

STANDARD METHODOICAL STRUCTURE SLC on...

How to recite the meditated Holy Rosary according to the ADP-VV method.

OF THE GROUPS OF PRAYER ADP-VV. ("Alleati Dei Piccoli Frati e Suore" - Italian for: Allies of the Little Friars and Nuns; "Volantini Verde" Italian for: Green Flyers - of Jesus and Mary)

[Please stand]

Let's gather ourselves and begin to pray:

(We begin¹, and while all make the Sign of the Cross we say):

[The Leader says]

The group answers]

- **O GOD, COME TO OUR ASSISTANCE.**

O LORD, MAKE HASTE TO HELP US.

- **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!

[please be seated]



My Lord, it is for love of You that we pray this Meditated Rosary, for the conversion of all poor sinners, beginning with our own; and in reparation of the blasphemies committed against the Immaculate heart of Mary; but above all, that You (through the meditation of these mysteries) may give us the grace to understand all the more fully Your Will, and the strength to totally put it into practice – all for the greater glory of God and the salvation of the most souls possible, for this is the aim and the eternal crown of our faith (cf. 1Pet 1:9)! Amen.

[The leader says with the group:]

- **Praised be** the most holy name of Jesus, Mary, and Joseph: now and forever!

- **O my Jesus,** forgive us our sins, preserve us from the fires of hell, and lead all souls to heaven, especially those in most need of Thy Divine mercy.

- **Mary, Queen of Peace** and ornament of Carmel, pray for us and for all those whom the Eternal Father has entrusted to us! (cf. John 17:9)

[Then all sing:]

"Aaaa-ve, aaaaa-ve, aaa-ve-Ma-ri-a...."

- or a possible song relating to the mystery...

Then you go to the following page and continue with the instructions **on the prayer card**, and so on from one prayer card to the next, or from one Mystery to the next, right up to the end, just as trains travel from one wooden plank to the next... but upon the two rails (of the Word and the Teaching of the Catholic Church)...



The Track of the Word of God
Charism of the Community
Teaching of the Cath. Church

¹ (cf. SLC pp. 55 ff)

(AFTER the "Mary, Queen of Peace..." of THE LAST PRAYER CARD, the 5th Mystery, all pray:)

- **Eternal rest** grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen!

[Please stand]

- **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. Amen.

- **Angel of God...** my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide.

[The Leader then says:]

- **ACCORDING TO THE HOLY INTENTIONS of the Pope,**

and for the acquisition of the holy indulgences for the souls in purgatory, let's recite an Our Father, a Hail Mary, and a Glory Be – also for the holy intentions of the local bishop, the parish priest of this area, the servant general and consecrated leaders of our community, the *adp-vv* lay missionaries, the leaders of our lay groups of prayer, and finally for the holy intentions of every man and woman of good will who wants to serve the truth that leads to the fullness in Christ!

Now, as a sign of union before beginning the Our Father, Hail Mary, and Glory Be, **let's take one another by hand** – because if we, like many specks of flour, are doughed together with the gushing water of the Gospel, the Catholic Doctrine, and the Truth itself, we can form a unique and compact loaf of bread: so if a gust of the wrong doctrinal wind comes by, it won't manage to scatter us, because, rather than finding many specks of flour ready to be scattered in an instant, it will find a unique, compact loaf of bread (for which the world that searches for the truth hungers greatly)...

(Then, if a guitar player is available, he/she plays the melody and all continue:)]

- <u>Our Father ...</u>	(Dm- Am)	} (possibly sung)
- <u>Hail Mary...</u>	(Dm- Am)	
- <u>Glory Be...</u>	(Dm- Am)	

[Then, during a possible final song, all walk up in a line towards the large ADP-VV pennant, praying that God will provide a Scriptural passage, which will be taken from the basket containing spiritual thoughts according to the Word of God, or from the Teaching of the Church, expressed especially through the thoughts of Catholic saints, as Pope Benedict XVI says!

(cf. B. XVI, *Jesus of Nazareth*, LEV, Città del Vaticano, p. 102)

(Conclusion with the *Final Prayer*):]

- **Let us pray.**

*Oh God, Whose only begotten Son has purchased for us the rewards of eternal salvation with His life, death and resurrection: grant that we who have **meditated** upon these mysteries according to the Word of God and the teaching of the Church may **imitate** what they contain and desire and **obtain** what they promise; through Christ our Lord, Amen. / May the Lord bless us, protect us from all evil and bring us to everlasting life... Amen.*

- **Good morning [afternoon / evening / night] my Little Mary,** you are my dear and sweet "Mamma mia". With your Holy Immaculate Conception, give us along this journey together with all those who seek the Will of God, your holy blessing, protection and illumination, to discover in every footstep our holy, unique, and unrepeatable mission. We ask this with all our hearts, for the greater glory of God and the salvation of the most souls possible: In the name of the Father and of the Son and of the Holy Spirit, Amen! Little Mary, cover us with your most holy mantle of re-flec-tion; for a holy me-di-ta-tion; to defeat ev-er-y temp-ta-tion!

Here ends the prayer of the Holy Rosary, and here begins the practice of the Holy Rosary!

As it is written:

"Be doers of the word and not hearers only, deluding yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his own face in a mirror. He sees himself, then goes off and promptly forgets what he looked like. But the one who peers into the perfect law of freedom and perseveres, and is not a hearer who forgets but a doer who acts, such a one shall be blessed in what he does." (Jam 1:22-25) Amen!

(Friar V.V. with the help of the ADP-VV member F. M. of the 10th Group of CL)