

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 8th October 2026

October is traditionally a special month dedicated to the Holy Rosary. The Rosary is a beautiful prayer that helps us to think about the life of Jesus through the eyes of Mary, His mother.

This week, gather your family together and spend a little time praying, listening, talking and reflecting together.

Say: Today we come together as a family to remember Mary, the mother of Jesus. Mary loved Jesus very much and always encouraged others to listen to Him.

Think quietly:

- What are you thankful for today?
- Who would you like to pray for today?

Listen

Read together The Annunciation - Luke 1:26–38

In the sixth month of Elizabeth's pregnancy God sent the angel Gabriel to a town in Galilee named Nazareth. He had a message for a young woman promised in marriage to a man named Joseph, who was a descendant of King David. Her name was Mary. The angel came to her and said, "Peace be with you! The Lord is with you and has greatly blessed you!" Mary was deeply troubled by the angel's message, and she wondered what his words meant. The angel said to her, "Don't be afraid, Mary; God has been gracious to you. You will become pregnant and give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the Most High God. The Lord God will make him a king, as his ancestor David was, and he will be the king of the descendants of Jacob forever; his kingdom will never end!" Mary said to the angel, "I am a virgin. How, then, can this be?"

The angel answered, "The Holy Spirit will come on you, and God's power will rest upon you. For this reason the holy child will be called the Son of God. Remember your relative Elizabeth. It is said that she cannot have children, but she herself is now six months pregnant, even though she is very old. For there is nothing that God cannot do."

"I am the Lord's servant," said Mary; "may it happen to me as you have said." And the angel left her.

"The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man



Gather

You will need:

A Rosary, a candle or LED candle, and somewhere quiet and comfortable to sit together.

Place the Rosary in the middle of your family circle. Light the candle and make the Sign of the Cross together.

named Joseph... The angel said to her, 'Rejoice, so highly favoured! The Lord is with you.'

"Mary said, 'I am the handmaid of the Lord,'"

"And the angel left her."

Pause for a moment of silence.

Talk together

For younger children:

What do you think Mary felt when the angel appeared to her?

For older children:

Mary trusted God even though she did not know exactly what would happen. When can it be difficult for us to trust God?

For everyone:

How can we be more like Mary and say "yes" to God in our family?

Respond

Mary's life was filled with moments when she trusted God. When we pray the Rosary, we remember important moments in the life of Jesus and ask Mary to pray for us.

Our family Rosary challenge

You don't have to pray the whole Rosary together if this is new to your family.

Choose one decade to pray together.

1. Hold the Rosary together.

2. Name someone or something you would like to pray for.

3. Pray one Our Father.

4. Pray ten Hail Marys.

5. Pray one Glory Be.

As you pray each Hail Mary, take turns naming someone you would like Mary to pray for.

For example:

- "Mary, please pray for Grandma."
- "Mary, please pray for people who are lonely."
- "Mary, please pray for children who are worried."
- "Mary, please pray for our school."
- "Mary, please pray for our family."

Reflect

Sit quietly together for a minute.

Think about Mary's "yes" to God.

Take turns answering one of these:

I can show God's love by...

Someone I would like to pray for is...

One thing I admire about Mary is...

This week, I could say "yes" to God by...

There are no right or wrong answers. Give everyone a chance to speak and listen carefully to one another.

Family activity - our rosary garden

Create a family Rosary Garden together.

Draw or print ten flowers. On each flower, write the name of someone or something you would like to pray for.

For example:

- Someone who is poorly
- A friend
- Our school
- Someone who is lonely
- Our family

Place your flowers somewhere at home.

Each day in October, choose one flower and pray a Hail Mary for that person or intention.

You could even add a new flower whenever someone in your family thinks of someone who needs prayer.

Our Family Prayer for October

Mary, Mother of Jesus,
you trusted God and said yes to His plan.
Help our family to trust God too.

Teach us to pray,
to care for one another
and to notice those who need our help.

As we pray the Rosary,
help us to remember the life of Jesus
and to follow His example.

Mary, Our Lady of the Rosary,
pray for us.

Amen.



Prepared by Mrs Willis
Holy Rood Catholic Primary School