

Week 42



THE ROSARY IN A YEAR

WITH FR. MARK-MARY AMES, CFR

PHASE 3: MEDITATING ON THE MYSTERIES

The Sorrowful Mysteries in Art

AGONY IN THE GARDEN

**"My soul is very sorrowful, even to death"
(Matthew 26:38).**

This week, we will meditate on a piece of sacred art depicting the Agony in the Garden: a sixteenth-century painting of Jesus at prayer in the garden of Gethsemane, by Alessandro Maganza. After taking a moment to collect your thoughts and lift your mind to God, prayerfully gaze upon the image, noticing what catches your eye and what intrigues you. Points of reflection have been provided to assist in your meditation.



Jesus Praying in the Garden of Gethsemane
by Alessandro Maganza (1587-1589), Vicenza, Italy

Reflection and Contemplation

- Observe how fervently Jesus is praying. He had said to his apostles, “My soul is very sorrowful, even to death” (Matthew 26:38). Have you ever prayed fervently for yourself or a loved one amid great sorrow? Despite his sorrow, Jesus submits himself to the Father’s will. How can we be more submissive to the Father’s will?
- Here, we see an angel offering Jesus a chalice. In his prayer, Jesus refers to his suffering as a “chalice” (Matthew 26:39). What does the chalice make you think of?
- Notice the darkness in the painting, especially on the right side. If you look closely there, you can see Judas leading the soldiers in the darkness. What is the significance of this darkness?
- Notice the light shining on Jesus. The Gospel of John says, “The light shines in the darkness, and the darkness has not overcome it” (John 1:5). How is this portrayed within the painting?
- See how the apostles are sleeping right in the front of the painting, even though Jesus has asked them to stay awake. How have we slept in prayer when we should have been awake? How can we comfort Jesus instead? How can we watch with him?
- Notice the grass and leaves in the painting. This betrayal happened in a garden. Think of the Garden of Eden. Are these two gardens—Gethsemane and Eden—connected? Were there betrayals in both?

Make It Your Own

What stood out to you about your Rosary experience this week?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook. There is no handwriting or other markings on the page.

Scan the QR code to view *The Rosary in a Year* videos on the Ascension app. Download the prayer plan at <https://tinyurl.com/2p8s69yd>.

The Rosary in a Year is a daily podcast, produced by Ascension and hosted by Fr. Mark-Mary Ames, CFR. It takes Catholics on a journey to form a lasting habit of prayer and gain tools to enter more deeply into meditation on the lives of Jesus and Mary through the Rosary. This bulletin was adapted from the podcast and materials that complement the podcast.



Sunday Q&A

Your Faith in Focus

A TIMELESS “ROSE GARDEN”

Where did we get the Rosary in its current form?

As we continue to celebrate the Rosary in October, the month the Church designates as a special time for this prayer, we offer an answer to that question in this abridged text from an article by a master catechist, Mark Hart. The author invites us to understand the Rosary as a great gift and invitation into contemplation.

Roses from Mom

In the early thirteenth century, the Blessed Virgin Mary is said to have appeared to a young Spanish priest we now know as St. Dominic. While the roots of the *rosarium* (Latin for “rose garden”) date back even earlier than the 1200s, St. Dominic is credited with first giving this prayer to the Church in its current form on the expressed wish of Mary, the Mother of God.

Through the centuries, the Rosary has grown into a timeless family prayer, one that has been prayed by billions of souls in virtually every language around the world. At any moment of the day, in almost every conceivable corner of the earth—in homes and in churches, in hospital rooms and in schools, in jail cells and on battlefields—the Catholic faithful join their prayers and dive more deeply into the mysteries of Jesus Christ’s life through the Rosary.

Over the past several years, October has come to be known as the “month for the Rosary.” Since the Feast of the Holy Rosary is October 7 and the anniversary of the Blessed Virgin’s final appearance at Fatima is October 13, Catholics are encouraged to devote this month to renewing their commitment to this timeless prayer and basking in the intercessory graces that flow from it.

In her appearances in both Lourdes and Fatima, the Blessed Mother reiterated her desire for her children to dedicate themselves to this devotion. Given her own admonition for us to pray it, I’d submit that the Rosary is not only my favorite form of Bible study but also that of Mary’s ... who, as Sacred Scripture affirms, ponders all things in her heart (see Luke 2:19). Mary is the first Christian contemplative.

A Call to Arms

The Rosary is more than an invitation to prayer and more than a Bible study. The Rosary is a declaration of war on sin and darkness. The Rosary, like the Word of God, is living and effective (see Hebrews 4:12). When you pray the Rosary, things happen, hearts change ... grace flows. As St. John Paul II said, “The most important reason for strongly encouraging the practice of the Rosary is that it represents a most effective means of fostering among the faithful that *commitment to the contemplation of the Christian mystery*.”*

In a time so filled with busyness and overstimulation—where screens and noise abound—the gift of the Rosary cannot be overstated. Every bead is an invitation from our Blessed Mother to kneel beside her in prayer and reflection upon the gift and life of her son. Contemplate these realities through her perspective. Allow her to swaddle you tightly as only this Mother can.

I'm meeting a friend for coffee next week. We're going to walk through the joyful mysteries passage by passage. We're both bringing Bibles, but I'm including a gift. The Rosary on my rearview mirror will soon be his, for in those beads, I'm introducing him to my Mother, who, it turns out, is his Mother, too.

* John Paul II, *Rosarium Virginis Mariae* (October 16, 2002), 5, vatican.va.

Ponder and Pray

- Who have you prayed the Rosary with, and/or who should you pray a Rosary with this week?
- What is one habit of praying the Rosary that you don't yet have but would like to have?

Make It Your Own

Mark Hart closes by talking about going for coffee with a friend and working through the passages of the joyful mysteries. Make your own coffee date and trace through these joyful mysteries this week (with the accompanying passages):

Mystery	What is one detail in the passage that speaks to you?
Luke 1:28–35, 38, the Annunciation	
Luke 1:39–45, the Visitation	
Luke 2:6–12, the Nativity	
Luke 2:25–32, the Presentation	
Luke 2:41–52, the Finding in the Temple	

Tip of the Week

Find a "Rosary buddy" this week. Pray the Rosary together and spend time in the accompanying passages with a Bible and a good cup of coffee. (Tea works, too, if that's more your thing.)

Dive Deeper

To read Mark Hart's full article on this topic, scan the QR code or visit: <https://media.ascensionpress.com/2017/10/12/the-rosary-marys-favorite-bible-study/>.

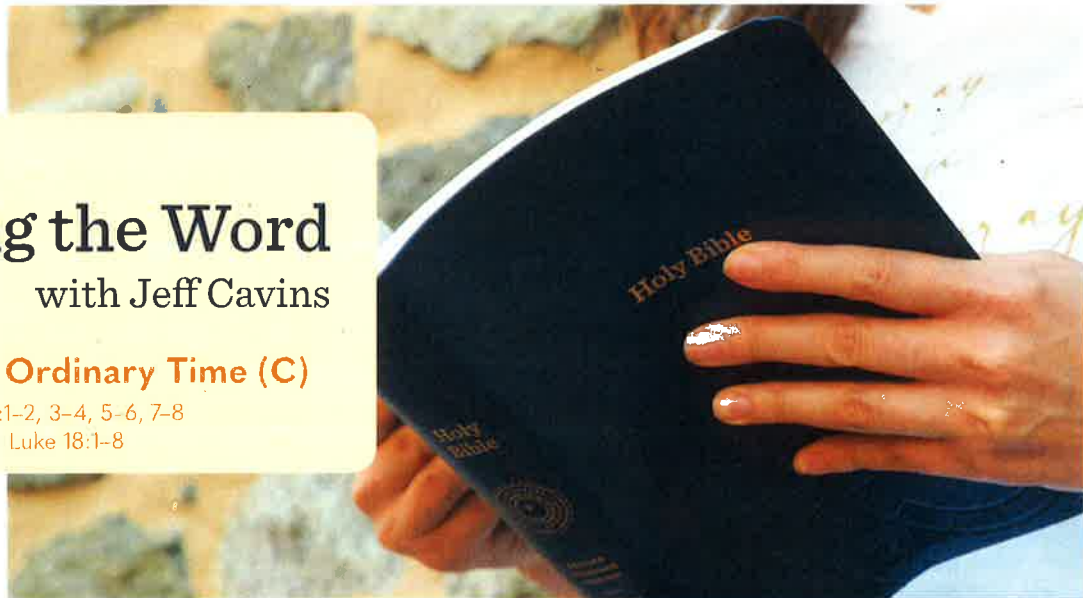


Encountering the Word

with Jeff Cavins

Twenty-Ninth Sunday in Ordinary Time (C)

Exodus 17:8–13 • Psalm 121:1–2, 3–4, 5–6, 7–8
2 Timothy 3:14–4:2 • Luke 18:1–8



Consistency Is a Key Component of Faith

Faith is the focus of this week's readings, drawing on the memorable story from Exodus 17. As the nation of Israel battles the Amalekites, Moses stands on a hill, arms raised. When his hands are steady, Israel prevails; when they fall, the enemy gains ground. Aaron and Hur step in to hold up Moses' arms, ensuring victory. This vivid image teaches us about faith—not just belief but also faithfulness.

The Hebrew word for faith, *emunah*, appears for the first time in this passage. Unlike the Greek *pistis*, which emphasizes belief or trust, *emunah* conveys steadfastness, long continuance, and dependability. Faithfulness is a quality that permeates every aspect of life. It's not just what we believe but how we live—consistency in our relationships, work, worship, and decisions.

Moses' steady arms symbolize a heart grounded in trust and reliance on God. In our own battles, whether in relationships, work, or personal struggles, the key to victory is faithfulness. This means choosing God's wisdom over the world's and remaining steadfast in prayer, trust, and obedience, even when the path is difficult.

Faithfulness is like a seasoning that touches every area of life. A faithful person is reliable in their marriage, their parenting, their finances, and their devotion to God.



Live the Gospel

Faithfulness wins battles. This week, reflect on where God is calling you to be steady in your life. Ask him, "What is required of me in this situation?" Lean on his wisdom, not the world's, and remain faithful in prayer, work, and relationships. A steady heart grounded in God's strength will bring victory to the challenges you face.

Dive Deeper

Scan this code to watch:



Or go to:

<https://media.ascensionpress.com/video/twenty-ninth-sunday-in-ordinary-time-c/>

Ponder and Pray

» Faithfulness permeates all areas of life. In what specific aspects—work, relationships, or worship—do you feel called to be more faithful?

» Who are the people in your life who help steady you in faith, like Aaron and Hur helped Moses? How can you be that support for others?

» Reflect on the Hebrew concept of *emunah*—steadfastness and long continuance. How can cultivating this quality deepen your relationship with God and others?

Make It Your Own

You and others in your household may use this space to write anything about today's Mass. It might be your view of Jeff Cavins' reflection, your priest's homily, or your answers to the questions on this page—anything to help you and your household get the most out of today's Mass.

“

Remain faithful to what you have learned and believed, because you know from whom you learned it.

—2 Timothy 3:14

”



A BIBLE IS A WISDOM MAKER



Exodus 17:8-13 • 2 Timothy 3:14-4:2 • Luke 18:1-8

Family Car Talk

Today's Second Reading says, *"Remain faithful to what you have learned and believed, because you know from whom you learned it, and that from infancy you have known the sacred Scriptures, which are capable of giving you wisdom for salvation through faith in Christ Jesus."* Talk through the following questions with your family on the way home from Mass today:

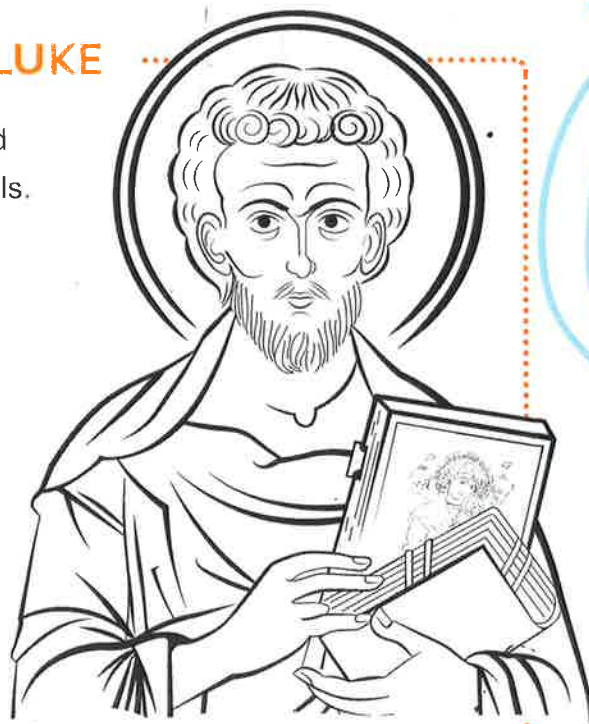
-  **B** How have your parents helped you learn about Jesus?
-  **A** In what ways do you learn about the Faith throughout the week?
-  **I** What are some beliefs that your family has that you would like to learn more about?



COLORFUL ST. LUKE

Instructions: Yesterday (October 18), we celebrated St. Luke's feast day. He wrote one of the four Gospels. Color the image and say a prayer asking him to intercede for you to be close to Jesus like him.

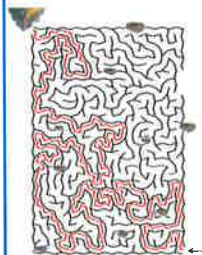
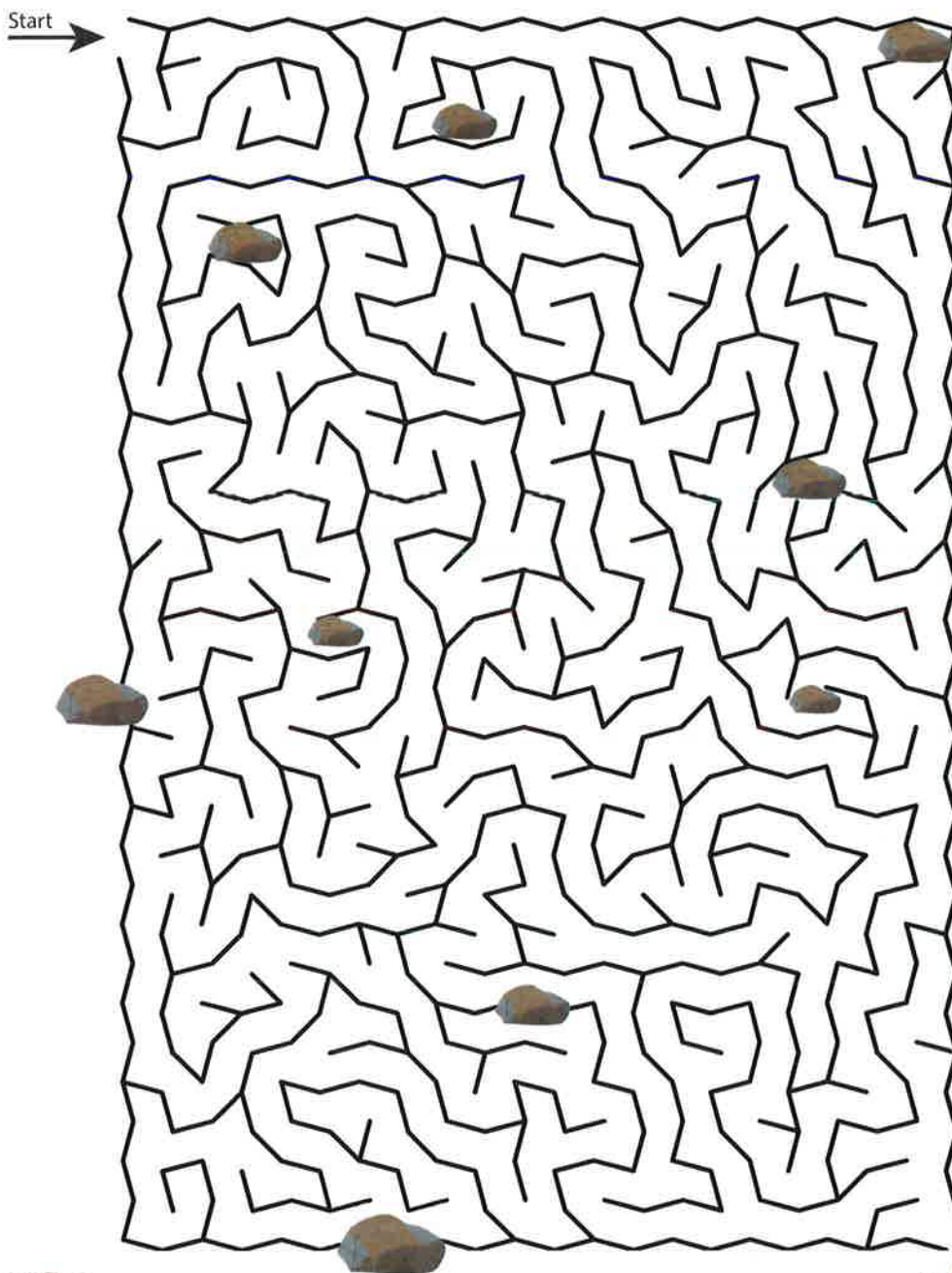
SAINT LUKE





HOLY MOUNTAIN MAZE!

Instructions: Today, Psalm 121 says God will protect us and keep us from stumbling. In this maze, dodge the obstacles and get to the Lord's holy mountain!



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Week Forty-Two

Days 288–294

me comes a man who ranks before me, Galilee. And he found Philip and said to for he was before me.' 'I myself did not know him; but I came baptizing with water, Israel.' 'And the Spirit descended upon him; but he was in Beth-saida, the city of Andrew and Peter, thana-el,' and said to him of whom Moses the prophets wrote, the son of Joseph.' to him, 'Can anything azareth?' Philip said to him, 'Come and see.' 'Jesus saw Nathana-ig to him, and said of him.

THE BIBLE IN A YEAR

WITH FR. MIKE SCHMITZ

Maccabean Revolt Narrative: 1 Maccabees 7–13 | Supplemental: Sirach 19–33; Proverbs 22:22–23:21

HISTORICAL BIBLE BOOKS IMPART WISDOM



The Triumph of Judas Maccabeus
by Peter Paul Rubens

The connections this week between the wisdom books (Sirach and Proverbs) and the historical book (1 Maccabees) are not too difficult to spot. Just as we read the historical books of Kings and Chronicles in light of different prophetic books, we can also see how the same themes of faithfulness, trust, responsibility, and judgment feature in all time periods of the Jews. It is up to each generation to discern God's intentions for them and to put their trust in him. The Maccabees understood that their obedience to a foreign power for worldly security was worth nothing if it meant they must violate God's commandments to them.

- Numerous verses in Sirach and Proverbs are about how to raise children. For example, in Proverbs 22:6 we read, "Train up a child in the way he should go, and when he is old he will not depart from it." Laying a foundation for virtue is vitally important.
- This also helps us to understand how some people are better (or worse) equipped to stay faithful during times of strife and to understand God's wisdom when it is presented in books like Sirach and Proverbs.
- At the time of the Maccabees, enough of the people had been so equipped to fight against oppression that it would have made them violate God's Law.
- In 1 Maccabees, kings rise and fall, and the Jewish people continue to fight. Judas Maccabeus and the men of Israel continue to pray to the Lord before they go into battle. There is great wisdom here.
- But this book tells us these stories without attempting to preach or teach lessons. The narrative describes whether the people respond faithfully or unfaithfully without becoming a book of preaching.
- We need to remember that this is still the story of the people of Israel. God is active and engaged, though the human author of 1 Maccabees does not point out how.
- In 1 Maccabees 13, we see the Jewish warriors battle to have an independent nation and achieve freedom for God's people.
- The people of Israel fight against the Greeks, but they do so in a way that respects the Law of the Lord.

Dive Deeper

Are there any teachings or disciplines of the Catholic Faith that you do not understand? If so, seek understanding, asking the Lord for the grace to trust him even when you do not understand.

Bible Answers

How did they mark time in the Old Testament? For example, we read phrases like "on the fourth day of the fifth month."

First, let's understand that the people of Israel followed a lunar calendar for their religious feasts. Because a lunar year is shorter than a solar year, a month was inserted from time to time to ensure that the feasts and festivals would remain consistent from year to year.

Around 500 BC, the leaders of Israel adjusted their calendar to reflect that of the solar year. Here are the Jewish months as they relate to our calendar today: Shevat (January and February), Adar (February and March), Nisan (March and April), Iyar (April and May), Sivan (May and June), Tammuz (June and July), Av (July and August), Elul (August and September), Tishri (September and October), Heshvan (October and November), Kislev (November and December), and Tevet (December and January). The Jewish first month is the month of Nisan (see Exodus 12:1–6). In expressing dates, the Bible, like many ancient writings, uses the names of the kings and rulers as well as national events as points of reference. For examples, see Numbers 33:38, Jeremiah 1:3, and Daniel 1:1.



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SIMON THE HIGH PRIEST

This artwork by Julius Schnorr von Carolsfeld shows Simon being made high priest. He is described in 1 Maccabees 13:42 as "the great high priest and commander and leader of the Jews."

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Week 42

Paragraphs 2221–2269



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

How We Live PART THREE: LIFE IN CHRIST

OUR DUTY TO LAW AND LIFE

We come from God, are made in God's image, and will return to God. All authority, in the family or the government, must acknowledge and operate from this truth. As we fulfill our familial and civic responsibilities, our primary allegiance is to God. In our family and communal lives, Jesus calls us not only to follow laws but even higher—to avoid hatred, revenge, or willful anger. He calls us to respect human life from conception to natural death.

Keep in Mind

- Family and country should never replace or supersede God in our lives.
- We cannot reject God's laws, Mass, sacraments, or a vocation in order to appease any person or law.
- Patriotism is connected to charity; it is right and just to love one's country.
- Citizens have a duty to pay taxes, vote, defend their country, and contribute to its well-being.
- Citizens must not obey laws that directly oppose God's law.
- Charity and human dignity demand that nations welcome strangers and assist them when they are able.
- Policy must serve authentic humanity: our origins, nature, authentic thriving, and destiny.
- "Those who legitimately hold authority also have the right to use arms to repel aggressors against the civil community entrusted to their responsibility" (*Catechism of the Catholic Church*, 2265).
- The Church is not political but must share the truth that impacts political and social issues.
- The Church continually proclaims that all human life is sacred and equal from the moment of conception to natural death.
- The Fifth Commandment forbids murder (see CCC 2258).



A Byzantine mosaic (1315)

Dive Deeper

Mary and Joseph are depicted enrolling to pay taxes in this artwork. Like the Holy Family, citizens have duties to their nations (see CCC 2240).

Jesus has the first claim on our lives, above family, community, and country. Pray for renewed grace to place God above all things.

- The law against murder is universally valid: nothing ever justifies taking the life of someone innocent.
- Defense of self or others is permissible; we have an obligation to stop attackers from harming those entrusted to our care.
- The primary aim of rightful defense is not to kill but to save; the secondary effect is someone else dies.
- Legitimate authorities “have the right to use arms to repel aggressors against the civil community entrusted to their responsibility,” e.g., police officers (CCC 2265).
- Criminal punishment aims at justice: making reparation, protecting the community, and rehabilitating the criminal.
- Other violations of the Fifth Commandment include
 - eugenics (forcibly controlling reproduction to eliminate “undesirable” humans)
 - civil authorities or governments corruptly refusing aid to save their citizens’ lives
 - greed that causes others to die
 - reckless activities that cause harm or death to others
- Accidentally causing someone’s death in an unforeseeable way is not a moral failure.
- Jesus extends the Fifth Commandment to forbid hate, revenge, and willful anger (see Matthew 5:21–22).

Use the space below to reflect on this week's content.

Take It to Prayer

God our Father, we pray for you to be known and loved throughout this world. Help us recognize the dignity of all our brothers and sisters. Help us always treat each other with respect. We pray this through Jesus Christ our Lord. Amen.



The best place to listen along is the Ascension app. Scan the QR code to get exclusive bonus content and transcripts for every episode.

The *Catechism in a Year*[®] is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. By reading the entire *Catechism of the Catholic Church*, Fr. Mike helps us understand what it means to be Catholic and allow those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companion*, volumes 1–3, by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.