

# The Angelus

*The Angelus prayer commemorates the Incarnation. This well-known prayer's composition is based on the dialogue between the Virgin Mary and the Messenger Archangel Gabriel. Traditionally, it is said three times a day – at dawn, at noon and at sunset or, if once in the day, at noon. It serves as a reminder to us of the humility & obedience of Mary and Jesus to God's will.*



**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.  
*Hail Mary ....*



**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.

