

## THE ANGELUS

### Outside the Pascal Season

V. The angel of the Lord declared unto Mary;  
R. 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 in the hour of our death. Amen.

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

Hail Mary, full of grace, .....

V. And the Word was made flesh:  
R. And dwelt among us.

Hail Mary, full of grace, .....

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. R. Amen.

### Per annum

V. Angelus Domini nuntiavit Mariae;  
R. Et concepit de Spiritu Sancto.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

V. Ecce ancilla Domini.  
R. Fiat mihi secundum verbum tuum.

Ave Maria, gratia plena,.....

V. Et Verbum caro factum est.  
R. Et habitavit in nobis.

Ave Maria, gratia plena,.....

V. Ora pro nobis, sancta Dei Genetrix.  
R. Ut digni efficiamur promissionibus Christi.

Oremus. Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus, ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum. R. Amen.

### Pascal Season

Queen of Heaven rejoice, alleluia: For He whom you merited to bear, alleluia, Has risen as He said, alleluia. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.  
R. Because the Lord is truly risen, alleluia.

Let us pray : O God, who by the Resurrection of Thy Son, our Lord Jesus Christ, granted joy to the whole world: grant we beg Thee, that through the intercession of the Virgin Mary, His Mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. R. Amen.

**NOTE.** The Angelus is recited at three particular times during the day; 6 am, 12 noon, and 6 pm. Traditionally it is recited kneeling while a bell is rung. During the Easter Season, the Angelus is replaced by the Regina Caeli, a practice first instituted in 1743.

### Tempore Pascali

Regina caeli, laetare, alleluia: Quia quem meruisti portare, alleluia. Resurrexit sicut dixit, alleluia. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, Alleluia,  
R. Quia surrexit Dominus vere, alleluia.

Oremus : Deus qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus, ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae. Per eundem Christum Dominum nostrum. R. Amen.

### Actus Contritionis (Act of Contrition)

*There are many forms of the Act of Contrition. This one is the standard Act of Contrition found in such sources as the Baltimore Catechism.*

DEUS meus, ex toto corde O MY God, I am heartily sorry poenitet me omnium meorum for having offended Thee and I peccatorum, eaque detestor, quia detest all my sins because of peccando, non solum poenas a Te Thy just punishments, but most iuste statutas promeritus sum, sed of all because they offend Thee, praesertim quia offendi Te, my God, who art all good and summum bonum, ac dignum qui deserving of all my love. I super omnia diligaris. Ideo fir- firmly resolve, with the help of miter propono, adiuvante gratia Thy grace, to sin no more and Tua, de cetero me non avoid the near occasions of sin. peccatorum peccandique occas- Amen. iones proximas fugituum. Amen.