The Angelus is a very old prayer from our Catholic heritage. It was traditionally prayed three times a day: once in the morning, once at mid-day, and once in the afternoon (at the prompting of the church bells). The entirety of the prayer can be prayed by a single person; or, if multiple people are present, one person says the “Leader” (L) parts, and the others say the “Response” (R) parts in unison. All pray the Hail Mary together between the responses, as well as the closing prayer. This prayer is traditionally prayed while standing, with a profound bow during the third response (“And the word was made flesh...and dwelt among us”).

As we continue this period of required social distancing, I would like us to unite in prayer as much as we can. The Angelus is a wonderful way for us to do that. I encourage each parishioner, and every St. Mark family, to pray The Angelus each day at 3:00pm while we remain apart (the hour that our Lord died upon the cross). Our united intention for the Angelus each day will be: a quick end to this present crisis, and the protection of our St. Mark parish community.

God Bless you all!

-Fr. Tim

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**THE ANGELUS**

L. The Angel of the Lord declared to Mary:
   
R. And she conceived of the Holy Spirit.

*All:* Hail Mary, full of grace...

L. Behold the handmaid of the Lord:
   
R. Be it done unto me according to Thy word.

*All:* Hail Mary, full of grace...

L. And the Word was made Flesh:
   
R. And dwelt among us.

*All:* Hail Mary, full of grace...

L. Pray for us, O Holy Mother of God:
   
R. that we may be made worthy of the promises of Christ.

L. Let us pray:

*All:* 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.