

'Angelus Domini nunciavit Maria...'

The angel of the Lord declared unto Mary.
And she conceived by the Holy Spirit.

Hail Mary, Full of Grace, ...
Holy Mary, Mother of God, ...

Behold the handmaid of the Lord.
**Be it done unto me
according to Thy word.**

Hail Mary, Full of Grace, ...
Holy Mary, Mother of God, ...

And the Word was made Flesh.
And dwelt among us.

Hail Mary, Full of Grace, ...
Holy Mary, Mother of God, ...



Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. **Amen.**

The angel spoke, and made known wonderful news! which was fulfilled in the death and resurrection of Jesus, and the outpouring of the Holy Spirit. 2,000 years on, that life is guiding our 21st-century lives, and that news is the Church's message. This joyful and profound prayer (which is first mentioned in the 12th century) evolved from a recitation of three Hail Marys following an evening bell into its present form (with morning and midday recitations as well) by the 16th century.

Wherever they are early in the morning, at noon, and in the evening, all God's people are invited to *stop everything*: to *stop* for just 1½ minutes, to share in the midst of *their* daily lives Mary's unexpected encounter with the angel in the midst of *hers*; and ask for some share of her faith. Nearly all churches used to have Angelus bell. Just think how moving it would be if a whole city stopped to do such a thing! The angel's message was a pivotal moment in history, and the Angelus is a pivotal prayer that should be part of all our lives, helping us to remember God in daily life.

Pope St Paul VI said, "Despite the passing of centuries the Angelus retains an unaltered value and an intact freshness". Use this to start saying it, alone or with someone else, wherever you are, morning noon and evening, and try to *memorize* it! See the change it begins to make. And if you want to go deeper, look on Amazon for Jared Dees: *Praying the Angelus: Find Joy, Peace, and Purpose in Everyday Life* (2017).