

Rosaries *of* Healing *and* Renewal

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PRAYERS FOR SURVIVORS
of Clerical Abuse

— — — — —
• — — — — —
and for the Church.

*You are not alone.
You are seen. You are loved. You are held.*

— — — — —
♥ — — — — —
PSALM 34:18
The Lord is close to the brokenhearted.



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Scripture quotations are taken from the Holy Bible and are used for prayer and reflection.

This Rosary companion was created as a resource for healing, prayer, and spiritual reflection.

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Created with love and prayers for those seeking healing, hope, and the presence of Christ.

Ad Jesu per Mariam

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Foreword

The Rosary is a revered and powerful prayer in our Catholic tradition. It is a spiritual lifeline that draws us closer to Christ through the intercession of His Blessed Mother. As we meditate on the mysteries of the Rosary, we enter into the lives of Jesus and Mary, seeking their guidance, comfort, and grace. In a world often marked by suffering and confusion, the Rosary offers a place of refuge, encounter, and transformation.

This devotional booklet contains two distinct yet deeply interconnected Rosaries. Each one has been prayerfully written to address specific wounds and to invite healing through Christ.

Part I is *The Healing Rosary: Meditations for Survivors* was written by a survivor of clerical abuse for survivors, particularly those who have been wounded within the very places where they should have been safe.

These meditations acknowledge the deep pain of betrayal, confusion, and loss of trust that can follow abuse, especially within the Church. They are not meant to rush healing or offer easy answers. Instead, they gently invite you to encounter Christ. He sees you, understands your suffering, and walks with you.

While these reflections were written with survivors of clerical abuse in mind, they may also be prayed by anyone who has experienced trauma, grief, or deep personal wounds.

Through each mystery, you are invited to rediscover the presence of Christ and the tender care of His Mother, Mary who remains with you, especially in suffering. May these meditations help you find peace, healing, and the freedom that comes through Christ alone.

Part II is *The Rosary of Healing and Hope* is offered for those who desire to pray for survivors and for the healing and renewal of the Catholic Church.

The reality of clerical abuse is a profound wound within the Body of Christ. It represents a grave betrayal of trust and a failure to protect the vulnerable. This reality

calls not only for acknowledgment, but for sincere repentance, justice, and ongoing reform.

This Rosary is an invitation to prayerfully stand with survivors, pray for their healing, and ask God to purify and restore His Church. True renewal requires structural change and also deep spiritual conversion.

Through these mysteries, we entrust survivors to the heart of Christ, ask for accountability and transformation within the Church, and seek the grace to become a people who protect, listen, and love with integrity.

Invitation to Prayer

Whether you are a survivor or someone praying in support of survivors, you are invited to approach the Rosary with intention and honesty.

Come as you are. There is no need to force words, emotions, or understanding. God meets you wherever you are at right now.

If you are a survivor, please move at your own pace. You may pause, skip, or return as needed. Your healing matters!

If you are praying for survivors, enter into prayer with humility. Ask for the grace to listen, to learn, and to stand in faithful solidarity.

Together, through the intercession of the Blessed Virgin Mary, Mother of the Church, may we seek healing, justice, and renewal. May our prayers extend beyond words and bear fruit in compassion, integrity, and truth.

As you pray, may you encounter Christ who is gentle, faithful, and always near.

The Lord is close to the brokenhearted, saves those whose spirit is crushed.

Psalm 34:19

How to Pray the Rosary

1. Make the Sign of the Cross

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

2. Pray the Apostles' Creed

I believe in God the Father Almighty, Maker 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; The third day He rose again from the dead; He ascended into heaven, And sits at the right hand of God the Father Almighty; From where 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 the Life everlasting. Amen.

3. Pray One Our Father

Our Father 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.

4. Pray Three Hail Marys

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. (Repeat 3x)

5. Pray the Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit...

6. Announce the First Mystery (See Mysteries below) and Pray an Our Father

Choose the appropriate Mystery set for the day or whatever mysteries you want to meditate on.

7. Pray Ten Hail Marys

Contemplate the Mystery while praying. (You can also announce an intention for the mystery)

8. Pray the Glory Be and the Fatima Prayer

“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.”

Add: “O my Jesus, forgive us our sins, save us from the fires of hell, lead all Souls into Heaven, especially those who are in most need of thy Mercy, amen”

9. Repeat for All Five Mysteries

- One Our Father
- Ten Hail Marys
- One Glory Be

- Fatima Prayer (optional)

10. Conclude with the Hail Holy Queen and Closing Prayers

“Hail Holy Queen, Mother of Mercy, Our life, Our Sweetness and Our Hope. To you we cry, poor banished children of Eve. To you do we send up our sighs, morning and weeping in this valley of tears. Turn then most gracious Virgin, your eyes of mercy towards us and after this, our exile, show unto us the blessed fruit of your 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.

Closing Prayer

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech Thee, that meditating upon these mysteries in the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

The Mysteries of the Rosary

The Rosary invites us to meditate on key events in the lives of Jesus and Mary, known as mysteries. These are grouped into four sets:

- **Joyful Mysteries (Monday and Saturday)** — The early life of Jesus

- **Sorrowful Mysteries (Tuesday and Friday)** — The Passion and death of Jesus
- **Glorious Mysteries (Wednesday and Sunday)** — The Resurrection and the hope of Heaven
- **Luminous Mysteries (Thursday)** — The public ministry of Jesus
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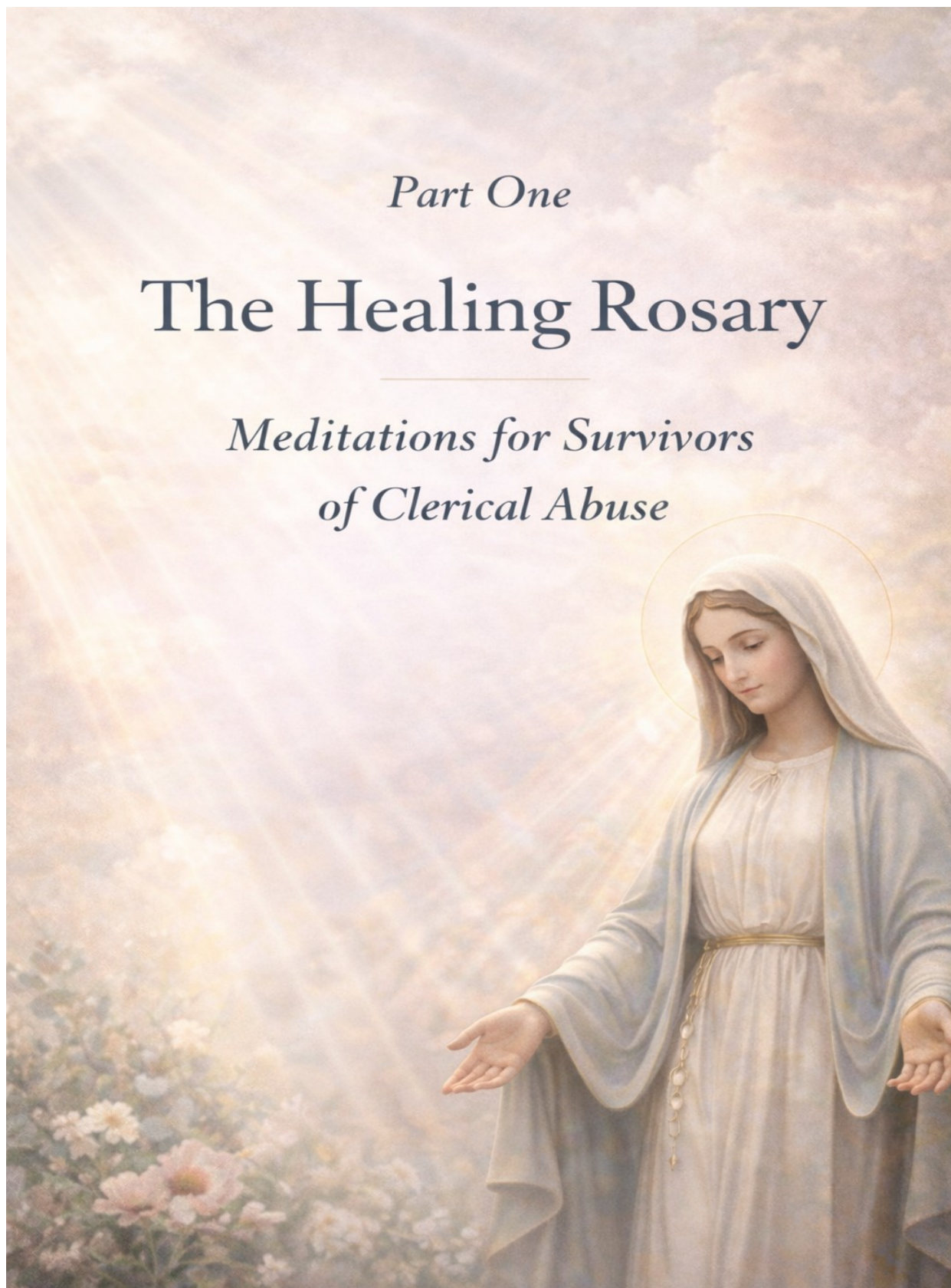
The traditional schedule is helpful, but not required. You may pray whichever mysteries you feel drawn to at any time.

Each Rosary consists of five decades, corresponding to one complete set of mysteries.

Part One

The Healing Rosary

*Meditations for Survivors
of Clerical Abuse*



Introduction

The meditations of this Healing Rosary were written with a deep awareness of the wounds caused by abuse especially when that harm is inflicted in places where trust was expected and faith was nurtured.

These reflections are offered as a companion. They are here to walk with you, not to push you. This Rosary is meant to help you encounter Christ in a way that is safe, personal, and real. Remember that He does not turn away from your pain. He enters into it and remains with you in it.

Mary, His Mother, also remains with you. She is not distant from your suffering. She is a gentle and faithful presence and the most loving Mother. She intercedes for you and leads you toward her Son with tenderness and care.

As you pray, you are invited to go at your own pace. You may linger, pause, or stop whenever needed. There is no pressure to complete everything at once.

May this Rosary become a means where you experience the presence of God, the closeness of Mary, and the quiet beginning (or the continuation) of healing.

How to Use This Rosary

1. Approach the Rosary with Openness

If you are new to the Rosary, begin by becoming familiar with its structure: the Apostles' Creed, Our Father, Hail Mary, Glory Be, and the Mysteries.

If prayer feels difficult because of your experiences, begin slowly and gently. Even a single prayer is enough. God meets you exactly where you are.

2. Create a Space for Prayer

Choose a place where you feel as safe and comfortable as possible. This may be a quiet room, outdoors, in a church, or anywhere you are able to be present.

You may wish to include a crucifix, blessed candle, an image of Mary, or some other sacramental, but these are not required. You are here, and that's what matters most!

3. Pray at Your Own Pace

Take your time. You may take as much time as you need with each mystery. If something resonates deeply, remain there.

You are not required to complete the entire Rosary in one sitting. You may pray one decade at a time, or return to it over several days.

4. Reflect on the Meditations

As you meditate on the reflections, notice if memories, emotions, resistance, or anything else arises. All of it can be brought to God.

Journaling may be helpful if you feel led to process anything more deeply.

5. Invite God into Your Healing

The Rosary is prayer, and it is also an invitation to allow God into the places that feel wounded, guarded, or uncertain. You do not need to have all the right words to approach Him. Your openness is enough.

Pay attention to the mysteries or moments that feel significant. These may be places where healing is gradually unfolding.

6. Be Patient with Yourself

Healing is not linear, and some days will feel heavier than others. That's okay. If prayer feels difficult, or if emotions surface unexpectedly, you are not doing anything wrong. You are responding honestly.

Pause when needed. Rest when needed. Return when you are able. God is patient with you.

7. Use Additional Prayers as Needed

Additional prayers and reflections are included at the end of this booklet. Use them freely before, during, or after the Rosary or whenever you need extra support.

8. Return and Revisit

Healing unfolds over time. You may find yourself returning to certain mysteries or reflections again and again. This is a good and natural part of the process. Allow God to meet you in new ways each time.

Final Encouragement

This Rosary is an invitation to bring everything to God. If all you can pray is a single Hail Mary, that is enough.

You are not alone. Our Lord is with you, and His Mother is interceding for you. There is truly always hope!

THE JOYFUL MYSTERIES

†

The Joyful Mysteries of the Rosary invite us to reflect on the moments of great joy in the lives of Jesus and Mary. For trauma survivors (especially those wounded by those meant to represent Christ), joy can feel distant or even unsafe. These mysteries reveal that God does not avoid our pain. Rather, He enters into it.

Mary, our Mother, is not distant from your suffering. She is with you and gently leads you to her Son who brings true healing, peace, and freedom.

As you pray, move slowly. You are free to pause at any time. Invite Jesus and His Mother into the places that feel wounded or guarded. Trust that, even now He is restoring what has been broken. He is transforming you.

“Jesus does not demand great actions from us, but simply surrender and gratitude.”

-St. Therese of Lisieux

THE FIRST JOYFUL MYSTERY

The Annunciation



*“Behold, I am the handmaid of the Lord; let it be done to me according to your word.” —
Luke 1:38*

Meditation

At the Annunciation, Mary receives a message that is both beautiful and yet overwhelming. She is troubled and yet she wants to do God's will. Her “yes” is a courageous trust in God. Her yes changed the course of history.

For survivors of clerical abuse, trust can feel shattered. God Himself may feel distant or unsafe. Mary does not rush you. She stays with you.

Her “yes” was not a surrender to harm. It opened her up to the faithful love of God. Through her, you are invited to rediscover that God is gentle and trustworthy. Even a small “yes” is enough.

Reflection Questions

- What fears or wounds make it difficult for me to trust God?
- Where might I be invited to take one small step toward Him?

Prayer

Lord, you gave Mary the grace to trust. Through her intercession, begin to restore what has been broken in me. Help me to believe that you are safe and faithful. Mary, my Mother, remain with me as I learn to trust again.

Action Step

Take one small, gentle step toward God today. Praying even just a part of this Rosary is a perfect starting point!

Mary, stay with me.

Our Father · 10 Hail Mary's · Glory Be

THE SECOND JOYFUL MYSTERY

The Visitation



“When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit...” — Luke 1:41

Meditation

Mary visits her cousin Elizabeth, who is pregnant with John the Baptist, and her presence brings joy. For those wounded by others, especially within the Church, relationships can feel unsafe. Trust may feel impossible. Yet, God does not desire you to walk alone.

Mary offers a safe presence. She is gentle, patient, and faithful. She reminds you that there are still people who reflect God’s love. Healing often begins with allowing yourself to be seen and supported, even in small ways.

Reflection Questions

- Who are safe people God may be placing in my life?
- How can I allow myself to receive support?

Prayer

Lord, thank you for those who walk with me in truth and compassion. Heal my fear of closeness. Help me to recognize your love in others. Mary, teach me to receive care

without fear.

Action Step

Reach out to one safe person today in a small way.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE THIRD JOYFUL MYSTERY

The Nativity

†

“She gave birth to her firstborn son and wrapped Him in swaddling clothes and laid Him in a manger...” — Luke 2:7

Meditation

Jesus enters the world in poverty and vulnerability. There is no room for Mary and Joseph at the inn, and yet Our Savior comes anyway.

Survivors often experience deep feelings of unworthiness or being unseen, but this mystery reveals that God comes precisely into those places. He does not wait for you to be whole. Rather, He enters your brokenness. He meets you wherever you are.

Mary receives her sweet baby boy with tenderness. She now helps you to do the same. Jesus is not repelled by your wounds. He is drawn to them.

Reflection Questions

- Where do I feel unworthy of God’s love?
- Can I allow Jesus into that place?

Prayer

Lord, you entered the world in humility. Enter into my wounds and bring your light. Help me to believe that I am not forgotten. Mary, help me to receive your Son with trust.

Action Step

Invite Jesus into one specific place of pain today.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH JOYFUL MYSTERY

The Presentation

†

“And you yourself a sword will pierce...” — Luke 2:35

Meditation

Mary and Joseph offer Jesus in the temple, and Mary is told her heart will suffer. Even so, she does not turn away. She remains faithful.

Mary understands deep sorrow. She stands with you in your pain especially the pain of betrayal and spiritual harm. She does not minimize it. Mary stays with you no matter where you are.

Through Mary, you are invited to place your suffering into God’s hands. She invites you to trust that He sees, He cares, and He will bring healing.

Reflection Questions

- What pain am I still carrying?
- Can I allow Mary to stand with me in it?

Prayer

Lord, I bring my wounds to you. Receive them and transform them. Do not let my suffering be wasted. Mary, you knew sorrow. Remain with me in mine.

Action Step

Offer one specific burden to God today.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH JOYFUL MYSTERY

The Finding of the Child Jesus in the Temple

†

“After three days they found Him in the temple...” — Luke 2:46

Meditation

Mary and Joseph search for Jesus in distress. For a time, He seems lost, but He was never truly gone.

For survivors, God can feel absent or distant. You may wonder where He is in your pain. This mystery reminds us that He has not abandoned you. He never abandons us.

Mary walks with you on your journey towards her Son. Even when you feel lost,

Jesus is still present. He is always waiting for you with love and tenderness.

Reflection Questions

- Where do I feel distant from God?
- What is one way I can seek Him again?

Prayer

Lord, when I feel lost, help me to keep seeking you. Reveal your true presence and heal my understanding of who you are. Mary, guide me closer to your Son.

Action Step

Take one step today to reconnect with God. It could be through prayer, Scripture, or silence.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

You are not alone. You are not forgotten. You are held in the love of Jesus and Mary.

†

THE SORROWFUL MYSTERIES



The Sorrowful Mysteries of the Rosary lead us into the Passion of Jesus Christ. We enter into His suffering, His endurance, and His complete gift of self in love. For those who have endured trauma especially at the hands of those meant to reflect God, these mysteries can feel particularly painful and deeply personal.

Jesus does not stand at a distance from your suffering. He enters into it. He knows betrayal, injustice, humiliation, and abandonment. Nothing you have experienced is foreign to Him.

Mary, His Mother, remains close. She does not turn away from suffering. She stays with us, she weeps with us, and she accompanies us. She walks with you through every sorrow and gently leads you to her Son. He alone brings true healing and freedom.

As you pray these mysteries, go slowly. You are free to pause at any time. Bring your pain honestly before God. You do not carry it alone.

“Let us bind ourselves tightly to the Sorrowful Heart of our Heavenly Mother and reflect on its boundless grief and how precious is our soul.”

-St. Padre Pio

THE FIRST SORROWFUL MYSTERY

The Agony in the Garden



“And being in agony He prayed more earnestly; and His sweat became like drops of blood falling on the ground.” — Luke 22:44

Meditation

In the Garden of Gethsemane, Jesus enters into profound anguish. He is overwhelmed with sorrow, fear, and distress. He knows that betrayal, violence, and abandonment are coming. The torment is so great, He sweats blood.

For survivors of abuse, this agony is relatable. There are moments when fear feels suffocating and the weight of our memories feels unbearable. Jesus does not dismiss this suffering. He enters into it fully.

Jesus prays. He brings His anguish honestly before the Father, and even in His agony, He is not alone.

Mary, though not physically present in the garden, is united to her Son's suffering. She now remains with you in your moments of fear and distress. She does not silence your pain. She helps you bring it to God.

You are not abandoned. Even here, God is with you.

Reflection Questions

- What fears or sorrows feel overwhelming right now?
- Can I allow myself to bring them honestly before God?

Prayer

Lord, you understand my fear and my pain. Help me to bring my suffering to you. When I feel overwhelmed, remind me that you are near. Mary, my Mother, remain with me in my distress. Help me to trust that I am not alone.

Action Step

Spend a few quiet moments today naming your fears before God. Speak them honestly, without holding back.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE SECOND SORROWFUL MYSTERY

The Scourging at the Pillar

†

“Then Pilate took Jesus and had Him scourged.” — John 19:1

Meditation

Jesus is bound and brutally scourged. His body is wounded by those who misuse their power. This suffering is unjust, violent, and deeply personal.

For survivors (especially those harmed by authority) this mystery speaks with painful clarity. Jesus knows all too well the violation of trust, the misuse of power, and the wounds carried in body and soul. He does not look away from your wounds. He stands with you in them.

Mary’s heart is pierced as she knows what is being done to her Son. She carries His suffering in her own heart. She now carries yours with tenderness and unwavering love.

Your wounds matter. They are seen, and they are not beyond God’s healing.

Reflection Questions

- What wounds (physical, emotional, or spiritual) am I carrying?
- Can I allow Jesus to be present with me in those wounds?

Prayer

Lord, you endured great suffering at the hands of others. You know what it is to be wounded and violated. Be with me in my pain. Bring healing where I have been hurt. Mary, hold my wounds in your heart and bring them to your Son.

Action Step

Gently acknowledge one wound you carry. Offer it to Jesus without forcing yourself to “fix” it.

Mary, stay with me.

Our Father • 10 Hail Marys • Glory Be

THE THIRD SORROWFUL MYSTERY

The Crowning with Thorns

†

“And they twisted together a crown of thorns and put it on His head...” — John 19:2

Meditation

Jesus is mocked, humiliated, and ridiculed. He is treated as worthless, stripped of dignity, and made into an object of scorn.

For survivors, this mystery touches the deep wounds of shame and humiliation. Abuse often leaves behind lies such as “I am worthless,” “I am to blame,” “I am not

enough.”

Jesus endures this humiliation and reveals the truth: your dignity cannot be taken from you. It is given by God.

Mary sees her Son mocked, yet she never loses sight of who He is. She now looks upon you with the same love and truth. She sees your dignity, even if you cannot. You are not what was done to you. You are worth far more than what has ever been done to you or what has ever been said about you. You are beloved.

Reflection Questions

- What shame or false beliefs am I carrying?
- Can I begin to see myself as God sees me?

Prayer

Lord, you endured humiliation and rejection. Heal the shame I carry. Help me to know that my worth comes from you alone. Mary, help me to see myself through your eyes. Help me to view myself with truth, love, and compassion.

Action Step

When negative thoughts arise today, gently replace them with: “I am a beloved child of God.”

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

FOURTH SORROWFUL MYSTERY

The Carrying of the Cross



“And carrying the cross Himself He went out...” — John 19:17

Meditation

Jesus carries the weight of the cross. He is physically weakened and yet continues forward. He falls, He struggles, and still He rises.

For those carrying the weight of trauma, this journey is deeply familiar. The burden can feel relentless. You feel caught in an endless cycle of grief, anger, fear, and exhaustion.

Yet, even Jesus does not carry His cross alone. Others are drawn in to help even in small but loving ways. Simon helps, Veronica consoles, Mary walks beside Him.

Mary meets her Son on the way. She does not remove the suffering, but she shares it. She now walks beside you in your own burden.

You are not meant to carry this alone.

Reflection Questions

- What burdens feel too heavy for me right now?
- Who might God be inviting me to lean on for support?

Prayer

Lord, when I feel overwhelmed, remind me that you are with me. Help me to take one step at a time. Mary, walk beside me. Help me to know that I do not carry this cross alone.

Action Step

Reach out for support today even in a small way. Let someone help carry your burden.

Mary, stay with me.

THE FIFTH SORROWFUL MYSTERY

The Crucifixion



“Jesus cried out... and gave up His spirit.” — John 19:30

Meditation

Jesus is crucified. He enters into the deepest suffering. He is rejected, abandoned, and yet He remains faithful.

Mary stands at the foot of the Cross. She does not turn away. She remains with her Son in His suffering.

For survivors, this mystery can feel overwhelming, but it is also where love is revealed most fully. Jesus enters into the depths of human suffering so that no one would ever be alone in it again.

Your pain is not meaningless. When united with Christ, it becomes a place where healing can begin.

Mary stands with you at the cross. She does not leave. Our Lord entrusts His Mother to us, and us to her.

Reflection Questions

- What do I need to place into God’s hands today?
- Can I allow Jesus to meet me in my suffering?

Prayer

Lord, you gave your life out of love for me. In my pain, draw me close to you. Help me to trust that you are present, even here. Mary, remain with me.

Action Step

Spend time in quiet today simply resting in the presence of Christ crucified. You do not need to say anything. Just be with Him.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

You are not alone. You are not forgotten. You are held in the love of Jesus and Mary.

†

THE GLORIOUS MYSTERIES



The Glorious Mysteries of the Rosary draw us into the victory of Christ—His triumph over death, His promise of new life, and the fulfillment of all that God has spoken. For those who carry deep wounds, especially wounds inflicted in places where God should have been reflected, hope can feel distant or fragile.

Yet, these mysteries proclaim the truth that suffering does *not* have the final word. Christ does.

Mary, who walked so closely with her Son in His suffering, now shares in His glory. She remains close to you as well. She gently leads you from places of pain toward hope and from darkness toward light.

As you pray, allow yourself to receive hope slowly. You do not need to force joy. Simply remain open to the possibility that God is still bringing life out of what feels lost.

“The one who has hope lives differently; the one who hopes has been granted the gift of a new life.”

-Pope Benedict XVI

THE FIRST GLORIOUS MYSTERY

The Resurrection



“He is not here, for He has been raised just as He said.” — Matthew 28:6

Meditation

The Resurrection is the victory of life over death, of hope over despair. What seemed final was not the end.

For survivors, there can be places that feel lifeless. You might have places where trust, joy, or hope once lived but now feel gone. Jesus enters even these places.

Mary, who endured the sorrow of the Cross, now receives the joy of the Resurrection. She understands both suffering and hope. She stands beside you as one who knows that darkness does not last forever.

Resurrection often begins quietly in the small signs of life and in small movements toward healing. These are not insignificant. They are grace at work.

Reflection Questions

- Where in my life do I feel a need for new life or hope?
- Can I remain open to the possibility of healing, even in small ways?

Prayer

Lord, through your Resurrection, You have conquered death and brought new life into the world. Enter into the places within me that feel lifeless. Transform the places that have been wounded. Mary, who rejoiced in your Son’s victory, help me to trust that new life is possible for me as well.

Action Step

Notice one small sign of hope today and thank God for it.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE SECOND GLORIOUS MYSTERY

The Ascension

†

“He was lifted up, and a cloud took Him from their sight.” — Acts 1:9

Meditation

Jesus ascends into Heaven. He does this not to leave His people behind, but to draw them upward. He goes to prepare a place for them and remain with them in a new way.

For those who have experienced abandonment or loss, this mystery can stir deep questions. Where is God when He feels distant?

Jesus promises that He truly remains. He does not withdraw His love. He intercedes, He guides, and He is present even when unseen. In the Eucharist, He gives Himself to us completely—Body, Blood, Soul, and Divinity. He remains with us in a real and intimate way. Even when trust has been wounded or His presence feels distant, He abides with us. He brings healing, strength, and peace through this sacred gift.

Mary remained with the disciples after the Ascension. She remained steady and faithful and helped them trust in what they could not yet fully understand. She stays with you in moments even when you feel alone.

Reflection Questions

- When have I felt distant from God?
- Can I trust that He is still present, even when I cannot feel Him?

Prayer

Lord, when you seem distant, remind me that you are still near. Lift my heart toward you and help me to trust in your presence. Mary, remain with me when I feel alone. Help me to trust that your Son has not left me.

Action Step

Offer one worry or fear to God today. Trust that He holds it. Repeat as often as necessary: “Jesus, I surrender myself to you. Take care of everything.”

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE THIRD GLORIOUS MYSTERY

The Descent of the Holy Spirit

†

“And they were all filled with the Holy Spirit...” — Acts 2:4

Meditation

The Holy Spirit descends upon Mary and the apostles and brings them courage, strength, and new life.

For those who feel weak, overwhelmed, or unable to move forward, this mystery offers profound hope. You are not left to heal on your own. God Himself dwells within you.

Mary, too, prayed, waited, and trusted. She continues to intercede for you and asks that the Spirit bring healing, clarity, and peace into your life.

The Holy Spirit works gently but powerfully. He restores, strengthens, and guides you step by step.

Reflection Questions

- Where do I need strength or guidance right now?
- Can I invite the Holy Spirit into my healing?

Prayer

Come, Holy Spirit. Fill me, love me, lead me. Bring healing where I am wounded, and strength where I feel weak. Mary, pray for me and help me to receive His grace.

Action Step

Pray a simple prayer today: “Come, Holy Spirit.” Repeat it often.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH GLORIOUS MYSTERY

The Assumption of the Blessed Mother

†

“Arise, my beloved... and come.” — Song of Songs 2:10

Meditation

Mary is taken body and soul into Heaven. Her life was marked by both suffering and faithfulness, and she is brought into glory.

For those who carry deep wounds, this mystery reminds us that suffering is not the end of the story. God’s plan is not destruction. Mary’s Assumption promises us that what is broken can be made whole. It can be transformed. What is wounded can be healed.

She now intercedes for you as a Mother who desires your healing, your peace, and your ultimate joy with God.

Reflection Questions

- Where do I need hope that my story is not over?
- Can I trust that God is leading me toward healing?

Prayer

Lord, lift my eyes toward the hope of Heaven. Help me to trust that my life is leading toward restoration and healing. Mary, assumed into Heaven, pray for me and guide me

toward your Son.

Action Step

Ask Mary today to help you hold onto hope. In moments of struggle, simply pray, “Mary, lead me closer to your Son,” and trust that she is guiding you toward healing and peace.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH GLORIOUS MYSTERY

The Coronation of Mary as Queen of Heaven and Earth

†

“A woman clothed with the sun... with a crown of twelve stars.” — Revelation 12:1

Meditation

Mary is crowned Queen of Heaven and Earth. Her humility and faithfulness are lifted up in glory.

For those who have experienced humiliation or loss of dignity, this mystery is a reminder that your has not been taken from you. It is given by God and remains.

Mary, your Mother and Queen, sees your worth clearly. She desires to restore your sense of identity, not as wounded or broken, but as beloved.

Your story does not end in suffering. It is destined for glory.

Reflection Questions

- Can I begin to see myself as God sees me?
- What would it mean to reclaim my dignity as His beloved child?

Prayer

Lord, remind me of my true identity. Help me to see myself as you see me—loved, chosen, and made with purpose. Mary, my Queen and Mother, help me to walk in the dignity God has given me.

Action Step

Remind yourself often today: “I am a beloved child of God.” Write it on a sticky note and leave it in places where you will see it often.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

You are not alone. You are not forgotten. You are held in the love of Jesus and Mary.

†

THE LUMINOUS MYSTERIES



The Luminous Mysteries reveal Christ as the Light of the World. He shines light into the darkness, reveals truth to us, and brings hope and healing to us all. For those who have walked through trauma, darkness can feel overwhelming. Yet Christ's light is not overcome.

Mary always leads us to this Light. She gently points us to her Son and says, "Do whatever He tells you."

As you pray, invite Christ to shine His light into the places that feel hidden, wounded, or uncertain.

"The mercy of God is not exhausted – it is always greater than our wounds."

-St. Faustina Kowalska

THE FIRST LUMINOUS MYSTERY

The Baptism of Our Lord



“This is my beloved Son, with whom I am well pleased.” — Matthew 3:17

Meditation

At His baptism, Jesus is revealed as God’s beloved Son. Though He had no need of baptism, He enters the water to sanctify it for us.

For survivors, identity can be deeply wounded. You may question your worth or feel disconnected from who you are. This mystery speaks directly into that pain. You are God’s beloved child. This identity cannot be taken from you, and it is not defined by what has been done to you, by what you feel, or by the labels the world offers. It is rooted in Him alone.

Mary, who lovingly received Jesus as her Son, helps you receive your identity as a beloved son or daughter of God. She gently reminds you of who you are, and leads you back, again and again, to the truth of His love.

Reflection Questions

- Do I struggle to believe that I am loved by God?
- How can I reconnect with my identity as His child?

Prayer

Lord, remind me that I am your beloved. Heal the wounds that have caused me to doubt my worth.

Action Step

Place your hand over your heart and repeat: “I am God’s beloved.”

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE SECOND LUMINOUS MYSTERY

The Wedding at Cana

†

“Do whatever he tells you.” — John 2:5

Meditation

At Cana, Mary notices a need and brings it to Jesus. Through her intercession, He performs His first miracle.

Mary sees your needs as well especially the ones you struggle to express. She brings them to her Son with a mother’s care.

Jesus transforms water into wine. He can also transform your pain into something new. He doesn't erase it. He redeems and transforms it.

Reflection Questions

- What need do I find hardest to bring to God?
- Can I trust Mary to intercede for me?

Prayer

Lord, I bring you all my needs, even the ones I struggle to name. Work in my life and bring healing wherever it is needed. Mary, intercede for me and lead me closer to your Son.

Action Step

Entrust one specific need to Jesus through Mary today.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE THIRD LUMINOUS MYSTERY

The Proclamation of the Kingdom

†

“He proclaimed the Gospel... and cured every disease and illness.” — Matthew 4:23

Meditation

Jesus proclaims the Kingdom that brings healing, freedom, and truth. He reaches the wounded, the rejected, and the forgotten.

This mission continues today. Jesus desires to bring you healing, not only spiritually, but deeply and personally into every single part of your life – body, soul, and spirit.

Mary walks with you as you receive this healing. She encourages you to open your heart to Christ’s truth and love.

Reflection Questions

- Where do I need healing in my life?
- Can I allow Jesus to bring His truth into my wounds?

Prayer

Lord, I invite you into every part of my life. Help me to receive the peace and freedom

you offer. Mary, guide me closer to your Son's healing presence.

Action Step

Share Christ's love with someone else, and do one small act of kindness today

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH LUMINOUS MYSTERY

The Transfiguration

†

"This is my chosen Son; listen to Him." — Luke 9:35

Meditation

Jesus reveals His glory as He is transfigured. The disciples glimpse who He truly is.

For survivors, it can be difficult to see beyond pain. Yet this mystery reminds us that God's glory is still present even when it seems hidden.

Mary helps you to listen to her Son. She gently leads you to His voice.

Reflection Questions

- Can I recognize moments of God's presence in my life?
- How can I listen more closely to His voice?

Prayer

Lord, reveal your presence to me. Help me to hear your voice and follow you with trust.

Mary, teach me to listen to your Son.

Action Step

Spend time in silence today, and listen for God's voice.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH LUMINOUS MYSTERY

The Institution of the Eucharist

†

“This is my body, which will be given for you.” — Luke 22:19

Meditation

Jesus gives Himself completely in the Eucharist. He holds nothing back. For those who have been wounded, especially in spiritual contexts, trust can feel difficult. Yet, Jesus offers Himself to us freely and completely in love.

Mary first received Him and now helps you receive Him with trust and openness. She understands both reverence and tenderness, and she gently leads you to her Son.

The Eucharist is a place of healing. Christ meets each of us personally. He desires to draw close to you with great love. As you approach Him, you are invited to allow Him to gently purify, restore, and prepare your soul to receive Him more fully. His love and mercy are never out of reach.

Reflection Questions

- Am I open to receiving the Eucharist?

- Is there anything I need to bring to Jesus for healing or forgiveness before receiving Him?
- Can I allow Him to prepare my heart to receive Him with trust?

Prayer

Jesus, you give yourself to me in love. Help me to receive you with reverence and trust. Heal what has been wounded in me. Mary, lead me to your Son in the Eucharist.

Action Step

If possible, spend time before the Blessed Sacrament or make a spiritual communion.

Mary, stay with me.

Our Father · 10 Hail Marys · Glory Be

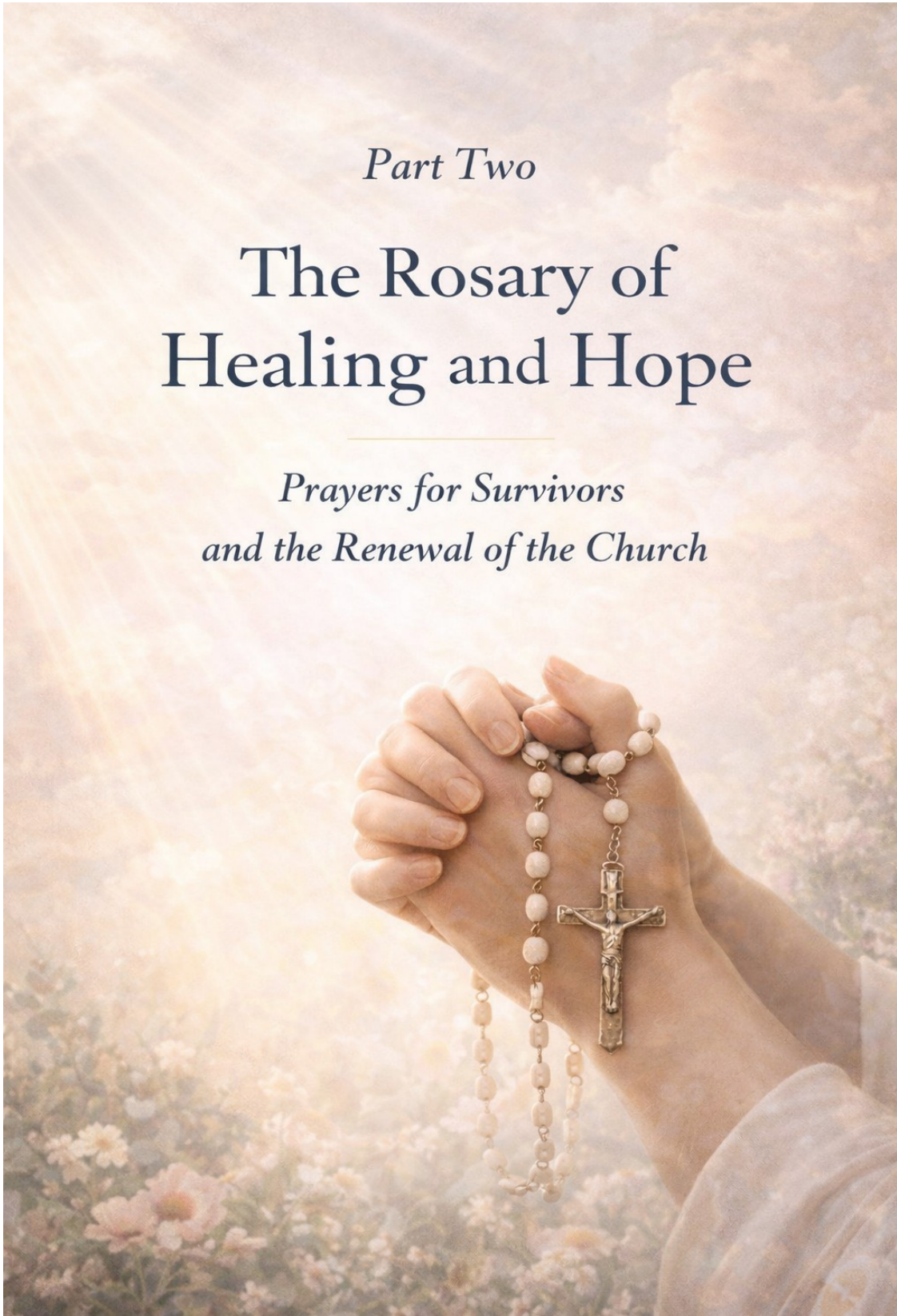
You are not alone. You are not forgotten. You are held in the love of Jesus and Mary.

†

Part Two

The Rosary of Healing and Hope

*Prayers for Survivors
and the Renewal of the Church*



Introduction

This Rosary is offered for those who desire to pray for survivors of clerical abuse and for the healing and renewal of the Church.

The wounds caused by clerical abuse (and any kind of abuse) are deep. They are not only personal wounds, but wounds within the Body of Christ. Many have suffered deeply and have carried pain that is often unseen, misunderstood, or unacknowledged. This suffering calls for more than awareness. It calls for prayer, repentance, justice, and lasting change. This Rosary is an invitation into that response.

To pray for survivors is not simply to offer words. It also requires us to enter into humility and solidarity. It is to acknowledge the reality of suffering without minimizing it, to listen without defensiveness, and to entrust those who have been wounded to the Heart of Christ. He alone can bring true healing. However, we can be His hands and feet on earth.

At the same time, we also pray for the Church herself. The Church is made up of human members who are capable of great good and great failure. The abuse crisis has revealed the urgent need for purification, accountability, and renewal at every level. This renewal is not only institutional. It is deeply personal, and it begins in the hearts of the faithful.

Through this Rosary, we ask God for the grace of true conversion. We ask for the courage to face what is broken, the humility to seek truth, and the commitment to protect and uphold the dignity of every person.

We also turn to the Blessed Virgin Mary, Mother of the Church. She remains a constant and faithful presence and does not turn away from suffering. As a Mother, she intercedes for her children, especially those who have been wounded. She also guides the Church toward her Son, calling all people to fidelity, integrity, and love.

Pray for survivors that they may experience healing, peace, and the restoration of their dignity. Pray for the Church that she may be purified, strengthened, and renewed in truth. Pray for yourself that you may grow in compassion, humility, and faithfulness.

May these prayers bear fruit not only in words but also in action. May they lead to a Church that listens more deeply, protects more faithfully, and reflects more clearly the love of Christ.

Above all, may this Rosary draw you closer to Jesus who is just, merciful, and always faithful.

How to Use This Rosary

This Rosary follows the same structure as the traditional Rosary is meant to be prayed in the same way. However, as you meditate on each mystery, you are invited to pray especially for two intentions:

- For survivors of clerical abuse—that they may receive healing, justice, and peace
- For the Church—that she may undergo true renewal, rooted in truth, accountability, and holiness

Feel free to also bring specific intentions to prayer, such as individuals, communities, or situations that have been affected by abuse.

Above all, pray with sincerity, humility, and perseverance. Allow the Holy Spirit to guide your heart, deepen your understanding, and shape your response into compassionate action and prayer.

THE JOYFUL MYSTERIES

For Survivors and the Renewal of the Church



In the Joyful Mysteries, we enter into the quiet, hidden places where God began His work of salvation. These moments were not marked by big spectacles. Rather, they were marked by surrender, trust, and humble yeses. For those who have suffered the pain of betrayal, especially at the hands of those who should have reflected Christ, joy can feel distant and even inaccessible. The Joyful Mysteries remind us that God often begins His greatest work in silence, simplicity, and quiet faithfulness to Him.

As we pray these decades, we remember survivors of clerical abuse. We ask the Lord to meet them in the places where innocence was wounded and trust was broken. We pray also for Holy Mother Church, that she may become ever more transparent, humble, and safe. May it be a place where the “yes” to God is never met with harm. May we all provide others with protection, truth, and love.

May these mysteries help restore what has been lost, transform what has been wounded, and reopen our hearts to true and everlasting hope.

“We are not the sum of our weaknesses and failures; we are the sum of the Father's love for us.”

-St. Pope John Paul II

THE FIRST JOYFUL MYSTERY

The Annunciation



“Here am I, the servant of the Lord; let it be with me according to your word.” (Luke 1:38)

Meditation

Mary’s “yes” opens the way for salvation. It is a response marked by humility, trust, and total surrender to God’s will. In a world where sin and brokenness wound deeply, this mystery calls the Church to embrace that same surrender.

For those praying for survivors, this is an invitation to say “yes” to truth. It is an invitation to not look away from suffering, but to face it with courage and compassion. Renewal begins when hearts are open to God’s will, even when it requires discomfort, repentance, and change.

Mary leads us into this surrender. She teaches us that true obedience is rooted in love.

Reflection Questions

- Where is God asking me to say “yes” with greater humility?
- Am I willing to face difficult truths for the sake of healing and renewal?

Prayer

Lord, give me a heart like Mary's. Make me open, humble, and willing to follow you wherever you lead. Help me to say “yes” to truth, to justice, and to the healing of your Church.

Action Step

Today, ask God for the grace to be open to truth, especially in areas that are difficult or uncomfortable.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE SECOND JOYFUL MYSTERY

The Visitation

†

“And when Elizabeth heard Mary’s greeting, the child leaped in her womb.” (Luke 1:41)

Meditation

Mary goes in haste to her cousin Elizabeth. Of course, she brings the unborn Christ with her. Their meeting is marked by joy, recognition, and mutual support. This mystery reminds us that healing can begin in relationships marked by compassion and presence.

To pray for survivors is to draw near to those who are suffering and to open our hearts to listen and accompany. It calls for a Church that does not turn away and walks with the wounded in truth and love.

Mary teaches us how to bring Christ to others. We not only do it through words. We also do it through our presence and our actions.

Reflection Questions

- How can I better accompany those who are suffering?
- Do I listen with humility, or do I remain distant?

Prayer

Lord, make me attentive to the suffering of others. Teach me to listen with compassion and to respond with love.

Action Step

Reach out in a small but intentional way to someone in need. It could be through prayer, listening, or support.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE THIRD JOYFUL MYSTERY

The Nativity

†

“She gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger.” (Luke 2:7)

Meditation

Christ enters the world in humility and vulnerability. He is born into poverty and yet He is the Light of the world. This mystery reminds us that God does not avoid broken

places. He enters them.

For survivors and for those who pray for them, this is a reminder that God is present even in the places marked by suffering. There is always hope. The Church is called to reflect this presence by protecting the dignity of all and cherishing the vulnerable.

Mary receives her sweet baby boy with tenderness, showing us how to welcome Christ into wounded places.

Reflection Questions

- Where is God inviting me to recognize His presence in brokenness?
- How can I help create spaces of safety and dignity?

Prayer

Lord, help me to recognize you in the vulnerable and to respond with love and reverence.

Action Step

Perform one quiet act of kindness or protection for someone vulnerable today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH JOYFUL MYSTERY

The Presentation of the Child Jesus

†

“And a sword will pierce your own soul too.” (Luke 2:35)

Meditation

Mary offers her Son to God even though she knows that suffering lies ahead. This mystery reveals that true love requires sacrifice.

The Church is called to a similar offering. We are called to humbly bring its failures and wounds into the light and entrust them to God. True renewal requires honesty, accountability, and a willingness to face painful realities.

Mary stands as a witness to faithful love in suffering. She reminds us that God can bring redemption even from what is most painful.

Reflection Questions

- Am I willing to bring difficult realities into the light?
- How can I entrust suffering to God with faith?

Prayer

Lord, give me the courage to face what is broken and to entrust it all to you.

Action Step

Offer one area of concern or pain in the Church to God in prayer today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH JOYFUL MYSTERY

The Finding of Jesus in the Temple



“After three days they found him in the temple.” (Luke 2:46)

Meditation

Mary and Joseph search anxiously for Jesus. Their hearts are heavy until they finally find Him in the temple. Their sorrow gives way to relief. Yet, even in that moment, there is mystery. This scene speaks to the deep longing for what feels lost.

Because of suffering, many have felt distant from Christ and from His Church. For some survivors of clerical abuse, even entering a church or approaching the sacraments can feel overwhelming. This is a real and profound suffering. Yet Jesus does not withdraw His presence. He remains, waiting with patience and love, even when He feels hidden.

Mary, who searched with perseverance, accompanies those who feel lost and gently leads them toward her Son. She also calls us to do the same. She calls us to help others by listening, by showing compassion, and by trusting that anyone can encounter Christ in their healing.

Reflection Questions

- Where do I need to seek Christ more intentionally?
- How can I help others find Him again?

Prayer

Lord, guide me in my search for you. Help me to remain faithful even when the path is difficult.

Action Step

Spend a few moments in quiet prayer. Reach out to someone who is suffering and invite them to join you.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

Lord, purify your Church. Bring truth into the light, healing to the wounded, and humility to all who lead.

†

THE SORROWFUL MYSTERIES

For Survivors and the Renewal of the Church



In the Sorrowful Mysteries, we stand in the heart of suffering. We not only observe, but we accompany Christ in His Passion. Here we encounter sorrow, injustice, betrayal, and pain willingly embraced by Jesus out of love for us. These mysteries speak plainly to the reality of human suffering, especially where innocence has been violated and trust has been violated.

As we pray these decades, we remember all survivors of clerical abuse. We unite their wounds and the Church's wounds with the wounds of Christ. May they know that their suffering is not unseen and that they are not forgotten. When put into the hands of God, no suffering is without meaning. He can redeem all things.

We also pray for the Church. There has been severe failures, and we need to humbly accept that reality. We pray for the repentance and conversion of those who have failed. We pray for an end to harm, that justice will prevail, and that, where there has been darkness, the transforming mercy of the Crucified Lord will break through.

“If we really want to love, we must learn how to forgive.”

-St. Mother Teresa of Calcutta

THE FIRST SORROWFUL MYSTERY

The Agony in the Garden



“And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down on the ground.” (Luke 22:44)

Meditation

In the Garden of Gethsemane, Christ steps willingly into the weight of sorrow. He does not try to ignore what is coming, nor does He numb Himself to it. Instead, He opens His heart before the Father as He trembles with anguish. Jesus remains anchored in love for us even though fear, abandonment, and grief are not absent from Him. He brings them to His Father in prayer.

This mystery reminds the Church to refuse indifference in the face of suffering. The wounds carried by survivors must be brought before God with reverence, not rushed past or softened for the sake of ease or comfort. The Church is called to face hard and inconvenient truths even when it feels easier to look away, to remain present when pain is heavy, and to listen, believe, and accompany those who are suffering and refusing silence.

Reflection Questions

- Do I bring the suffering of others before God with sincerity?
- Am I willing to sit with pain rather than avoid it?

Prayer

Lord, in the midst of suffering, teach me to remain with you. Help me to bring the pain of survivors and the Church with humility, honesty, and love.

Action Step

Spend time in quiet prayer today, offering the suffering of survivors to God without distraction.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE SECOND SORROWFUL MYSTERY

The Scourging at the Pillar

†

“Then Pilate took Jesus and had him flogged.” (John 19:1)

Meditation

Jesus is brutally scourged. His body wounded by hatred and violence. He endures this suffering in silence and with love.

This mystery confronts us with the reality of physical and emotional wounds inflicted by others. It calls for repentance, justice, and a commitment to protect the dignity of every person.

Mary carries this suffering in her heart. She stands with all who have been wounded and reminds us that no suffering is unseen.

Reflection Questions

- Do I recognize the seriousness of harm done to others?
- How can I support healing and justice?

Prayer

Lord, bring healing to all who have been wounded. Teach me to uphold the dignity of every person.

Action Step

Offer a prayer specifically for survivors who carry deep physical or emotional wounds.

Mary, walk with us.

Our Father • 10 Hail Marys • Glory Be

THE THIRD SORROWFUL MYSTERY

The Crowning with Thorns

†

“And they stripped him and put a scarlet robe on him... and knelt before him and mocked him.” (Matthew 27:28–29)

Meditation

Jesus is mocked, humiliated, and stripped of all human dignity. He is treated with cruelty and scorn.

This mystery calls us to recognize the deep humiliation many survivors have endured. It challenges us to restore human dignity where it has been taken away.

Mary reminds us that our true worth and dignity comes from God alone. Even when it is ignored by others, it cannot be taken away.

Reflection Questions

- Do I honor the dignity of those who have suffered?

- How can I help transform what has been broken?

Prayer

Lord, restore dignity where it has been lost. Help me to see others as you see them.

Action Step

Speak or act in a way today that affirms the dignity of another person.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH SORROWFUL MYSTERY

The Carrying of the Cross

†

“And he went out, bearing his own cross.” (John 19:17)

Meditation

Weak yet determined, Jesus carries the weight of the Cross out of love for us. Yet, even He does not carry it alone and He accepts Simon's help.

This mystery reminds us that the burden of suffering should not be carried alone. The Church is called to help bear the weight of those who suffer, including survivors of clerical abuse.

Mary walks with her Son and shares in His suffering. She walks with us too and teaches us compassion and perseverance. Later, Mary meets her Son along the way of the Cross, and her presence speaks without many words. She does not turn aside from what

breaks her heart. Instead, she remains and shows us that love stays near even when it cannot remove the suffering. She reminds us that we should continue walking with the wounded even when we can't fix it. We can pray when words fail and love in a way that does not abandon the cross, but rather keeps watch beside it.

Reflection Questions

- Am I willing to help carry the burdens of others?
- How can I offer support in a meaningful way?

Prayer

Lord, help me to walk with those who suffer and to share in their burdens with compassion.

Action Step

Offer support through prayer, presence, or action to someone who is struggling.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH SORROWFUL MYSTERY

The Crucifixion

†

“When Jesus had received the wine, he said, ‘It is finished.’ Then he bowed his head and gave up his spirit.” (John 19:30)

Meditation

Jesus gives His life completely. At the foot of the Cross stands Mary and a small group of Jesus's followers. While most people have abandoned Him out of fear, Mary is faithful and steadfast in love.

This mystery is both sorrowful and redemptive. It reminds us that God enters fully into suffering to bring healing and new life.

The Church is called to stand at the foot of the Cross. We are all called to remain with those who suffer and to allow transformation through repentance and grace.

Reflection Questions

- Do I trust that God can bring healing even from suffering?
- How can I remain faithful in difficult moments?

Prayer

Lord, help me to remain faithful at the foot of the Cross. Bring healing and redemption where there is suffering.

Action Step

Spend time reflecting on the Cross and offer your prayers for healing and renewal.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

Lord, purify your Church. Bring truth into the light, healing to the wounded, and humility to all who lead.

†

THE GLORIOUS MYSTERIES

For Survivors and the Renewal of the Church

†

The Glorious Mysteries are full of hope and victory over suffering and death. With complete trust in God, we turn our hearts toward Him who has victory over sin and death and every form of darkness. These mysteries remind us that suffering does not have the final word, and that God is faithful even when humans fail.

We pray for survivors of clerical abuse. We ask for their deep healing, restoration, and the grace again to believe again in goodness, safety, and love. We entrust every wound to the risen Christ who bears scars that have become signs of His victory.

We also pray for the Church, that she be renewed in holiness and courage. May its people become a true witness of life by their integrity, courage, accountability, and radiant hope.

“All the darkness in the world cannot extinguish the light of a single candle.”

-St. Francis of Assisi

THE FIRST GLORIOUS MYSTERY

The Resurrection



“He is not here; for he has been raised.” (Matthew 28:6)

Meditation

The Resurrection does not erase the wounds of Good Friday. Instead, it transforms them. Christ rises still bearing His scars, but they are not signs of defeat. They are marks of love.

For those wounded by betrayal within the Church, this mystery reminds us that darkness does not have the final word. Yet hope can feel distant, even dangerous to approach. When trust has been shattered, it does not easily return.

In this decade, we do not rush healing or place heavy demands on the heart. Instead, we bring before the risen Christ every fragment of pain, every unanswered question, and every quiet grief. We ask for the grace to believe that goodness still exists, that love is still possible, and that new life can emerge even from the darkness of Good Friday.

For the Church, the Resurrection is a call to truth and renewal. There can be no authentic rising without an honest reckoning with what has been broken. We pray for courage to bring all things into the light, to seek justice with humility, and to rebuild with integrity.

Reflection Questions

- Where do I need to trust in God’s power to bring new life?
- Do I believe that healing is possible?

Prayer

Lord, bring resurrection and new life to all who suffer.

Action Step

Look for a sign of hope today and thank God for it.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE SECOND GLORIOUS MYSTERY

The Ascension



“And he was lifted up, and a cloud took him out of their sight.” (Acts 1:9)

Meditation

As Christ ascends into heaven, He does not abandon His people. Rather, He entrusts them with His mission. For those who have been hurt by those meant to represent Him, this mission can feel complicated. When trust in human authority has been deeply wounded, the idea of being “sent” or “guided” by others in the Church may stir uncertainty, hesitation, and even fear.

Christ is not limited by the failures of His ministers. His authority is not corrupted, and His love not compromised. We ask for the grace to anchor our trust in Him above all else and to recognize that while human leaders sometimes fail, Christ remains our faithful shepherd who never abandons His flock.

May those entrusted with leadership reflect the heart of Christ more faithfully. May there be a purification of authority marked not by power or self-protection, but by humility, service, and accountability. May survivors everywhere experience healing,

peace, and healing even when humans fail.

Reflection Questions

- Do I trust in Christ's presence even when I don't see or feel it?
- What do I need to entrust to Him?

Prayer

Lord, help me to trust in your presence and guidance.

Action Step

Entrust one worry to God today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE THIRD GLORIOUS MYSTERY

The Descent of the Holy Spirit

†

"All of them were filled with the Holy Spirit." (Acts 2:4)

Meditation

At Pentecost, the Holy Spirit descends upon the fearful and fragile. The apostles (except for John) had fled Jesus in His suffering, yet God still chooses to dwell within them. He strengthens and renews them.

In their midst is Mary who is steadfast, faithful, and prayerful. She prays with

them and for them as they await the promise of the Father. God's power does not depend on human perfection, but on divine mercy. For survivors, the Holy Spirit comes as a gentle presence, not forceful or overwhelming. In this decade, we ask for the Spirit's healing breath to move through every wounded place, to bring peace where there has been turmoil and light where there has been confusion and fear.

For the Church, Pentecost is both a gift and a responsibility. We pray for the renewal of the Church, that she may come together in humility and prayer. May she be cleansed of corruption, strengthened in truth, and set ablaze with authentic holiness. May good, holy, faithful, and courageous leaders be raised up, and may we all reflect the living presence of God in the world.

Reflection Questions

- What areas of my life do I need to open to the Holy Spirit's guidance?
- Am I open to renewal?

Prayer

Come, Holy Spirit, renew your Church.

Action Step

Pray for the guidance of the Holy Spirit today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH GLORIOUS MYSTERY

The Assumption of the Blessed Mother



“Arise, my love... and come away.” (Song of Songs 2:10)

Meditation

In the Assumption, Mary is taken body and soul into heaven. She reigns as our Heavenly Mother who knows suffering and yet knows the beauty and joy that can come from even the worst suffering.

This mystery reminds us that no story has to end in pain. No one's dignity can be erased. What has been taken or damaged will be restored in ways beyond what we can yet see. In this decade, we entrust every survivor to the maternal care of Mary. We ask her to surround them with her tenderness, to hold their sorrow, and to lead them gently toward her Son who desires restoration, transformation, and glory for every human person.

We also pray for the Church to become more fully a mother in the image of Mary—protective, nurturing, and attentive to the vulnerable. Where she has failed to safeguard her children, may there be deep repentance and lasting change. May we all strive to listen, accompany, and defend the dignity of every person entrusted to her care.

Reflection Questions

- How can I help others feel safe and valued?
- How can I reflect Mary's care in supporting the wounded and strengthening the Church?

Prayer

Mary, help me to hold onto hope and trust in God's promises.

Action Step

When discouraged, remind yourself: God is leading me toward healing and eternal life.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FIFTH GLORIOUS MYSTERY

The Coronation

†

“A woman clothed with the sun...” (Revelation 12:1)

Meditation

Mary is crowned as Queen of Heaven and Earth. She doesn't try to dominate. Rather, she gives herself to us with self-giving love.

Survivors need to be reminded that, even if they have been silenced, dismissed, or wounded, they are not forgotten by God. In His Kingdom, their voices matter, and their dignity is upheld. In this decade, we ask for a renewed sense of worth, of voice, and of their belovedness as God's children.

For the Church, the Coronation is a call to reimagine leadership and honor. May we move away from structures that protect status at the expense of truth, and instead reflect the humility of Mary. May we listen to the wounded and remain committed to unwavering justice, and may the Church shine with the radiant light of Christ who makes all things new.

Reflection Questions

- Do I recognize the dignity of every person?
- How can I reflect God's love in my day to day life?

Prayer

Mary, Queen of Heaven, pray for us.

Action Step

Remind yourself that you are a beloved child of God. Make it a point to remind someone else of this truth.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

Lord, purify your Church. Bring truth into the light, healing to the wounded, and humility to all who lead.

†

THE LUMINOUS MYSTERIES

For Survivors and the Renewal of the Church



As we pray the Luminous Mysteries, we walk with Christ throughout His public ministry. We hear the truths He speaks and witness the healing and hope He brings. These should be moments of revelation and deep reflection for us. Jesus steps into the world's brokenness, not to avoid it, but to transform it with His love and mercy.

We pray these mysteries especially for clarity where there has been confusion, for truth where there has been darkness and concealment, for revelation where there has been silence and scandal, and for healing where light has been withheld. For survivors of abuse, we ask that the light of Christ reach into every place that has been darkened by betrayal, silence, or fear.

May the Church be purified in truth and be renewed in their promise of transparency. May we the Church on earth become ever more faithful to Christ, and may we always turn to Him and rely on Him who is the Light that no darkness can overcome.

“It's your obligation to speak the truth, and everyone can either take it or leave it. But truth must be in us. We live in such a poverty of the truth today.”

-Mother Angelica

THE FIRST LUMINOUS MYSTERY

The Baptism of Our Lord



“This is my beloved Son, with whom I am well pleased.” (Matthew 3:17)

Meditation

Jesus enters the waters of the Jordan not out of necessity, but out of love. The Father’s voice declares Him as beloved, and in Him, we too are named as beloved sons and daughters. This truth never changes, even when wounds and betrayal have caused that identity to feel lost or obscured.

For many survivors, identity has been deeply wounded, especially when harm was inflicted in places meant to reflect God’s love. Shame, confusion, and doubt can cloud the truth of who they are. Yet Jesus does not turn away. He enters into the brokenness to restore what has been damaged. His presence powerfully reminds us: your dignity has not been erased.

Mary, who first received Jesus and held Him close to her heart, now helps us receive this truth as well. She calls the Church to remember that every person is beloved. We pray that the Church may reflect this reality with integrity and protect the dignity of all. May it become a place where wounded hearts can rediscover who they truly are in Christ.

Reflection Questions

- Do I help others remember they are beloved, even in their wounds?
- Is there anything I can do to better honor and protect the dignity of those who have been hurt?

Prayer

Lord, help me to live as your beloved child.

Action Step

Recall your identity in Christ today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE SECOND LUMINOUS MYSTERY

The Wedding at Cana

†

“Do whatever he tells you.” (John 2:5)

Meditation

At Cana, a quiet need arises that could have led to embarrassment and shame. Mary notices what others do not. With a mother’s attentiveness, she brings the need to Jesus and trusts in His compassion. She says to the servants, “Do whatever He tells you.” These words are an invitation to trust, even when the path forward is not fully clear.

In the wounds of abuse, many needs have gone unnoticed or have been dismissed. Silence and inaction have caused further harm. This mystery calls the Church to become more like Mary. We are invited to see, to listen, and to respond with humility and care. Jesus does not ignore what is lacking. He transforms it and brings abundance where there was emptiness.

Mary remains close to those who suffer and intercedes with tenderness and perseverance. She leads wounded hearts to her Son. He alone can bring true healing. We pray that the Church may learn to follow her example by bringing every hidden wound

into the light and trust Christ to transform what has been broken.

Reflection Questions

- Do I trust Jesus to transform what is broken?
- How can I notice and respond to the needs of others especially those who are hurting?

Prayer

Lord, transform what is wounded in the Church.

Action Step

Entrust one broken situation to Jesus.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE THIRD LUMINOUS MYSTERY

The Proclamation of the Kingdom

†

“He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people. (Matthew 4:23)

Meditation

Jesus goes forth proclaiming the Kingdom, not only with words, but through acts of healing, mercy, and restoration. He draws close to the wounded, the rejected, and the forgotten. His touch heals and transforms. His presence brings light into dark places

plagued by suffering.

For survivors, this image of Christ is deeply needed. It is a reminder that He is not distant from pain, nor is He indifferent to injustice. He sees, He listens, and He heals. Yet, we know that the Church, entrusted with continuing His mission, has at times failed to reflect this truth. This mystery calls for a renewal rooted in compassion, truth, and justice.

Mary continues to lead us toward her Son. She invites the Church to become a place of refuge and healing. We pray that through Mary's intercession, the Church may more faithfully proclaim Christ, not only in word, but in action. May it bring real healing to those who have been wounded.

Reflection Questions

- How can I reflect Christ love and truth to those who have been wounded?
- How can I help build a Church that is rooted in love, mercy, and healing?

Prayer

Lord, help me to love others and proclaim your truth with wisdom and courage.

Action Step

Share a small kindness or encouragement with someone who needs it today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

THE FOURTH LUMINOUS MYSTERY

The Transfiguration

†

“This is my chosen Son; listen to him.” (Luke 9:35)

Meditation

On the mountain, Jesus is revealed in radiant glory. For a moment, His divine light shines forth. The Father’s voice calls the disciples to listen to Him. This moment comes before the suffering of the Cross and offers a glimpse of the hope and truth that will sustain them in the darkness to come.

For those who have suffered, seeing any light at all can be difficult at times. Pain can all too easily overshadow hope, and trusting anyone can be difficult. The Transfiguration reminds us that Christ’s light is always present. Even when it seems hidden, His glory remains. He is always present, always speaking to us, and He is always guiding His people toward healing and truth.

Mary lived in constant trust even without seeing everything clearly. Her example teaches us to remain faithful. She helps us to listen to her Son even in moments of confusion and pain. We pray that the Church may listen more deeply to Christ’s voice. May we choose truth over concealment and light over darkness so that healing and renewal may truly take root.

Reflection Questions

- How can I help others see the light of Christ?
- How can I more deeply listen and respond with faith when supporting the wounded?

Prayer

Lord, help me to listen and follow you.

Action Step

Spend time listening to God in silence. Go to Adoration if you can.

Mary, walk with us.

THE FIFTH LUMINOUS MYSTERY

The Institution of the Eucharist



“This is my body, which will be given for you; do this in memory of me.” (Luke 22:19)

Meditation

At the Last Supper, Jesus gives Himself to us completely. He holds nothing back. In the Eucharist, He remains truly present, faithful, and enduring. Even when trust has been broken by others, Jesus remains. He continues to offer Himself as a source of healing, unity, and grace.

For survivors, this mystery can be both beautiful and painful. The place where Christ gives Himself has sometimes been overshadowed by deep wounds. Even if survivors don't recognize it yet, Jesus remains unchanged. He is still trustworthy. He still desires to draw each person into His love, gently and patiently. Truly, He never gives up on us.

Mary, who first received Him into her body and carried Him with perfect trust, now helps us receive Him as well. She accompanies those who struggle. We pray that the Church may approach the Eucharist with renewed reverence and integrity, and that all who suffer may, in time, encounter Christ there as a source of true healing and peace.

Reflection Questions

- How do I approach the Eucharist?
- How can I share Christ's love with others?

Prayer

Lord, draw me closer to you in the Eucharist.

Action Step

Spend a few extra minutes in prayer today.

Mary, walk with us.

Our Father · 10 Hail Marys · Glory Be

*Lord, purify your Church. Bring truth into the light, healing to the wounded, and
humility to all who lead.*

†

ADDITIONAL PRAYERS



This section is offered as a quiet place to rest after praying the Rosary or any time you need a little extra time in prayer. Simply pray any that meet you in whatever moment you're in.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother.

To thee do I come, before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

The Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malignant enemy defend me.
In the hour of my death call me,
and bid me come unto Thee,
that with Thy saints I may praise Thee
forever and ever.
Amen.

St. Michael Prayer

St. Michael the Archangel,
defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray,
and do Thou, O Prince of the heavenly host,
by the power of God,
cast into hell Satan and all the evil spirits
who prowl about the world seeking the ruin of souls.
Amen.

Guardian Angel Prayer

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.
Amen.

Act of Contrition

My God,

I am heartily sorry for having offended Thee,
and I detest all my sins because I dread the loss of Heaven and the pains of Hell,
but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love.

I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life.

Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

Prayer to Our Lady of Sorrows

O Most Sorrowful Mother,
you who stood at the foot of the Cross
and did not turn away from suffering,
be near to all who carry hidden wounds.

Wrap your mantle around those who feel unsafe, unseen, or forgotten.
Lead us always to your Son, Jesus Christ,
who alone brings healing that cannot be taken away.

Our Lady of Sorrows, pray for us.

Amen.

SHORT PRAYERS TO PRAY ANYTIME

You may repeat as often as necessary throughout your day:

- Jesus, be with me.
- Jesus, heal what I cannot name.
- Sacred Heart of Jesus, I trust in you
- Mary, hold me close to your Son.
- Lord, cover me with your peace.
- Jesus, restore what was broken.
- Lord, I am safe in you.
- Jesus, I trust in you.
- Jesus, I surrender myself to you. Take care of everything.

SCRIPTURE VERSES

For When you feel broken or overwhelmed

Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Matthew 11:28

“Come to me, all you who labor and are burdened, and I will give you rest.”

For when you feel afraid or unsafe

Isaiah 41:10

“Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

Psalm 23:4

“Even though I walk through the valley of the shadow of death, I fear no evil; for you are with me; your rod and your staff comfort me.”

John 14:27

“Peace I leave with you; my peace I give to you... Do not let your hearts be troubled or afraid.”

For when you feel unseen or forgotten

Isaiah 43:1–2

“Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you.”

Psalms 139:1–3

“You have searched me, Lord, and you know me... You are familiar with all my ways.”

Luke 12:6–7

“Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God... you are worth more than many sparrows.”

For when you are healing from deep wounds

Revelation 21:4

“He will wipe every tear from their eyes. There will be no more death or mourning, crying or pain.”

Jeremiah 30:17

“I will restore you to health and heal your wounds, declares the Lord.”

2 Corinthians 12:9

“My grace is sufficient for you, for my power is made perfect in weakness.”

For when you need hope and renewal

Romans 8:28

“We know that all things work for good for those who love God.”

Lamentations 3:22–23

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning.”

Isaiah 43:19

“Behold, I am doing a new thing; now it springs forth, do you not perceive it?”

Gentle “resting in God” passages

Psalm 46:10

“Be still, and know that I am God.”

Zephaniah 3:17

“The Lord your God is in your midst... he will quiet you with his love.”

Psalm 62:1

“For God alone my soul waits in silence; from him comes my salvation.”

Lord, you see every burden and every hidden wound. You hear every unspoken prayer. Hold us close and bring healing to what has been broken. Renew in us the hope that does not disappoint. May your mercy be our refuge and your love our strength.



Thank you for praying the rosary.

Whether you are a survivor, someone walking alongside a survivor, or a member of the Church seeking healing and renewal, your prayer matters. God receives every tear, every silence, every prayer, and every act of faithful endurance. Nothing offered in love is ever lost.

May you be strengthened in hope as you continue this journey. For survivors, may you encounter hope, peace, deep healing, renewed trust in goodness, and the rediscovery of your dignity in Christ. For those who support them and labor for the renewal of Holy Mother Church, may you be granted humility, wisdom, courage, and perseverance rooted in love that does not grow weary.

May Mary, Mother of the Church, walk with you always, and may Christ who has overcome suffering and death bring all things to healing and peace.



Safe in her arms, never alone

Illustration by Theresa Hakesley (Age 13, daughter of the survivor who created this booklet) – Facebook page: Art by Theresa Rose

