

THE ANGELUS



V. The Angel of the Lord declared to Mary
R. And she conceived by the Holy Spirit.

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 of God, pray for us sinners, now and at the hour of our death. Amen.

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

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 of God, pray for us sinners, now and at the hour of our death. Amen

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

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 of God, pray for us sinners, now and at the hour of our death. Amen

V. Pray for us, O Holy Mother of God
R. That we may be made worthy of the promises of Christ.
(or: an alternative response – ‘That we might live in the simplicity, the compassion and the joy of the Holy Gospel.’)

*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.*

‘This wonderful prayer evolved from a recitation of three Hail Mary’s following an evening bell around the 12th century to its present form in the 16th century.

When prayed in a group setting a leader recites the verses and everyone recites both the responses and the Hail Mary’s in between each verse, as shown on the reverse page.

The Angelus is traditionally said two or three times daily, at 6 am, noon and 6pm (though you can pray it at any time!) It is still accompanied by the ringing of a bell (the Angelus bell) in some places such as Vatican City and parts of Germany and Ireland – and indeed in Portobello, thanks to Mgr Rae.... .

The Angelus reminds us of the Annunciation (shown on the previous page in its famous rendition by Fra Angelico), when the angel Gabriel appeared to Mary with great, (if somewhat startling), news. As we read in Chapter One of Luke’s Gospel, (Luke 1:26-38) God wished Mary, truly a model of humility, to be the mother of His Son, our Lord Jesus Christ.

The Angelus pays tribute to a crucial aspect of Mary’s role in the Incarnation, when it quotes from Luke’s Gospel “be it done to me according to thy word” (Lk 1:38). This wonderful event could not have happened without her consent, without what is known as her *fiat*. By saying “yes” to God in allowing herself to become His mother, she showed us the ultimate example of trust in our Creator.

The Angelus completes its short summary of the Incarnation with the moving reference to our Lord from John’s Gospel: “And the Word was made flesh, and dwelt among us” (John 1:14). St. Bernard noted that Our Lord came to show us His love so that He might then experience ours.

The lines that follow about being made worthy of the promises of Christ are also found in the Rosary and tie in well with what follows: an appeal for God’s grace to help us in our pilgrimage of faith.

Whenever we pray the Angelus with humility and love, we are emulating Mary’s faith in His goodness.....’