

Hail Mary Gestures by Phrase



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 (*Feeling the holes
from crucifixion*)



Of God,



Pray



For us sinners,



Now



And at the hour of
our death.



Amen

*This cycle of gestures
is an option for the
initial three Hail
Marys. Please note this
sequence is not exactly
the same as previously
published.*