

THE ANGELUS

*(If you saying this one your own say the sections in **Bold** as well)*

The Angel of the Lord brought tidings unto Mary,
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.**

"Behold the handmaid of the Lord.

Be it unto me according to thy Word."

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.**

And the Word was made flesh,

And dwelt among us.

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.**

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 as we have known the Incarnation
of thy Son Jesus Christ
by the message of an angel,
so by His Cross (+) and Passion
may we be brought to the glory of His Resurrection;
through the same Jesus Christ our Lord.

Amen.

AN ACT OF SPIRITUAL COMMUNION

**In union, O Lord with the faithful at every altar of your
Church, where the Holy Eucharist is celebrated,**

I desire to offer you praise and thanksgiving.

I present to you my soul and body

with the earnest wish that I may always be united to you.

And since I cannot now receive you sacramentally,

I ask you to come spiritually into my heart.

**I unite myself to you, and embrace you with all the
affections of my soul.**

Let nothing ever separate you from me.

May I live and die in your love.

Amen.