



A Childhood Practice Still Part of My Life

by Al Martella, Lifelong Faith Formation

I had the good fortune of being taught in elementary school by the Dominican Sisters of Amityville, New York. One of my clear memories of that time is that each day at Noon, the bells of our parish church would ring and we would stop to pray The Angelus.

According to the website, simplycatholic.com, The Angelus “was designed to commemorate the mystery of the Incarnation and pay homage to Mary’s role in salvation history. It has long been part of Catholic life. Around the world, the faithful stop whatever they are doing and with the words “The Angel of the Lord declared unto Mary” begin this simple yet beautiful prayer.”

The Angelus consists of three Hail Marys with short verses in between, and ending with a prayer. It goes like this:

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.

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.

In his book “Praying the Angelus,” author Jared Dees writes “Praying the Angelus has become for me a richly transformative devotion, the cornerstone habit upon which my entire personal prayer life is built. My discovery it was the first falling domino that set off a series of explorations into the beauty of Catholic devotional practices.”

Is The Angelus part of your prayer life? Write us at affal@stdavidtheking.com with your thoughts.