

THE ANGELUS PROMISE FROM WALSINGHAM

V: “The Angel of the Lord declared unto Mary;

R: **And she conceived by the Holy Spirit.**

As God once called Mary,
So today He calls me to seek His Word in my life.

ALL: *Hail Mary, full of grace, the Lord is with thee...*

V: Behold the handmaid of the Lord;

R: **Be it done unto me, according to Thy Word.**

Mary’s simple “YES” opened her heart to God’s grace
and all things became possible. Let my “YES” take away
fear as I embrace God’s Will and like Mary
‘ponder these things in my heart.’

ALL: *Hail Mary, ...*

(Please, if you can, try and kneel for this next verse...)

V: And the Word was made Flesh;

R: **And dwelt amongst us.**

Mary’s faith-filled “YES”, first conceived in her heart, led
to the birth of our Saviour. As I commit myself to my faith-
filled “YES” today, I accept my Saviour into my heart,
bringing His life to my world.

ALL: *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: O Holy Mother of God, pray for us, and assist us as
we dedicate ourselves to you this day. Your “YES” at the Annuncia-
tion brought our Saviour Jesus into the world, and you invite us to
contemplate the great mystery of the Incarnation,
sharing your joy in announcing that

“the WORD was made flesh and lived among us.”

May our “YES”, this day, open our hearts to serve our sisters and
brothers in this your Dowry, that they too may share our joy in the
Good News, that God walks among us.

We make this prayer through Christ our Lord. **Amen.**

THE ANGELUS:

V: “The Angel of the Lord declared unto Mary;

R: **And she conceived by the Holy Spirit.**

ALL: *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.**

ALL: *Hail Mary, ...*

(Please, if you can, try and kneel for this next verse...)

V: And the Word was made Flesh;

R: **And dwelt amongst us.**

ALL: *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.”**

*Traditionally the Angelus is said **THREE TIMES a Day:**
at **6.00am**, at **12 noon**, and at **6.00pm**.*

*By praying **the Angelus** three times a day we recall, throughout the
day, the Incarnation when God’s Son, Jesus, came to live with us and
became one with us. We are also reciting words from
the Holy Scriptures, from the Bible, the Word of God,
from the Gospels according to St Luke and St John.*

PRAYER FOR THE CONVERSION OF ENGLAND:

O BLESSED VIRGIN MARY, Mother of God and our most gentle Queen and Mother, look down in mercy upon England thy “Dowry” and upon us all who greatly hope and trust in thee. By thee it was that Jesus our Saviour and our hope was given unto the world; and He has given thee to us that we might hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold they may be united to the supreme Shepherd, the Vicar of thy Son. Pray for us all, dear Mother, that by faith fruitful in good works we may all deserve to see and praise God, together with thee, in our heavenly home. AMEN.

*Nicholas Patrick Stephen
Cardinal Wiseman
(1802-1865)*



Do you feel too busy to make time for our Lord?

An **Act of Spiritual Communion** can help! No matter what your day is like, Jesus can help make it better, or at least more bearable, if you ask him for His help and guidance in prayers such as this one, composed by St. Alphonsus Liguori in the 18th century:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. AMEN.

Another Act of Spiritual Communion:

I wish, my Lord, to receive You with the purity, humility, and devotion with which Your most holy Mother received You, with the spirit and fervour of the saints.

A Prayer for the end of Eucharistic Adoration and Benediction:

May the Heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection at every moment in all the Tabernacles of the world, now and until the end of time. Amen.

A Prayer for the end of Eucharistic Adoration and Benediction:

**O Sacrament Most Holy,
O Sacrament Divine,
All praise and all thanksgiving
Be every moment Thine.**