

Cana Rosary for Marriage Virtual Retreat – Instructions for Parishes

Introduction: The Cana Rosary – A Couple’s Prayer is a versatile resource that can be used in any parish in all sorts of ways. The book is ideal for National Marriage Week (February 7-14) to hold a seven-evening virtual retreat (hold from Feb. 7-13 or Feb. 8-14). Everything that’s needed is included in the book. There is a marriage reflection for each mystery; one full mystery is prayed each evening.

Planning and Promotion

- Purchase or borrow a copy of the book – *The Cana Rosary – A Couple’s Prayer*
<https://www.amazon.com/Cana-Rosary-Couples-Prayer/dp/1502392232>
- Determine who will act as emcee couple, then select one other couple to lead the rosary each evening, this way there is a natural dialogue between the couples that allows for personal stories and reflection.
- Promote the event: Send an email invitation to married couples in your parish to join you for the seven-evening Cana Rosary Virtual Retreat. Also place an open invitation in the parish bulletin each week for several weeks.
- Select your virtual platform (Zoom is easiest for most). If the audience is small (fewer than 20 couples) you may want to use audio and video functions in zoom to allow audience participation. If the audience is large you may want to keep couples muted but use the chat function for interactivity. An option for a very large group (40+ plus couples) is the Facebook live platform. You may want to record each session.
- Emcee couple should hold a practice session in zoom with at least one of the lead couples to feel comfortable with screen sharing and use of the chat function, etc.
- Use powerpoint slides to share the prayers and provide some visuals (slides available for download from Dept. of Evangelization and Family Life at:

Holding the Sessions:

- The emcee and lead couple for each evening should join the zoom meeting at least 10 minutes before the published start time. We suggest meeting as early as 30 minutes before then mute yourselves, turn off audio and share a welcome slide in case couples come into the meeting early. An easy icebreaker before you get started each evening is one question to the group such as – favorite romantic movie, best use of leftovers, what you do on a typical Friday night, etc.
- Begin on time, no more than about 2 minutes after start time. Welcome by hosts, Introduction of Lead Couple, Brief opening remarks and instructions for the Rosary as well as a brief overview of the evening by the hosts (7:00 pm – 7:10 pm). To set the stage the emcee couple can show the slides with images/artwork depicting the mysteries, then turn session over to the lead couple to begin recitation of the rosary.
- Lead Couple is the leader for the entire Rosary for their evening session and will recite each prayer in full. We suggest one spouse begins each prayer and the other recites the second half of the prayer. The audience prays second half of prayer along with the leader out loud on their own. Lead couple should take turns reading the Scripture passage and reflection for each decade. Recitation will take about 25 minutes with the couple reflection (7:10 pm – 7:35 pm). Each session can easily be extended to one hour with a planned script of reflection points for discussion.
- Use the Power Point Slides to lead the sessions. Begin with...

- Apostle's Creed – I believe in one God...
- Our Father...
- Hail Mary... (three times)
- Glory be...
- Fatima Prayer - O, my Jesus...
- The Mysteries (Lead couple begins each new decade of the Rosary with the Gospel Reading and Reflection in the *Cana Rosary* book:
 - Sunday – The Glorious Mysteries (*Cana Rosary* book, pgs. 28-35)
 - Monday – The Joyful Mysteries (pgs. 2-11)
 - Tuesday – The Sorrowful Mysteries (pgs. 14-23)
 - Wednesday – The Glorious Mysteries (pgs. 28-35)
 - Thursday – The Luminous Mysteries (pgs. 38-47)
 - Friday – The Sorrowful Mysteries (pgs. 14-23)
 - Saturday - The Joyful Mysteries (pgs. 2-11)
- At the conclusion of the Rosary recitation, the host couple will share some thoughts about the Scripture readings for the mysteries - what God was asking of them throughout the recitation and the reflections. Host couple will invite lead couple to share their own insights and personal reflections and to talk about the meaning of the Rosary for them, how God speaks to them through the Rosary, and the importance of daily prayer in their lives.
- Host couple will thank all participants for joining in and give a quick preview of next session to encourage couples to return.
- Host couple or lead couple will lead all in closing prayer:

Closing Prayer for Marriage:

Lord God, we acknowledge your greatness and our need for your grace in our marriage. We thank you now for the gift you have given us in each other, this opportunity to love and be loved completely.

 - May our love encourage us to grow to be holier individuals, bringing out the best in each other. Following your example, Jesus, may we be quick to forgive, ready with a healing word or touch.
 - Teach us to speak to each other with charity and honesty. Help us avoid the temptation to take each other for granted. Instead, remind us, day by day, to see each other as you see us.
 - May we be as patient with each other as you are with us. May our love be generous, reaching out beyond ourselves to all we meet.
 - Let our life together be a light of hope to those who fear that a total commitment is not possible today.
 - Lord, be a partner with us in our marriage; with your help it will be strong and enduring. We rejoice that you have brought us together. May we always be one in you. Amen.
- At the end of the final session, emcee/host couple thanks all for participating and encourages couples to get involved in the parish.

