* the first mystery is *The Immaculate Conception*, the sixth of the *Sorrowful Mysteries* is *Jesus Taken Down from the Cross and Placed in the Arms of His Mother*, the sixth of the *Glorious Mysteries* is *The Patronage of Mary, Queen and Beauty of Carmel*.

[For the sixth *Luminous Mystery*, one can meditate on *The Obedience of Jesus to Mary and St. Joseph*.] The other mysteries are the same as in the Rosary in common use.” (*Carmelite Devotions and Prayers for Special Feasts of The Liturgical Year*, Compiled by a Carmelite Tertiary [Published by: Discalced Carmelite Nuns, Wisconsin]).



The following is taken from a presentation by the Institute of Carmelite Studies (ICS):

“Traditionally, in the Brigittine Rosary, the *Apostles's Creed* was recited at the end of each decade in place of the *Glory be*. Also, originally there were no mysteries connected to the Brigittine Rosary. Instead, it was meant to be a meditation on the whole life of the Virgin Mary. Today, Carmelites often pray the six-decade Rosary in the same way as the five-decade Rosary, just adding a sixth decade along with the corresponding mystery.”

To view the entire presentation and learn more about the Brigittine/Carmelite Rosary please visit:  
<https://www.youtube.com/watch?v=COiRzKadT6g>

# The Brigittine Carmelite Rosary



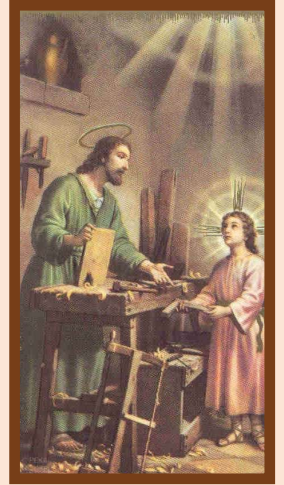
## The Joyful Mysteries

1. The Immaculate Conception
2. The Annunciation
3. The Visitation
4. The Nativity
5. The Presentation
6. The Finding of the Child Jesus in the Temple



## The Luminous Mysteries

1. The Obedience of Jesus to Mary and St. Joseph
2. The Baptism of Jesus in the Jordan
3. The Wedding Feast of Cana
4. The Proclamation of the Kingdom
5. The Transfiguration
6. The Institution of the Eucharist



## The Sorrowful Mysteries

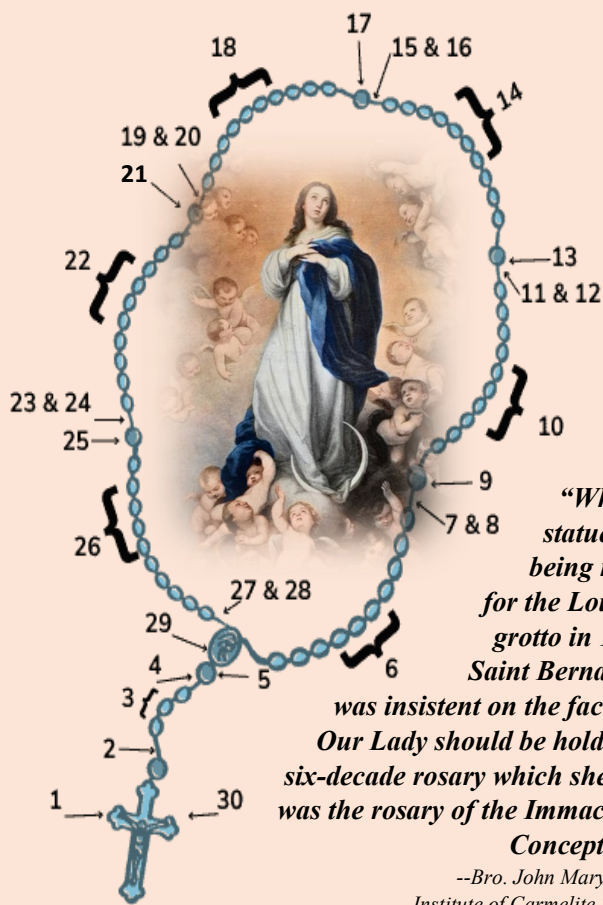
1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion
6. The Pieta  
(The Dead Jesus in the Arms of His Mother)



## The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth
6. The Patronage of Mary, Queen and Beauty of Carmel





## How to Pray the Six Decade Brigitine Carmelite Rosary

1. Make the Sign of the Cross and say the Apostles' Creed

2. Say Our Father

3. Say 3 Hail Mary's

4. Say Glory be to the Father

5. Announce the 1st Mystery: then say one Our Father

6. Say 10 Hail Mary's

7. Say Glory be to the Father

8. Say the Fatima Prayer

9. Announce the 2nd Mystery: then say one Our Father

10. Say 10 Hail Mary's

11. Say Glory be to the Father

12. Say the Fatima Prayer

13. Announce the 3rd Mystery: then say one Our Father

14. Say 10 Hail Mary's

15. Say Glory be to the Father

16. Say the Fatima Prayer

17. Announce the 4th Mystery: then say one Our Father

18. Say 10 Hail Mary's

19. Say Glory be to the Father

20. Say the Fatima Prayer

21. Announce the 5th Mystery: then say one Our Father

22. Say 10 Hail Mary's

23. Say Glory be to the Father

24. Say the Fatima Prayer

25. Announce the 6th Mystery: then say one Our Father

26. Say 10 Hail Mary's

27. Say Glory be to the Father

28. Say the Fatima Prayer

29. Say the Hail, Holy Queen

30. Make the Sign of the Cross

### The Sign of the Cross

In the name of the Father, + and of the Son, and of the Holy Spirit. Amen.

### 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, 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.

### 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. Amen.

### The 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.

### The Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

### The Hail Holy Queen (The Salve Regina)

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.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray.* O God, whose only-begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that we who meditate upon these mysteries of the most holy rosary of the Blessed Virgin Mary, may imitate what they contain and obtain what they promise. We ask this through Christ our Lord. Amen.

### ADDITIONAL PRAYERS

#### TO OUR LADY OF MOUNT CARMEL

V: Blessed Virgin of Mount Carmel;

R: *Be our constant hope.*

V: Mary, perfect disciple of the Lord;

R: *Make us also faithful to him.*

V: Mary, Flower of Carmel;

R: *Fill us with your joy.*

V: Virgin Mary, beauty of Carmel;

R: *Smile upon your family.*

V: Gentle Mother of Carmel;

R: *Embrace me as your child.*

V: Mary, Mother beyond compare

R: *Remember your children forever.*

V: Holy Virgin, Star of the Sea;

R: *Be our beacon of light.*

V: Protecting Veil:

R: *Shelter us in the mantle of your love.*

V: Mary, conceived without sin;

R: *Pray for us who have recourse to you*

*Let us pray.* Father, may the prayers of the Blessed Virgin Mary, Mother and Queen of Carmel, protect us and bring us to your holy Mountain, Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

### SPECIAL BLESSING OF THE BRIGITTINE / CARMELITE ROSARY

*Priest:* Our help is in the name of the Lord.

*All:* Who made heaven and earth.

*Priest:* The Lord be with you.

*All:* And with your spirit.

Let us pray

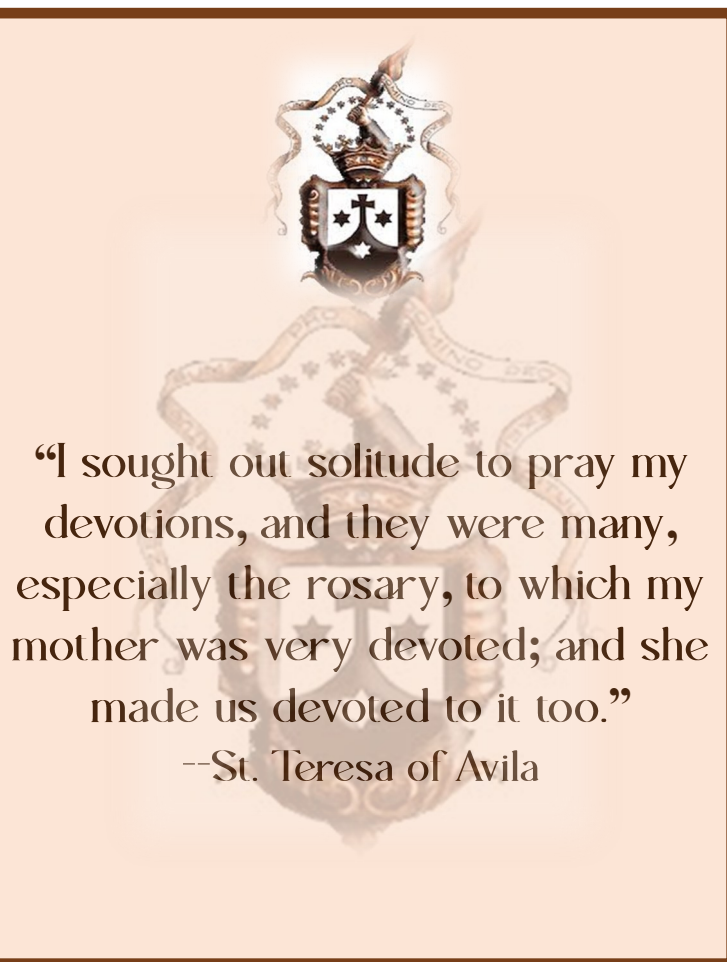
*Priest:* Almighty and merciful God, who, out of exceeding love for us, willed that Your only-begotten Son, our Lord Jesus Christ, come down from heaven to

earth for our salvation taking flesh at the angel's message in the sacred womb of the Blessed Virgin, in order to snatch us from Satan's tyranny; we humbly beg You in Your boundless goodness to bless + and to sanctify + these rosaries, which your faithful Church has consecrated to the honor and praise of the Mother of Your Son. Let them be endowed with such power of the Holy + Spirit, that whoever carries one on his person, or recites it, or reverently keeps it in his home, may always and everywhere be shielded from every foe and adversity, may gain the indulgences granted by the holy Roman Church, and at their death deserve to be presented to You by the blessed Virgin, laden with the merits of good works; through Christ our Lord.

*All:* Amen.

(They are sprinkled with holy water.)

Weller, Philip T., *The Roman Ritual*, Vol. II, pp 369-371 (Milwaukee: The Bruce Publishing Company, 1952).



“I sought out solitude to pray my devotions, and they were many, especially the rosary, to which my mother was very devoted; and she made us devoted to it too.”

--St. Teresa of Avila