



## The Angelus

What better way to start a team meeting than with **The Angelus**? Rooted in scripture (and fairly well-known among many Catholics), its call-and-response format helps everyone get active and focused. Here's the full text of this beautiful prayer:

**℣. The Angel of the LORD declared unto Mary,**

**℞. And she conceived of the Holy Spirit.**

*Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst 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.*

**℣. Behold the handmaid of the LORD.**

**℞. Be it done unto me according to thy word.**

*Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst 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.*

**℣. And the Word was made flesh.**

**℞. And dwelt among us.**

*Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst 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.*

**℣. Pray for us, O' Holy Mother of God.**

**℞. That we might 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.*



## Prayer to St. Joseph the Worker

This prayer isn't quite as well known as the Angelus. However, you might fall in love with the Prayer to St. Joseph the Worker. Meant to be recited as a team, this prayer beautifully puts things into perspective: To love our teammates, to work patiently, and acknowledge the true meaning of our daily job duties

*St. Joseph, by the work of your hands and the sweat of your brow, you supported Jesus and Mary, and had the Son of God as your fellow worker. Teach me to work as you did, with patience and perseverance, for God and for those whom God has given me to support.*

*Teach me to see in my fellow workers the Christ who desires to be in them, that I may always be charitable and forbearing towards all. Grant me to look upon work with the eyes of faith, so that I shall recognize in it my share in God's own creative activity and in Christ's work of our redemption, and so take pride in it.*

*When it is pleasant and productive, remind me to give thanks to God for it. And when it is burdensome, teach me to offer it to God, in reparation for my sins and the sins of the world. Amen.*



## ***Prayer to St. Michael the Archangel***

As Catholics, we believe in the reality of spiritual warfare: The fact that there are forces of evil trying to thwart the work of the Church. These evil spirits cringe whenever the Gospel is spread. To help guard against this battle, the Prayer to St. Michael the Archangel is perfect for Catholic team meetings.

*Saint Michael Archangel, defend us in battle,  
be our protection against the wickedness and snares of the devil;  
may God rebuke him, we humbly pray;  
and do thou, O Prince of the heavenly host,  
by the divine power of God,  
cast into hell Satan and all the evil spirits  
who prowl through the world seeking the ruin of souls.  
Amen.*

## Prayers Before Work

If you're looking for a general prayer that doesn't specifically invoke the intercession of the saints, here are three solid prayers from which to choose:

*Dear Lord, thank you for the opportunity to meet today.  
May we engage with each other with faith and perseverance.  
May we manage each situation with wisdom and value.  
May we speak and serve with integrity and purpose.  
Lord, we invite you to work within us today.  
Amen.*

"O my God, teach me to be generous,  
to serve you as you deserve to be served,  
to give without counting the cost,  
to fight without fear of being wounded,  
to work without seeking rest,  
and to spend myself without expecting any reward,  
but the knowledge that I am doing your holy will. Amen."  
— St. Ignatius of Loyola

WE HAVE COME, O LORD HOLY SPIRIT, we have come before you, hampered indeed by our many and grievous sins, but for a special purpose gathered together in your name. Come to us and be with us and enter our hearts.

Teach us what we are to do and where we ought to tend; show us what we must accomplish, in order that, with your help, we may be able to please you in all things.

May you alone be the author and the finisher of our judgments, who alone with God the Father and his Son possess a glorious name.

Do not allow us to disturb the order of justice, you who love equity above all things. Let not ignorance draw us into devious paths. Let not partiality sway our minds or respect of riches or persons pervert our judgment.

But unite us to you effectually by the gift of your grace alone, that we may be one in you and never forsake the truth; inasmuch as we are gathered together in your name, so may we in all things hold fast to justice tempered by mercy, so that in this life our judgment may in no wise be at variance with you and in the life to come we may attain to everlasting rewards for deeds well done. Amen.

*This prayer is taken from the Enchiridion of Indulgences*