

## Week 1 – St. Louis de Montfort

### Prayer for Week One – *The Angelus*

The word “*Angelus*” comes from the first word of the prayer in Latin. This age-old prayer honors the mystery of the Incarnation and is traditionally prayed at 6 am, noon, and 6 pm.



A famous painting by Jean-Francois Miller entitled “*Angelus*” recalls for us the deep Marian piety that has permeated the lives of so many of our Catholic brothers and sisters from the past. It depicts two farmers, a man and a woman, standing in a field. The man reverently holds his hat and the woman devoutly folds her hands as they both bow their heads in prayer. It’s the end of the workday, and they’re reminded to pray the *Angelus* by the tolling bells from the church tower in the distant background: three tolls for each invocation and Hail Mary and nine tolls for the prayer at the end.

<http://campus.udayton.edu/mary/gallery/artists/angelus.html>

The *Angelus* can be traced to the 13<sup>th</sup> century and has been recommended to the faithful by numerous Popes. In our own day, Pope Paul VI praised and explained it at length in his 1974 apostolic exhortation on devotion to Mary, *Marialis Cultus*.

For the next 7 days, we’ll begin the *Angelus*. It would be wonderful to pray it at noon and at the end of the workday as well. Do whatever is most convenient for you, and don’t lose the focus on our prayer priority: reading the daily text from the retreat book, answering the questions and the subsequent prayerful pondering.

### *The Angelus*

(Usually recited while standing)

V. The angel of the Lord declared unto 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 to me according to Thy word.

Hail, Mary, etc. ...

(With the following words, bow your head out of reverence for the mystery of the Incarnation)

V. And the Word was made flesh,

R. And dwelt among us.

Hail, Mary, etc. ...

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 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.