

THE ANGELUS PRAYER ONLY TAKES ABOUT TWO MINUTES, SO IT'S A REALLY EASY WAY TO ADD REGULAR PRAYER INTO YOUR DAY!



YOU COULD USE THE PRAYER AS YOUR LOCK SCREEN FOR EASY ACCESS! FIND OUR IMAGE ON OUR INSTA STORIES (PRAYER)

STOP WHAT YOU'RE DOING!

Are you someone who needs technology to set reminders for you? Many people today use their smart-watches, phones or Fitbits to remind them to stay hydrated, or to get up from their desks and move. It's good for our health and well-being. Some even set alarms when to go to bed, as well as when to get up! We often need something outside of ourselves to interrupt what we are doing and remind us of what's important - we can struggle with discipline and balance in our own lives. Life is busy and shows no sign of slowing down! Simple reminders or alarms are often necessary for our physical health, but also for our spiritual health too.

DONG - DONG - DONG!?

You might be familiar with the Angelus bell at 6pm on RTÉ 1. You may not be familiar with the origins of it however. Catholics have been praying the Angelus for centuries. The Angelus bells ring out three times daily around the world, to interrupt the daily routines of Catholics, reminding them to turn their thoughts towards God and heavenly things. Even non-Catholics can find the interruption useful, a call to lift oneself out of busy routines, and reflect on the important things in life, for just a moment.

The famous painting by Jean-François Millet depicting labourers in a field, stopping to pray the Angelus when they hear the bells ringing in the distance.



TOO BUSY TO STOP?

We can always convince ourselves when we hear the Angelus bells that we're too busy at that moment to stop and pray, but adding a little discipline to our lives, creating a God-space for just 2 out of the 1440 minutes in each day, reminds us that we can choose how we order our day, and give a dedicated time back to God, in thanksgiving.

PRAYING THE ANGELUS

The prayer begins with the story of the Angel Gabriel visiting Mary. We walk with Mary from that moment of the Annunciation to the birth of Jesus, and then we remember how Jesus died and rose from the grave to save us because He loves us - that's definitely worth two minutes of reflection each day!



V. The Angel of the Lord declared unto Mary.
 R. And she conceived of the Holy Spirit. **Hail Mary...**
 V. Behold the handmaid of the Lord.
 R. Be it done unto me according to Your word. **Hail Mary...**
 V. And the Word was made Flesh.
 R. And dwelt among us. **Hail Mary...**
 V. Pray for us, O holy Mother of God.
 R. That we may be made worthy of the promises of Christ.

LET US PRAY:

Pour forth, we beseech You O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your 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.