

Praying with the Church:

The Midday Angelus

The Angelus has been part of the Church's tradition of prayer for centuries. The name comes from the first line of the prayer in Latin: "*Angelus Domini nuntiavit Mariæ*" ("The angel of the Lord declared unto Mary..."). It is prayed three times per day by those in religious life - 6:00 am, 12:00 noon, and 6:00 pm - in honor of the mystery of the Incarnation. At the height of Christendom in Europe, it was customary that at 12:00 noon each day, local churches would ring their bells, at which time everyone around town promptly stopped whatever work they were doing and knelt down to pray the Angelus, whether they were by themselves or with someone else, at work, in the streets, at church, or in their homes. Imagine an entire town stopping right where they were to join in prayer together, at the same time every day! Making time for the Angelus and other prayers throughout the day helped people to keep their faith a top priority in their lives, and remember the Lord in everything they did throughout the day.



The Angelus by Jean-Francois Millet

The Angelus would be a great prayer to insert into your day. Take ten minutes before you rush off to your lunch hour, to spend time with the Lord and refresh your soul before you finish out the work day. You can set a timer on your phone or watch to act as your "church bells" so you remember to stop right where you are and pray! You can pray alone or in a call-and-response style with other people. A copy has been printed for you on the back of this sheet to take with you!

Dig a little deeper...

No matter where he is in the world, the Holy Father carves out time on Sundays to not only pray the Angelus publicly with the people he is visiting, but to also make an address to the Church around the world for us to reflect on for the coming week. You can read his messages and follow his travels online every week at the Vatican website:

http://www.vatican.va/holy_father/benedict_xvi/angelus/2006/index_en.htm



THE ANGELUS

**The Angel of the Lord declared unto Mary.
And she conceived by the Holy Spirit.
(Hail Mary....)**

**Behold the handmaid of the Lord.
Be it done unto me according to thy word.
(Hail Mary....)**

**And the Word was made Flesh.
*And dwelt among us.***
[It is proper to briefly kneel at this moment in honor of the Incarnation, the moment in time when the Word came down from heaven to dwell among us]
(Hail Mary....)

**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.