

Mary of the Angelus
Fountain of Living Water
For New Life



Angelus Prayer Charisms For Intercession.

Preface

*You did not choose me; no, I chose you:
And I commission you to go out and to bear fruit,
Fruit that will last; and then my Father will give you
Anything you ask Him in My Name. (John 15 :16)*

With the faith to believe in this promise, we can presume our prayer requests will be fruitful. Jesus commissioned his disciples to preach- heal -baptise in His Name, but the first instruction was for them to wait for the Advocate, the Holy Spirit who would teach them all things even how to pray.

The Disciples prepared their hearts to receive the Holy Spirit by meeting for ten days in the Upper Room, after Jesus requested it at the Ascension.

All these joined in continuous prayer together with several women, including Mary the Mother of Jesus, and with his brothers. (Acts 1:14)

The Disciples persevering prayer opened the windows of Heaven, and the Holy Spirit descended for the birth of the Church at Pentecost. Many times, we focus on the marvel of Pentecost and the conversions that follow and overlook the first action of the Disciples by interceding continuously for ten days for the Power of the Holy Spirit to descend.

*The Church was born through
the intercessory prayer ministry of the Disciples.*

Introduction:

As a convert to Catholicism, I was amazed with the number and the variety of Catholic devotional prayers that people suggested I pray. I would often ask why pray this specific prayer? What happens in Heaven and on earth when I do pray this prayer.

In those days I was a young convert, 27 years of age filled with enthusiasm for the faith. I didn't realise then how these devotional prayers helped me to overcome the spiritual battle every adult convert goes through when they choose to become a Catholic.

Over the years I have grown in wisdom and understanding about these devotional Prayer Jewels as Weapons of Grace. This Angelus Teaching Manual has been compiled from previous teachings for members to understand and to embrace Mary of the Angelus Prayer Charisms for their vocation of love and evangelisation.

The Angelus Way of Prayer

There are many organisations within the Church that have different Charisms and Vatican 11 defines a charism to be *"a Grace given capacity and willingness for some kind of service that contributes to the renewal and building up of the Church."*

God distributes special Graces among the faithful of every rank. Through the Power of His Holy Spirit He empowers them through the Gifts of the Spirit to undertake various tasks or service advantageous for the restoration of the Church. .

"You did not choose me, I chose you to go out and bear fruit that will last " (John 15:16).

The two Co-Founders of Mary of the Angelus Association in 1979 believe they were being anointed by the Holy Spirit to pray for God's poor. To adopt Mary as their role model of prayer for their prayer mission. To humbly recognise like her that everything is Gift. (Luke 1:46-55)

An intercessor's role is to pray for conversion of hearts and like Sowers they scatter the seeds of Jesus' Faith, Hope and Love. (Matt 13:1-9). They proclaim God's Word from Scripture for the deliverance and healing of the body, soul and spirit from the effects of sin. To do this Mary offers to her prayer army (Mary of the Angelus members) many Charisms (*Prayer Jewels of Grace*) for the renewal and the building up of the Church.

Theses Charisms are:

1st charism - Poverty of spirit, to be humble of heart.	Page 5
2nd charism - Contemplative. To sit/wait/listen to God's Word in Scripture.	Page 9
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The Scriptural Prayer Mission for the Angelus Way of Prayer:

*The Spirit is upon me,
For He has anointed me
To bring the good news to the afflicted.
He has sent me to proclaim liberty to captives,
Sight to the blind,
To let the oppressed go free,
To proclaim a year of favour from the Lord.
He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on Him. He began to speak to them, "this text is being fulfilled today " even while you are listening.
(Luke 4:18 -21)*

God's Living Word anoints Angelus members for prayer evangelisation. To meditate, contemplate and proclaim God's Word as they **sit/wait/listen** to the promptings of the Spirit to pray for the poor (*the Anawim*). Those who are unable to pray for themselves.

When members make a daily Act of Consecration to Mary of the Angelus, she unites their hearts with hers. Mary as our role model is a Fountain of Living Water and Mediatrix of all Graces. She freely shares her spiritual Prayer Gifts with us for our prayer Ministry of Intercession.

Chapter 1

1st Angelus Prayer Charisms

POVERTY OF SPIRIT, TO BE HUMBLE OF HEART.



One of the greatest Prayer Jewels we have in Angelus Prayer Ministry is the story of our lives. As we give thanks to Jesus for the Blessings we have received and invite Him into the emotional hurts and scars of life we become restored through Grace.

The Beatitude of being “*poor in spirit*” which is the Spirituality of Jesus is about us emptying ourselves of self - so we can receive the Divine Blessings of Jesus. The fruit or virtue of this beatitude is Spiritual Poverty.

There are three simple words that summarises how we can develop this Virtue of Spiritual Poverty:

Love, Prayer & Healing.

Love >Is to love with the Love of Jesus that we receive through the Power of His Holy Spirit.

Prayer <To be still and know God by contemplating His Word. To be attentive to the Spirit’s promptings and to humbly accept God’s Gifts and to embrace our failings and the darkness of sin masquerading behind our hurts.

Healing >To seek God’s Forgiveness, Mercy and Healing for our body, soul and spirit and to pray for others with similar needs. The greater we practise this Virtue for Healing in the story of our own lives the richer God’s Blessings will be for those we pray for.



Growing in this Virtue has two components and these two prayer exercises will assist you. The **first prayer exercise** helps us to become detached from our human efforts to pray. The **second prayer exercise** prepares our heart to receive the overshadowing of the Holy Spirit and His Supernatural Prayer Gifts.

Emptying of Self Prayer Exercise

The Emptying of Self Prayer exercise begins with this prayer written by St. Ignatius Loyola.

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,*

*All I have and call my own.
You have given all to me.
To You, Lord, I return it.*

*Everything is Yours; do with it what You will.
Give me only Your Love and Your Grace,
that is enough for me.*

Surrendering our memory, understanding and will is more than praying the words of a prayer. It's a prayer that engages the intellect, heart and the senses with us meditating and contemplating God's Word through Scripture.

As we meditate, we engage the mind and the senses by imagining ourselves in the Gospel scene, ask questions and dialogue with Jesus. We ask or ponder how these Scriptural Words relate to us.

By contemplating God's Word, we still the mind and lovingly rest in His Heart. The choosing of a "Heart Word" or phrase from Scripture provides us with a "prayer mantra" that helps us to be still and know God in the silence of love.

Scriptural Prayer Exercise for Emptying Self

Place yourself into the Presence of God

Be conscious of your breathing..... come Holy Spirit.....come Holy Spirit

Meditatively read the Scripture verse **John 12:24**

Place yourself in the Gospel scene

Where are you in this imagined scenario?

Are you the grain of wheat?
Or are you an onlooker standing in the background?
What is preventing you?
What are your fears or feelings about dying to self?



Spend a few minutes reflecting on these insights.

Meditative read the Scripture verse again (John 12:24)

Where are you in this imagined scenario of the wheat grain sprouting?

Can you see the new shoots?
Are there a few or lots of them sprouting into new life
Do you believe that Jesus can do the same for you?



Spend a few moments reflecting on these insights.

We now contemplate God's Word by rereading the same Scripture (John 12:24)

Ponder the Words and listen for a phrase or *Heart Word* that speaks to you.

Lovingly pray that phrase or *Heart Word* as you rest in the stillness of God's Heart or Presence..... for five – 10 minutes. (*Contemplative prayer*)

Don't attempt to analyse your insights just surrender them and place them in the Heart of Jesus. Allow Jesus' Love to minister to you in body, soul and spirit.

1ST PRAYER EXERCISE

Becoming detached.



Now ask Jesus, *"Where in your life were you tempted to remain attached to your memory, understanding and will?"*

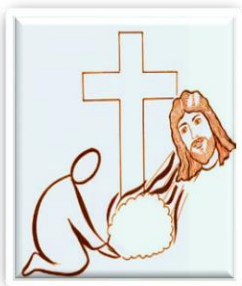
Listen for the interior voice prompting you about a Scriptural event.

E.g. At the temple as a child (*Luke 2:41-52*),
Jesus at the Mount of Olives (*Luke 22:42*)

(read and meditate about them). In these two occasions He overcame His humanity to die to self. He had to trust in God's Will and Ways.

Those Scriptural references are Living Words for God's Power to set us free from all the attachments that identify us and who we are. When we appropriate those Graces to our own lives by proclaiming God's Word, we can begin to truly surrender our memory, understanding and will.

Mentally gather up your thoughts or insights about any fears and concerns of surrendering memory, understanding and will. Now visualise them as a bundle and leave them at the foot of the Cross as you **Proclaim this same Grace that God the Father gave Jesus.**



Jesus, You received the Grace to empty self from Your human attachments. I pray for this same Grace in my own life.

*In faith I proclaim God's Word from the Scriptures about the Temple and Your Mount of Olives experience (*Luke 2:41-52 and Luke 22:42*). Deliver me from my fears and concerns so I can trust in Your Promises to enrich and multiply my talents and abilities through Your Divine Blessings.*

Prayer Comment:

The analogy of the wheat grain dying and sprouting into new life with multiple shoots informs our memory and understanding of why it's necessary to empty self. Surrendering doesn't mean loss but a fertile new life that is abundantly blessed. We will need to revisit this prayer exercise many times in our spiritual journey.

2ND PRAYER EXERCISE

Prepares our heart to receive



The anointing of the Holy Spirit and be impregnated with Mary's Grace to be *poor in spirit* and *humble of heart*

When Mary surrendered her human will and understanding to live in God's Will she became a role model of humility for us. Through her prayer of the Magnificat, she taught us about the emptying of self, rejoicing in God as our Saviour and the mighty things He has done for us

(Luke 1:46-56).

Proclaiming Mary's Fiat Prayer with her at the Annunciation anoints us to surrender our human ability to reason so we can receive God's Gift of Divine Reason. We can now comprehend the ways of God through the Supernatural Gifts of His Spirit.

How Do We Say "Yes" for the anointing of the Holy Spirit?

Visualise yourself with Mary at the Annunciation and see the rays of God's Glory overshadowing you. Be still and become aware of God's Presence. Remain in this stillness for a few moments breathing the light into your whole being.



Slowly and gently unite your words with Mary's Fiat. "*Be it done unto me according to Your Word*". Continue to repeat this phrase breathing the words into the depths of your being until they become a part of you.

Allow yourself to just "**Be**" in the Presence of God's Love and Light for however long you wish to remain there.

Prayer Comment:

Being *poor in spirit* enables us to be permanently immersed in God's Love and through His Spirit He forms us to be a handmaid of the Lord.

Mary of the Angelus Pray for Us

Chapter 2

2nd Angelus Prayer Charism.



SIT / WAIT / LISTEN

To the Promptings of The Holy Spirit

PRAYING THE SCRIPTURES

God's Word is revealed to us because He is Present in His Scriptures and when we pray the Scriptures His Word comes alive within us.

Scriptures are mostly prayed in a *meditative* or *contemplative* way.

To meditate is to engage our thoughts, imagination, emotion and desires. We enter into the story of God's Word. The mind seeks to understand the context of the message and what the Words are saying. Meditation helps us to own what we read and deepens our conviction of faith, converts our heart and strengthens our will to follow God.

Meditating upon God's Word helps us to grow in love, knowledge and understanding about salvation and His Promises for us.

As Christians mature the Holy Spirit may take them deeper into God's Heart to a union of hearts. This way of praying is called *Contemplating God's Word* or *Contemplative Prayer*.

To contemplate God's Word in the Scriptures is not about acquiring knowledge or the understanding of God's Word.

It's a prayer of faith where we still the mind and gaze upon the Heart of Jesus.

In the silence of Love, He speaks to the depths of our being enriching us with His Joy and Love. He also enlightens us about our past hurts and wounds that prevents His Love from overflowing within us.

Contemplating God's Word opens the eyes of my soul to see Jesus in all the events of my life.

SIT / WAIT / LISTEN STEPS

THE PRAYER OF MEDITATION

To Meditate:



Is to ask the Holy Spirit for a Love and Desire to read God's Word

To make time each day to be nourished by God's Word

To ponder God's Word and how it relates to you.

(Visualise yourself in the Scriptural scenes. Allow the Word to become alive and active in your imagination.)

To Ask:



Is to pray for an increase in the Gift of Faith to believe and hope in the Promises of Christ.

Then give thanks for these Gifts

To Proclaim:



Is to pray with a living faith that Christ's Authority and Promises will become a reality in our lives. God's Love, Mercy, Forgiveness and Healing will increase within us and those we pray for.

To proclaim and apply God's Word in the Scriptures invokes God's Promises to become a reality in my life.

THE PRAYER OF CONTEMPLATION

To Sit:



Is to choose a quiet and sacred place. To relax and be present to Jesus.

To Wait:



Is to still the mind from wandering. Focus on a mental image of Jesus to quieten the interior voices

Choose a *Heart Word* from Scripture or choose the *Name of Jesus*. Pray as a mantra the *Heart Word* you have chosen for five minutes.

To Listen:



Is to ask Jesus what He wishes to say to you and then listen to your interior thoughts. Sometimes Jesus' Spirit speaks to us through images or memories.

To Grow:



Is to become aware of unforgiveness or unhealed hurts that prevent us from growing in our relationship with Jesus. The Gifts of the Holy Spirit will help us to identify our blockages and empower us to communicate with God.

The first two steps prepare our hearts to receive God's Love. As we **SIT** in the silence of love our hearts unite. (*Referred to as passive contemplation*)



The third step engages our intellect to have a conversation with Jesus.

The fourth step empowers us through the Spiritual Gifts how to pray for the healing of our hurts (body, soul and spirit). (*Referred to as active contemplation*)

Prayer Comment:

The Holy Spirit guides an intercessor how to pray using these two methods of prayer. Each form of prayer compliments the other. Contemplating God's Word nurtures and matures the Spiritual Gifts that will assist an intercessor to proclaim and apply God's Promises under the anointing of the Holy Spirit to heal, restore, save and forgive when they meditate upon God's Word.

HOW TO SIT IN GODS' PRESENCE

"COME HOLY SPIRIT" PRAYER

Our breath is the source of life for us. When we prayerfully focus on our breath we become aware of the Holy Spirit Breathing within us. Visualising our breath moving to the various parts of the body also helps us to relax and be present to the Living Presence of God's Word.

The Leader now begins this prayer exercise by inviting the group to become aware of their breathing:



Be aware of your breath being drawn in.....

And now breathing out.....

Do this **3** or **4** times.....

Breathe in.....

Breathe out.....

Now visualise your breath as a colour, white, golden, blue or green and be aware of this coloured breath being drawn up through your nostrils, flowing down into your lungs and then being exhaled.....

We repeat the same action of breathing in and breathing out

This time as you breathe in

Be aware that it's the Breath of the Holy Spirit.....

God's Breath of New Life

That you are drawing deep within you

And as you exhale you are letting go all your fears **or**

Negative thoughts and feelings.

Breathe in 1 -2 -3 -and breathe out slowly

feel the Breath of the Holy Spirit flowing through your whole being

Do not be concerned if other thoughts come into your mind, merely allow them to pass.

Focus on the colour of your breath entering and leaving your body.



This breath is bringing you God's Peace Renewingand
.....anointing you

Now feel the Peace of God flowing

As you relax your whole body

Feel the Spirit of God moving within you.....

Imagine a channel of Light glowing above you.....

Now it is overshadowing your mind.....

Moving over your face ... eyelids ... jaw ... neckline ... shoulders ... chest... hips ... thighs ...
legs ... and arms.....and feet

A warm Presence is surrounding you as you relax and let go all your tensions by slowly
surrendering yourself into the Presence of God's Love

God's Love is now totally enveloping you in a cloud of Grace

And you are resting and floating within this cloud as it slowly rises from the ground

Leaving all your anxious thoughts and fears behind.

This cloud of Grace is comforting you Reassuring you..... do not be afraid

God is with you. experience the Peace of God.

Now you are beginning to feel drowsy in this cloud of Grace

Your mind is slowing down

Imagine you are now floating toward Jesus on the horizon.

Now imagine the rays of Light beaming from His Heart towards you

Bask in those rays

Feel the warmth and Love of those rays touching you.....

And drawing you towards the Heart of Jesus.....

As the rays draw you into Christ's Presence

Begin to repeatedly pray your *Heart Word*.....



“Come Holy Spirit”

Slowly repeat the *Heart Word* again, over and over again:

Come Holy Spirit... Come Holy Spirit..... Come Holy Spirit.....

Continue to rest in the Heart of Jesus.....

Enjoying His Presence in nothingness.....

And keep praying: **Come Holy Spirit.....**

As you gaze upon the image of Jesus for the next five minutes.

Now gently open your eyes and become aware of your surroundings.....

And give thanks to God by praying **“The Our Father”**.

Prayer Comment:

Some prayer days you will feel yourself becoming drowsy. Do not fight those feelings, just go with the flow. Allow yourself to drift off to sleep. Jesus looks at the intention of your heart when you pray. Sometimes, He ministers to us in this very relaxed and drowsy state, which St. Teresa of Avila called the *‘Prayer of Quiet.’*

Other times it may be that we are just being lazy and falling asleep when we are at prayer. Don't worry about the outcome; leave it in God's Hands.

Contemplating, Meditating and Proclaiming God's Word with Christ's Authority prepares the way for intercessors to be bold and effective warriors for Mary's Prayer Army.

Chapter 3

3rd Angelus Prayer Charism



PROCLAMATION OF GOD'S WORD FOR HIS PROMISES TO BE FULFILLED.

The Bible is a "*Story of Life*" that has been written "*in the Spirit*". It is about the people of Israel who were guided by God's Prophetic Word through to the *Story of Jesus*.

1. When we contemplate God's Word our hearts are fused into God's Heart. We become one in body, soul and spirit.
2. A transfusion of Love occurs through this way of praying. The Holy Spirit's Gifts of Wisdom, Knowledge and Understanding can now be nourished within us for spiritual enlightenment.
3. With heightened spiritual awareness we can now reflect on the Scriptural Stories or Parables through the eyes of faith and reason.

PRAYER EXERCISE:

Stage 1:

CONTEMPLATING GOD'S WORD IN PREPARATION TO PROCLAIM AND APPROPRIATE GOD'S WORD FOR HEALING.

1. Take up a position that will enable you to **SIT** and be still to rest in God's Presence.....

Invite the Holy Spirit to be with you as you still your mind and thoughts by closing your eyes and praying mentally this one phrase.....

"Come Holy Spirit..... Come Holy Spirit..... Come Holy Spirit....." etc and imagine the Holy Spirit overshadowing you as you pray this way for a few moments.

1. Now meditatively read the following Scripture Story about:

THE CALMING OF THE STORM.



It happened that one day He got into the boat with His disciples and said to them. "Let us cross over to the other side of the lake." So, they set out, and as they sailed, He fell asleep. When a squall of wind came down on the lake the boat started shipping water and they found themselves in danger. So they went to rouse Him saying "Master, Master! We are lost! Then He woke up and rebuked the wind and the rough water; and they subsided and it was calm again. He said to them, "Where is your faith?" They were awestruck and astounded and said to one another. Who can this be, that gives orders to even winds and waves and they obey Him.

(Luke 8: 22-25)

2. Visualise yourself in the boat.

Where are you in this image?

Be still and listen for a prompting by the Spirit.

Listen for a Scriptural Word or Phrase that you connect with..... Repeat the reading if you didn't connect to a Word or Phrase and then **WAIT** for one to resonate within you.

If you receive no word just choose "**Jesus.**"

4. Now mentally pray the Word or Phrase..... to an image of Jesus in this Scriptural setting. If some other thought or image enters your mind ignore them and gently return to your Word and image.

5. Continue praying this way for the next five to seven minutes

Stage 2:

HAVING A CONVERSATION WITH JESUS

1. **Re-read** the above Scripture Passage and focus on yourself in the boat with Jesus. But this time have a conversation with Him.



"Ask Him why you received that Word or Phrase and what does it mean for you?"

2. **Now wait** and listen to the interior voice or thoughts within you. Don't be frightened by the nothingness or emptiness that may last for a few moments. Just **SIT** and **WAIT** for the insights or conceptual thoughts. If you don't understand what images or thoughts you are receiving just ask Jesus to explain and make it clearer for you. (Matt 7:7)

3. **Remain in this way of prayer** for the next five to seven minutes.

Prayer Comment:

If you did receive an insight thank Jesus and if you didn't still thank Him. When the praises go up the more Blessings we receive. (Sometimes we try too hard or feel concerned that we might humanly create the thoughts.) Jesus knows how our human mind works, and He will allow these insights to pop into your mind when you least expect them.

I recommend you pray this Scripture Passage over the following days another three or four times before you move onto the next stage of proclaiming and appropriating God's Word for healing.

Stage 3:

HEALING FOR OUR BODY, SOUL AND SPIRIT.

PROCLAIM & APPROPRIATE GOD'S WORD

THROUGH "THE CALMING OF THE STORM" SCRIPTURE



THE CALMING OF THE STORM

In this Scriptural Story the Holy Spirit may have enlightened you about various Words or Phrases that were relevant to your life in the contemplative prayer time.

There are no correct or incorrect insights and most times we receive a thought concept about our issues. For some the words are symbolic and have a variety of meanings.

In my prayer journey I received an image of me steering the boat. (*wanting to be in control*)

At other times when I reflected on this Scripture, I receive the following Words and insights:

"Shipping water" (my overwhelming fear and powerlessness).

"Where is your faith" (doubting self and God's Grace).

"Awesome" (looking for signs and wonders in my spiritual experiences).

"Wind or rough water" (my subconscious fears or suppressed anxieties).

"Fell asleep" (spiritually burdened).

"Squall of wind" (fear of change and leaving my comfort zone).

"Rebuked the wind" (Power and Authority of Jesus to overcome my negativity and temptations).

Jesus' Blessings are forever present to us and are released through a **Living Faith Action** in prayer. In the Mystery of Grace these Promised Blessings and Healings remain dormant in peoples' lives until someone proclaims them for healing.

In the image of steering the boat Jesus asked me to return and **SIT** with Him at the back of the boat. To choose to surrender my life and let Him be in control. (**Prayer Ministry of Inner Healing**)

We can be spiritually set free through the Power of God's Word. Healing of our wounded spirit follows when we forgive and ask Jesus to appropriate those same Proclaimed Blessings in this Scripture Story for us.

PRAYER EXERCISE:

1. Repeat the first exercise of contemplating God's Word by reading the Scripture asking for a Word or Phrase as a *prayer mantra* for 5 – 7 minutes.
2. Read the Scripture a second time and initiate a conversation with Jesus about the meaning or purpose of your inspired Scriptural Word.
3. Process what He tells you. Then ask Jesus what prayer and word action are you to proclaim to be set free for your healing.
4. **SIT/ WAIT/ LISTEN** for a spiritual insight and then appropriate the Blessings of this Scriptural Story for your healing.

Personal witness



e.g. When I contemplated God's Word in this Scriptural Story the Words given to me were "*shipping water*". When I asked Jesus why those Words? The insight or concept I perceived was about my fear of moving to another town to live. I was drowning in the anguish of having to begin a new life elsewhere. I proclaimed Jesus' miracle of *calming the storm* and the emotional turmoil within me. I then prayed for Him to appropriate to me the same Graces the Disciples received to trust in Jesus and go wherever He asked them to go.

e.g. "*Rebuked the wind.*" This Phrase revealed for me how I had difficulty confronting people who were bullies. So, I prayed and thanked Jesus for the Power and Authority that God the Father gave to Him. I proclaimed Jesus' miracle of *rebuking the wind* for me to be set free from the fear of being ridiculed. I also asked Jesus to appropriate the action of making the sea calm again for me as well.

e.g. "*Where is your faith?*" These Words were not condemnatory but one of hope. I was beginning to doubt about my abilities to teach and trust in God's plans that He has for me. With short term memory issues, I couldn't possibly be an effective teacher. The insights I received were that it's through the Power of God's Love and His Holy Spirit we

bring the Good News to others. Through my faith in Jesus many hearts will be converted and transformed.

Like the Disciples on the boat, I was witnessing Jesus' Power and that all things are possible. So my prayer was, "Jesus I proclaim Your miracle of "calming the sea" and how all of creation obeys You. I pray for You to appropriate me with the same Grace that You gave to Your Disciples to believe that with Jesus all things are possible." Amen.

To appropriate means to apply the same Graces Jesus received from His Father for my life too.



When I wish to be set free from a hurt that keeps creating an anxiety or causes inner turmoil I simply ask, "where in Jesus' Life was He tempted or harassed by others or the forces of darkness (evil spirits) in a similar way

Where in Scripture did He overcome a desire to not forgive, or to remain in a helplessness or powerless situation? I then prayerfully proclaim those same Graces for myself.

We appropriate Scripture from the many parables, miracles and Acts of Love in Jesus' Life.

I have included another example of this way of praying from the following parable by imagining myself as the barren fig tree. I too want to ask Jesus to give me more time to fulfil God's plans that He has for me.

THE PARABLE OF THE FIG TREE:

A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to his vinedresser, "For three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up ground?" Sir, the man replied, "leave it one more year and give me time to dig around it and manure it: it may bear fruit next year; if not, then you can cut it down." (Luke 13: 6-9).



My Prayer to appropriate God's Living Words in Scripture

I read this Scripture Passage and in faith proclaimed God's Grace for extra time to grow and mature. I also asked Jesus to appropriate this Blessing by sending someone into my life that would nurture my soul like the fig tree in this parable.

Prayer Comment:

Asking Jesus to show you prepares the way for His Spirit to prompt you how to pray and proclaim other Scripture Passages for your healing as well.

God's Word is **"Alive and Active"** to set us free and to heal and restore our wounded spirit.

In some healing situations the Spirit will prompt you to pray Devotional Prayers for the healing to be on going. Catholic Prayer Devotions bring many blessings and they help us to re-learn healthy ways of thinking and acting when we begin to slip back into our old ways or habits.

Catholic Prayer Devotions are Mary's defence system for her intercessors.

Each devotion has a purpose and a role for us to grow in God's love and to protect us in spiritual warfare from evil spirits.

Chapter 4

4th Angelus Charism



LITANY PRAYERS

WHAT IS A LITANY PRAYER?

The name Litany is from the Greek Word 'litaneia' which means a series of short prayers.

A Litany is a series of brief prayers for help, and/or praise, with a fixed response such as: -
"Lord Have Mercy on Us"

Throughout the centuries this traditional prayer has been prayed in public and in private for the spiritual needs of a family, parish or country. Litanies are prayed in public processions on rogation or prayer days, to ask for God's help for the needs of the community.

The Litany Prayers of the Saints are prayed at Easter, and those of Mary the Mother of God are prayed at her celebrated Feasts.

Litanies are also prayed in the Daily Liturgy and the Prayer of the Church in many different ways. We see a similar asking and response pattern in the following examples:

- The response prayer to the Psalms
- The prayers of petition in the "Prayers of the Faithful"
- The "Lord Have Mercy" and "Holy, Holy, Holy"
- "Lamb of God who takes away the sins of the world" Prayers
- The response of, "forgive us our sins and grant us peace"
- The best known in the Daily Liturgy is the Litany

*"Christ have mercy on us, Lord have mercy on us.
Christ have mercy on us, Lord have mercy on us."*

The people gathered to repeat the responses.

The riches of these prayers were evident in a society where the general population had little access to the Bible or were not able to read or write. The Leader proclaimed a Litany of Jesus' Titles and the faithful responded with "Have Mercy on us."

Litanies are precious Prayer Jewels passed down the generations to us. Each Litany Title proclaims God's Word that will set us free from the effects of sin, the deception of the Devil and releases the Promises of Christ so we can be restored through grace.

WHY PRAY A LITANY PRAYER?

Healing is a threefold exercise. We have a body, soul and spirit and Jesus wishes us to become whole and holy people.

Jesus as the Son of God and as the Son of Man knows our strengths and weakness. We will experience Blessings from God when we praise God the Father, His Son Jesus and the Holy Spirit. We will also experience temptations to sin from the Devil through our wounded emotions or feelings within our body, soul and spirit.

When un-forgiveness is present our body retains the physical wounds, the spirit continually recalls the emotional hurts, and the soul retains those life experience within the memory bank of our genealogy. If previous generations were vulnerable to sinful actions and behaviours we too are predisposed to those same weaknesses. (*Exodus 34:6-8*).

Litany Prayers cleanse the body, soul and spirit and renews us through Grace. The healing process now begins for us to become whole and holy people.

Cleansing or deliverance prayers is mentioned in the Lord's Prayer

"Lead us not into temptation but deliver us from all evil"

The main way we can be affected by evil spirits as God's children is through temptations that move us away from God towards evil.

Jesus teaches us in the 'Our Father Prayer' to pray against the evil of the world, the flesh and the devil. Each of these evils are dealt with through different Gifts of Salvation.

- We deal with the **world** with the teaching authority and pastoral care of the Church in Scripture and Tradition.
- We deal with the **flesh** through the Gifts of Grace, the Sacraments and the continual work of personal conversion and the prayer of inner healing.
- We deal with the **evil** influence of the devil through God's Word proclaimed in Scripture and the Sacraments of the Church. The faithful can also pray deliverance or cleansing prayers from specific Catholic prayer devotions. E.g. Litanies and Stations of the Cross.

Jesus is both human and Divine and every action of His human life has a Divine Blessing. These acts or actions of Christ's Life, Death and Resurrection set us free and heals us from the temptations to sin and our sinful ways.

Praying a collection of Litany Titles is a mystical and systematic way of proclaiming the individual Loving Acts or Actions of Jesus for Healing and Spiritual oppression.

Only the Holy Spirit knows our life story plus our vulnerabilities or predispositions towards sinful choices. If our souls DNA memory bank of previous generations traits is not redeemed or healed, they too can influence our choices for good or evil.

An analogy about germs will help us understand how the Prayer Titles of Litanies heal the entry points for our body, soul and spirit. Germs or microorganisms have medical significance and include bacteria, viruses, fungi and parasites. An unhealed wound is vulnerable to germs gaining entry, multiplying and causing an infection. The seriousness of the infection depends on how quickly we attend to it and the medical treatment we choose to stop the infection spreading.

On the spiritual dimension in our lives the same process applies. Unforgiveness, anger, resentment, negativity, hurts and unresolved relationship issues in present or past generations will leave us vulnerable to being tempted. These entry points attract Satan's evil spirits to come and make their home within us and then they multiply increasing our infection risk by not forgiving. We choose the temptation to justify our feelings, thoughts and actions to stop loving and forgiving.

*Jesus desires us to invite Him to come
and make His home within us*

*Anyone who loves Me will keep My Word,
And My Father will love him,
And we shall come to him
and make a home in him.
I have said these things to you while still with you; John 14 :23,25*

*But the Paraclete, the Holy Spirit,
Whom the Father will send in My Name,
Will teach you everything
And remind you of all I have said to you. John 14:26*

Litany Titles are like antibiotics in our modern world of medicine going to the core of the infection within our spirit. The *Angelus Way of Prayer* teaches us how to **SIT/WAIT/LISTEN** to the promptings of the Holy Spirit for deliverance and healing. The Spirit will guide us to the appropriate Litany Title or spiritual antibiotic for our healing.

HOW TO PRAY A LITANY

Personal Witness

I was just hurting and wanted to find a way to let go of my pain. As an abused person I was emotionally imprisoned by my pain with very low self-esteem. I was unchurched but did believe in Jesus. I did have hope in a God that promised Peace and Salvation.

Someone introduced me to Litany Prayers, and I couldn't see the point of praying a collection of Titles that expressed the Life and Trials of Jesus. I too had a litany of complaints and hurts that I could recite if someone would listen to them.

I didn't realise then, when I was being sceptical of this prayer devotion, that I had discovered one of God's most precious Prayer Jewel for a New Life.

I discovered that a Litany of Events in the Life of Jesus is a Living Prayer for the litany of the events in my life that are in need of healing.

Each Title is Christ's Ointment of Grace that has a special purpose and blessing from His Acts of Love for us. The different Titles set me free from the festering of my emotional wounds that were infected with the negativity of hatred, bitterness and unforgiveness. As I began to meditate and be attentive to the various Titles, I found myself being drawn to individual Titles that my spirit connected to, or I felt a rapport with.

I realised Jesus was offering me His Ointment of Grace for my wounds.

I discovered how each Title is a proclamation Power of Jesus' Name that Scripture promises us in *Philippians 2:9-10*

*"And for this God raised Him high,
and gave Him the Name
which is above all other names.
So that all beings In the heavens, on earth and in the underworld
Should bend the knee at the Name of Jesus
And that every tongue should acknowledge
Jesus Christ as Lord
to the Glory of God the Father."*

Through the Power of His Name in these Litany Titles Jesus was infusing me with His Glory to set me free and restore my body soul and spirit through His Grace.

LITANY PRAYER STEPS:



Place yourself in the Presence of God



Pray all the Litany Prayer Titles reverently and meditatively.



Then be attentive to the one Title that speaks to your spirit



Reverently pray this Title like a mantra prayer to an image of Jesus (5-10 minutes)



Then reflect on the Title and ask Jesus to enlighten you about His Healing Grace through this Title for your healing.

Prayer Comment:

A variety of Litany Prayers are available to us in Catholic Devotions. We are not alone; we are the progeny of a *Family Tree* that shares in the blessings and the unredeemed character traits of our ancestors. (Exodus 34: 6-8)

As we give thanks for our ancestor's lives, their blessings of love and goodness will continue to grow within us. Praying the Litany Titles also delivers and heals our *Family Tree* from being predisposed to their sinful traits.

Over the centuries the Church adopted a variety of Litanies that honours the Trinity, the Passion of Christ and the Holy Spirit.

Holy persons were also prompted by the Holy Spirit to compile Litanies in honour of Our Lady's Titles and to acknowledge Saints who reflected the virtues of Christian life.

Visit [Angelus prayer site for recommended Litany prayers for healing](http://www.angeluscommunity.org.au)
www.angeluscommunity.org.au

Today's Litany we will be looking at is Mary of the Angelus & Mary of the Anawim.

Why do we Pray to Mary?

Mary brings to us the maternal role of the Holy Spirit in our supernatural life.

The love of God can sometimes be compared to both a fatherly and motherly love. Both kinds of love have their primary source in God. According to Scripture we find in God a type of Tenderness which is not only fatherly, but motherly as well. It was this Tenderness that brought forth the *Heart of a Mother*.

As nurslings you shall be carried in her arms, and fondled in her lap: as a mother comforts her Son, so will I comfort you. (Is.66:12-13)

Zion said: "The Lord has forsaken me, my Lord has forgotten me. Can a mother forget her infant, or be without tenderness for the child of her womb? Even should she forget, I will never forget you?" (Is.49:14-15).

The author of (*Psalm 131 v2*) tells us, that he kept his soul quiet and peaceful in God's Presence, just as a little child does, enfolded in his mother's embrace.

In the story of creation God created Adam the first man and a then a woman (*his wife Eve*). Adam began to name all the creatures in the universe which he had been given by God. This authority or dominion over the creatures models God's role as Lord of the Universe in a human way. (*Gen.1:26-27*)

Eve whose name means Mother of the Living was blessed through God's Spirit. So that men and women would know themselves more fully as male and female truly reflecting God's image and likeness. Man without women does not reflect God's image and women without man gives an incomplete image of God. Both together they reflect in a human way the image of God.

But sin entered the world when Adam and Eve disobeyed God's command, and the succeeding generations were now banished from God's Presence. (*Gen .2:17*)

Then God promised He would restore the lost unity through one of the descendants of the woman who would crush the head of the serpent who was the enemy of God's people. (*Gen.3:15*)

The prophecy of (*Isaiah 7:14*) says, that the maiden is with child and will give birth to a son whom she will call *Immanuel*.

The God of Tenderness and Compassion (*Exodus 34:6*) overshadowed Mary with the Power of His Holy Spirit to become the Mother of God and the Mother of all the Living.

Her union with God through the overshadowing of the Holy Spirit now brings to us the maternal role of the Holy Spirit for our supernatural life. (*Luke 2: 26-38*) Filled with Grace from God's Divine Gift of Love and Life her prayers bless us with all the spiritual blessings we will need to pray for others. (*Rev.22:17*)

These Spiritual Gifts mentioned in (*Is.11:2*) and in (*1Corinthians Chapters 12, 13, 14*) empower us to pray in the Power of God's Holy Spirit for the healing and conversion of hearts that have rejected God's Love.

She is honoured in the Catholic Church with many Titles such as Mother of God, Mother of the Church, Queen of the Angels etc. As Mary of the Angelus members, we honour her role as Mother of the Word Incarnate and Mediatrix of all Graces. We proclaim her as our Patron Saint and role model for our prayer mission to give birth to the Love of Jesus in the hearts of those we pray for.

The Spirit and the Bride say, "Come" *Let everyone who listens answer, 'Come'. Then all who are thirsty come: all who want it may have the Water of Life, and have it for free.*" (*Rev.22:17*)

Prayer Comment:

For some Christian faiths there is antipathy or rejection of Mary's role in God's plan for Salvation. The foundation of those concerns can often be traced back to the division that occurred at the Reformation where Mary's role was misunderstood and exaggerated by devout followers and critics of the Catholic Church.

In my life I strenuously rejected Mary's role and dismissed the notion of even asking the Holy Spirit to share with me about Jesus' relationship with His mother. My deeply rooted prejudices blinded me until I prayed one day,

"Come Holy Spirit and grant me the Gift of Wisdom to love all those you love. Sanctify me through the Fire of Your Spirit and extinguish within me all forms of religious bigotry that may taint my spiritual growth. Set me free to receive all the Spiritual Gifts and Blessings Mary received from God's Holy Spirit. In Jesus name I pray." (*The Book of Wisdom Chapter 7 & Luke 1:46-56*)

MARY OF THE ANGELUS LITANY

Being a Handmaid for the Lord Explanation of the Litany Titles & Graces

Mary's "Fiat" or "Yes" to the Archangel Gabriel's message "Be it done unto me according to Your Word" gave permission for God's Son to be born.

Each Title in this Litany empowers us to proclaim God's Word for Christ to be born in the hearts of those we pray for. When you pray this Litany just pray the Titles in bold writing. Those in brackets are for you to comprehend the Blessings you are receiving).

God the Father, who holds Creation in existence, **have mercy on us**
God the Son Perfector of Creation, **have mercy on us**
God the Holy Spirit Beautifier of Creation, **have mercy on us**

St Joseph Guardian of the Church, *Pray for us*
(Our temporal and spiritual protector)

St Michael Defender of the Church, *Pray for us*
(Commander of God's Angelic Army)

St Gabriel Messenger of Creation's Renewal, *Pray for us*
(God's Archangel announcing salvation to the world)

St Raphael Bringer of Medicine for Creation's Growth, *Pray for us*
(The Healing Archangel for the spiritually blind and wounded)

Mary Conceived Immaculately without the effects of sin, *Pray for us*
(Sanctifying Grace for our inherited D.N.A. traits)

Mary Hailed as Full of Grace by the Angel, *Pray for us*
Being overshadowed by the Power of God most high)

Mary Giving Her "Fiat" to God, *Pray for us*
(Choosing to live in God's Will)

Mary Conceiving of the Holy Spirit, *Pray for us*
(Being impregnated with the Incarnate Word)

Mary Proclaimed as the Lord is with You, *Pray for us*
(A Sanctuary for the Divinity of God)

Mary Proclaimed Blessed Among Women, *Pray for us*
(A Temple of the Blessed Trinity)

Mary Proclaimed Blessed Fruit of Your Womb *Pray for us*
(Jesus, the Word Incarnate is being formed within her womb)

Mary Proclaimed Mother of the Lord, *Pray for us*
(Full of Meekness and Humility of whom the King of Heaven

willed to be born and was nourished by her milk.)

Mary Queen of the Angels by Your Assumption into Heaven,
(Bodily assumed into Heaven and crowned as Queen of Heaven & Earth)

Pray for us

Mary Queen of Intercessors by presence at the Cross,
(To intercede at the foot of the Cross and proclaim the fulfilment of Word and Promises)

Pray for us
Christ's

Mary nurturing Christ within us,
(Receiving the Maternal Love of Mary to nurture Christ within us and pray for others to blessed in this same way)

Pray for us
to

Mary handmaiden of the Lord,
(Allowing the Holy Spirit to overshadow you and saying "yes" to receive the Spiritual Prayer Gifts for Intercession.)

Pray for us

Mary perfectly responding to the Word,
(Being fully committed to **SIT/WAIT/ LISTEN** to the promptings of Spirit for intercession.)

Pray for us
the

Mary whose soul magnifies the Lord,
(Emptying of self to become Poor in Spirit and Humble of Heart)

Pray for us

Mary whose Spirit rejoices in God,
(Rejoicing we are one in God's Spirit.)

Pray for us

Mary bringing Jesus to birth in creation,
(Bringing Christ to birth in Creation through the Prayer of Intercession)

Pray for us

Mary bringing Jesus to birth in us,
(Jesus being born again in our hearts and those we pray for)

Pray for us

Mary for Whom God works Marvels,
(God responding with signs and wonders through her of Intercession)

Pray for us
Prayers

Mary through Whom our Ancestors receive Christ,
(The Mother of all generations interceding for the living and the departed)

Pray for us

Mary through Whom Creation is set free in Christ,
(Interceding for Creation to be set free from corruption)

Pray for us

Mary Who regenerates us into a New Life with Christ,
Renewal of our Baptismal Blessings for a New Life in Grace

Pray for us

Mary Glory of the Spiritual Order,
(Sharing in the fullness and Presence of God's Goodness)

Pray for us

Mary True Model of Spiritual Poverty,
(Being humble and contrite of heart to receive all the Heavenly Blessings)

Pray for us

Mary True Heir of the Kingdom of God,
(Role model for the fulfilment of God's Promises)

Pray for us

Mary Mediatrix of All Graces,
(Interceding with Mary for God's promised Graces to be fulfilled)

Pray for us

Mary of the Angelus,

Pray for us

(Interceding with us to give birth to Jesus in the hearts of those we pray for)

Let us pray

Lord Jesus, by Mary's perfect response to the message of the Angel, You were brought to birth into Creation and a sure and inevitable victory over all forces of evil was brought about, grant that through her prayers and the merits You won for us on Calvary, we too may perfectly give our FIAT to Your Divine Will and thus receive the overshadowing of the Holy Spirit, that we be completely transformed into Your brother or sister.

Prayer Comment:

The role of an Intercessor as a Handmaiden of Grace involves proclaiming God's Word in Spiritual Warfare. They reclaim souls from being downtrodden, oppressed, and in captivity to the powers of darkness or those enslaved by their human desires. As a member of Mary's Prayer Army, they bring Jesus, the Good News, to the poor by interceding for them. (Luke 4:18).



Mary of the Angelus Community

A Vision for the Poor

Father Vince Doyle's address at the Inaugural Meeting of the Angelus Association at Mamre Retreat House Mullumbimby N.S.W. on the 25 March 1997.

The Lord has always moved me like many others to try to do something for the poor to alleviate their pain. The main way that has been achieved in my experience is through introducing them to the saving message of Jesus. This way is illustrated very clearly in the Gospel account of the woman at the well. (*John 4 :1-26*)

- ❖ Jesus met her in her disgrace.
- ❖ He reached out to her to ask for help.
- ❖ Her reaction was one of shock that He would ask her for help
(*her own people even discriminated against her because of her lifestyle*)
- ❖ Jesus calls her to recognize God's plan for her

"If you had known who it was who was speaking to you, you would have asked and I would have given you Living Water " (*John 4:10*)

Most Anawim (*God's poor*) fail to recognize and accept Jesus' Blessing that the poor are specially Blessed by God. They are unable to see and believe due to their oppressive poverty and unhealed sins. They may also carry the scars from the injustice of others sinning against them. (*Matthew 5:3*)

Anawim Prayer Ministry brings to the poor the awareness of God's Blessing of unconditional Love with prayer for the release of the Holy Spirit.

(Baptism of the Holy Spirit.)

(Mark 3:11; Mark 1:8; Luke 3:16; John 1:33)

"John baptized with water, but you will be baptized with the Holy Spirit." (*Acts 4:5*)

"and now I am sending upon you what the Father has promised. Stay in the city, then, until you are clothed with Power from on high." (*Luke 24:49*)

The Power mentioned according to the Scripture scholars is a free liberating enabling Grace. It brings an awareness of God's unconditional Love to empower the poor.

This anointing enables them to recognize their personal dignity and to believe they are totally accepted by God. Even in the midst of life's turmoil this Grace gives them an extraordinary freedom to be open to receive God's Healing and Restorative Love.

This Grace of Salvation experienced by many of God's poor spontaneously moves them to share with others who have similar experiences of life e.g. emotional imprisonment – mental illness – fear – abusive relationships - rejection – substance abuse – etc

There is no limit to God's grace for the salvation of mankind.

The Anawim Prayer Ministry is designed for God's poor and is not intended to be a counselling ministry. People who need counselling are to be referred to qualified people within the community.

The Anawim Prayer Ministry encourages the Anawim person to seek forgiveness of God and of others. The Prayer of Inner Healing helps them to go through the stages of forgiving those who have sinned against them. They invite Jesus to take them into the Father's Presence to set them free from their fears, oppression and all the obstacles they have erected preventing God from Blessing them.

The prayer for Spiritual Growth teaches them how to embrace their own weaknesses (spiritual poverty) and to be still and listen to God. (contemplative prayer) The importance of disciplining their thoughts and feelings, so they can hear and listen for the Holy Spirit guidance. This helps them to share their healing of God's Love with others with similar experiences and to pray for them. (Intercessory prayer)

In most instances the Christian community places God's poor (Anawim person) in the too hard basket. This ministry recognizes that no one is outside the Grace of Jesus as Lord and Saviour except those who choose not to receive God's Promises.

The Anawim Prayer Ministry is primarily a Healing Ministry that flows from the Love of God leading us to love each other in the common journey of life by being present to them.

(Matthew 25:35-46)

The poor ministering to the poor with God's unconditional Love.

For this ministry to be effective Angelus members are welcomed and encouraged to belong to the community that has an agreed vision for *Faith in Action*.

- ❖ To develop and form their faith, from the teachings of the Catholic Church.
- ❖ Pray with and for each other in prayer ministry based on the guidance of the Holy Spirit and Scripture
- ❖ To encourage each other to develop their individual gifts and spiritual Charisms.
- ❖ To support each other, and their family in prayer for personal and spiritual growth
- ❖ Care for each other by praying for God's Protection in all their activities

Anawim Prayer Ministry requires a contract of commitment by each member. To choose one person as their Anawim partner, and to be available to them. To make regular contact for prayer and support over a six-month period or longer depending on the Holy Spirit's guidance flowing from the group's discernment.

This commitment is a No. 1 priority in the lives of the members for this Angelus Community for the Lord's poor. Without good works members can become inward looking and lose their way to continue the mission of Christ to the poor.

"As a body without a spirit is dead, so is faith without deed."

(James 2:26)

Through this commitment a balance is maintained in the spiritual life.

Mary's obedience to the Word of God is the role model for all members. The members of this Community are to be guided by the inspiration of the Holy Spirit and the Teachings of our Holy Mother, the Church.

THE MERGING OF THE TWO VISIONS FOR PRAYER MINISTRY TO THE POOR.

Valerie and I, (Fr Vince Doyle) at first seemed to be led in two completely different directions. Her's a Ministry of Prayer, concentrating on Intercessory and Contemplative Prayer. I, on the other hand, was led towards a completely practical ministry, of one-to-one prayer ministry over a longer period of time.

I began to reflect on the movement of God's Grace, touching and transforming people's lives as they worked through the various stages of their healing. I also noticed how quickly people responded towards God's Healing Power if intercessory prayer was offered before they came for Healing Prayer. Valerie and I began to pray together with the emphasis on the Prayer Gifts of the Holy Spirit teaching us how to pray specifically for those coming for healing. I then began to notice that this ministry was very blessed when the pray - er nurtured with God's Grace a Contemplative lifestyle based on Scripture, Liturgy and the Sacraments on a daily basis. So, the Prayer Ministry of the Angelus was merged with the Anawim ministry for God's poor by combining the Prayer Gifts of the Holy Spirit with the practical ministry of one-to-one outreach towards God's poor.

Angelus / Anawim Theological Perspective

Meditation on the two mysteries of the *Immaculate Conception* and the *Incarnation* are united in Mary's role and her example in the vision of the Founders. *The Grace of the Immaculate Conception* prepared Mary for her mission to be the Mother of God. In the mystery of the Incarnation, she received the Grace to be the one to bring Jesus the Word of God into the world to bring the Good News to the poor.

"I am the servant of the Lord."

Mary's response to the Angels message proclaimed that she wished to be part of God's plan. She united her prayer life with Contemplation and Intercession with working with Jesus to bring the Good News to the poor.

The two Founders were inspired to see the connection that exists between the Prayer Ministries of Intercession and Contemplation with the practical day to day Ministry to the Anawim (*God's poor*)

Foundational Graces for Members of the Angelus Association/Community:

The foundational Grace of the Angelus begins with the Grace of Baptism where members are formed in the image of the Trinity. This Grace of Baptism continues each day with all the other Sacraments, especially the Eucharist and Confirmation as well as the personal actions of the Holy

Spirit in prayer. These actions form Christ within members and assists them to pray for others so Christ also may be formed in them.

Mary as a Role Model for Obedience

Mary accepted her mission from God by replying to the Angel, and in this way Mary obediently committed herself to God's plan. Angelus members are encouraged to imitate her response to God's call.

"I am the servant of the Lord, let it be done unto me according to Your Word. "

Mary as a role model for bringing the Holy Spirit to others:

The Angel tells Mary about her cousin Elizabeth being with child in her old age. This child was later to become John the Baptist who prepared the way for the coming of Jesus.

"The Prophet of the Most High to go before the Lord to prepare His ways, to give the knowledge of Salvation to His people through the forgiveness of sins. (Luke 1:76-77)

The message of the Angel to Mary brought hope to the world through the Gift of the Saviour. Mary's visit to Elizabeth, brought the Baptism of the Holy Spirit to Elizabeth and John through the Presence of Jesus within her. As John later said,

"I will baptize you with water, but One who is more powerful than I is coming. He will baptize you with the Holy Spirit and fire. ... to gather the wheat into His barns. (Luke 3:15-17)

Elizabeth then blesses Mary because she believed what the Lord had said to her would be done. (Luke 1:45)

Angelus members believe like Mary, that by their presence they bring the Gift of Hope and the Holy Spirit to the poor. The prayer forms of Contemplation, Intercession and Inner Healing enriches their one-to-one Ministry for the Poor.

The Graces, for the Angelus Association/Community members, originate and continue from their Christian Baptism. The two basic insights about the Life of the Church contained in Vatican II are summed up in the two ideas of union and communion. They reveal something of the Mystery of the Trinity, *the one God in three persons.*

We share in this Grace with Jesus when we receive the Sacrament of Baptism. We become more open to this Mystery each day when we see God continually giving us the Graces of the Father, the Son and the Holy Spirit through prayer and active ministry with God's poor.



MARY,

MOTHER OF THE ANAWIM LITANY.

(Praying for God's Poor)

The word Anawim is a Hebrew word that has no English equivalent. In the Old Testament two ideas helped to define God's poor.; (the Anawim). Those who were bowed down by the burdens of life in reverence before God. For those who have recognised their inability to do anything without God's help.

In the New Testament, these two ideas are emerged when Jesus says to His Disciples, "without Me you can do nothing." Jesus is not reaching out to a particular social or economic class; but people suffering from spiritual and physical needs.

When Angelus members recognise their own spiritual poverty they grow in love, understanding and zeal to pray for the poor.

God the Father of Heaven

Have Mercy on us

God the Son, Redeemer of the World

Have Mercy on us

God, the Holy Spirit

Have Mercy on us

Holy Trinity, One God

Have Mercy on us

Mary, Mother of the Anawim

Pray for us

Mary, Mother of God, and our Mother

Pray for Us

True Mother of the Living

Comfort me

Mary, my Mother Teach me, help me,

Intercede for me

Mary of the Angelus

Pray for us

Mother regenerating us in Christ

Pray for us

Mary our Life, our Sweetness and our Hope

Pray for us

Hope of all who despair

Pray for us

Light of those who sit in darkness

Pray for us

Fountain of Living Waters

Pray for us

Mirror of Patience

Pray for us

Shelter of Orphans

Pray for us

Heart of Mary, comfort of the afflicted

Pray for us

Heart of Mary, refuge for sinners

Pray for us

Heart of Mary, strength of the weak

Pray for us

In Poverty & Distress

Come to my aid, O loving Mother

In Grief and Dereliction of mind,

Come to my aid, O loving Mother

Let us pray

Jesus, truly human, truly Anawim

Through the intercession of Mary, Your Mother and ours, Mother of all Your Anawim, Grant that through her intercession for us we may be raised from our weakness, strengthened in our frailty, comforted in our sorrow and rejoice with her in Your Presence, Now and to eternity. Amen & Amen.

Prayer Comment:

Mary of the Angelus Community Scriptural Mission Statement is taken from *Luke 4:18-23*. Father Doyle a Co-Founder of Mary of the Angelus Community was inspired to seek Mary's Intercession under this Title to provide spiritual and housing support for God's poor.

Chapter 5

5th Angelus Charism

The Rosary



MEDITATING ON THE LIFE OF CHRIST

The Rosary name means Rosebush or Crown of Roses.

Before the 15 Century the unschooled faithful recited 150 *Our Fathers* prayers to substitute the 150 Psalms of the Psalter. St. Dominic revamped the Prayer of the Rosary into its present form. He promoted this prayer as a Powerful Spiritual Weapon to obtain the conversion of hearts for sinners.

The Rosary Prayer consists of two complimentary parts. The meditation or reflection on the Life of Jesus and Mary called the Mysteries. The second component is the recitation of a number of vocal prayers (*Our Father, Hail Mary, Glory Be and the Fatima Prayer.*)

The Rosary is a Christ centred Prayer that dwells on the Mystery of our Salvation and on the different moments in the Life of Christ.

Under the promptings of the Holy Spirit each Mystery can be proclaimed and the Graces appropriated for the healing of life's hurts for ourselves and for others. In the Prayer Ministry of Intercession, the Holy Spirit may prompt an Intercessor to meditate on a specific mystery and then pray a decade of Hail Mary's.

Each Hail Mary prayer summons a multitude of Angels. These Angels that exist in the Spiritual Realms assist us by ministering to us. (*Heb 1:14*). They also assist us in Spiritual Warfare when we are being tempted by Satan.

The Prayer of the Rosary can be prayed individually or as a group. It is Christ centred, Scriptural and Contemplative and is one of the most Powerful Prayers against the forces of evil and the powers of darkness.

Mysteries of the Rosary:

The Rosary is divided into four groups of Mysteries – with each mystery having five decades. Each decade expresses an action of Jesus' Life. For every action in Jesus' Life a responding action of Grace occurs.

The Mystical Blessings associated with each decade are released when we reflect on the Scriptural Verse or meditate on the image. As we pray the ten Hail Mary's multitudes of Angels bring God's Blessings for our prayer requests.

Different mysteries are prayed on different days.

The Six Prayers are as follows:

1. Apostles Creed Prayer:

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into Hell; on the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

2. Our Father Prayer:

Our Father, Who art in Heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

3. Hail Mary Prayer:

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. Amen.

4. Glory Be Prayer:

Glory Be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

5. Fatima Prayer:

O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into Heaven, especially those in most need of Thy Mercy.

6. Hail Holy Queen:

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To Thee do we cry, poor banished children of Eve: to Thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, Thine eyes of Mercy towards us, and after this our exile, show unto us the Blessed Fruit of Thy womb, Jesus; O Clement, O Loving, O Sweet Virgin Mary!

Leader: Pray for us O Holy Mother of God,

All: That we may be made worthy of the Promises of Christ.

Leader: Let us pray.

All: O God whose only begotten Son by His Life, Death, and Resurrection has purchased for us the rewards of eternal life; grant we beseech Thee, that meditating on these Mysteries of the Most

Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through Christ our Lord. Amen

The Angelus way of praying the Rosary invites the pray-er to meditate on each mystery and to **SIT/WAIT/LISTEN** to the promptings of the Holy Spirit. The focus being on the image or Scriptural Verse. Each mystery prepares an Intercessor to grow in Christ's Virtues for their mission of praying for God's poor.

JOYFUL MYSTERIES (Monday & Saturday)

Begin the Rosary by praying the Apostles Creed- One Our Father – Three Hail Marys & a Glory Be ---

Announce the First Joyful Mystery



The Annunciation

And when the Angel had come to her, he said, "Hail, full of Grace, the Lord is with Thee. Blessed art Thou among women." *(Luke 1:28)*

Pause and reflect on the fruit of this Mystery

HUMILITY

Try to place yourself "into" the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Second Joyful Mystery



The Visitation

Elizabeth was filled with the Holy Spirit and cried out in a loud voice: "Blest are you among women and Blest is the Fruit of your womb". *(Luke 1:41-42)*

Pause and reflect on the fruit of this Mystery

LOVE OF NEIGHBOUR

Try to place yourself "into" the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Third Joyful Mystery



The Birth of Jesus

She gave birth to her first-born Son and wrapped Him in swaddling clothes and laid Him in a manger, because there was no room for them at the inn. *(Luke 2:7)*

Pause and reflect on the fruit of this Mystery

SPIRITUAL POVERTY

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fourth Joyful Mystery



The Presentation of Jesus

When the day came to purify them according to the Law of Moses, the couple brought Him up to Jerusalem so that He could be presented to the Lord, “Every first-born male shall be consecrated to the Lord.” *(Luke 2:22-23)*

Pause and reflect on the fruit of this Mystery

OBEDIENCE

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fifth Joyful Mystery



The Finding of the Child Jesus in the Temple

On the third day they came upon Him in the temple sitting in the midst of the teachers, listening to them and asking them questions. *(Luke 2:46)*

Pause and reflect on the fruit of this Mystery

JOY IN FINDING JESUS

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Conclude with the Hail Holy Queen:

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To Thee do we cry, poor banished children of Eve: to Thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, Thine eyes of Mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus O Clement, O Loving, O Sweet Virgin Mary!

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All: That we may be made worthy of the Promises of Christ.

Leader: Let us pray.

All: O God Whose only begotten Son by His Life, Death, and Resurrection has purchased for us the rewards of eternal life; grant we beseech Thee, that meditating on these Mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen

LIGHT MYSTERIES (Thursday)

Announce the First Light Mystery



The Baptism of Jesus

And when Jesus was baptised ... suddenly the Heavens opened and He saw the Spirit of God descending like a Dove, and resting on Him, and a Voice from Heaven saying, "This is My beloved Son, in Whom I am well pleased.

(Matthew 3:16-1)

Pause and reflect on the fruit of this Mystery

OPENESS TO THE HOLY SPIRIT

Try to place yourself "into" the scene of each particular Mystery.

Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Second Light Mystery



The Wedding at Cana

His mother said to the servants, "Do whatever He tells you." ... Jesus said to them, "Fill the jars with water." And they filled them up to the brim.

(John 2:5-7)

Pause and reflect on the fruit of this Mystery.

TO JESUS THROUGH MARY

Try to place yourself "into" the scene of each particular Mystery.

Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Third Light Mystery



The Proclamation of the Kingdom

“And preach as you go, saying, “The Kingdom of heaven is at hand.” Heal the sick, raise the dead, and cleanse the lepers, cast out demons. You received without pay, give without pay.”
(Matthew 10:7-8)

Pause and reflect on the fruit of this Mystery. **REPENTANCE AND TRUST IN GOD**

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fourth Light Mystery



The Transfiguration

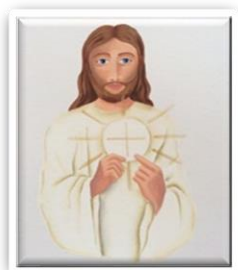
And as He was praying, the appearance of His face was altered and His clothing became dazzling white. And a Voice came out of the cloud saying, “This is My Son, My chosen; listen to Him!”
(Luke 9:29, 35)

Pause and reflect on the fruit of this Mystery. **DESIRE FOR HOLINESS**

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fifth Light Mystery



The Institution of the Eucharist

And He took bread, and when He had given thanks, He broke it and gave it to them, saying, “This is My Body which is given for you; do this in memory of Me.” ... And likewise the Cup after supper, saying, “This Cup which is poured out for you is the new covenant sealed in My Blood.”
(Luke 22: 19-20)

Pause and reflect on the fruit of this mystery. **ADORATION**

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Conclude with the Hail Holy Queen:

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To Thee do we cry, poor banished children of Eve: to Thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, Thine eyes of Mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus O Clement, O Loving, O Sweet Virgin Mary!

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SORROWFUL MYSTERIES (Tuesday & Friday)

Begin the Rosary by praying: the Apostles Creed- One Our Father – three Hail Marys & a Glory Be ---

Announce the First Sorrowful Mystery



The Agony in the Garden

In His anguish He prayed with all the greater intensity, and His sweat became like drops of blood falling to the ground. Then He rose from prayer and came to His Disciples, only to find them asleep, exhausted with grief (Luke 22:44-45)

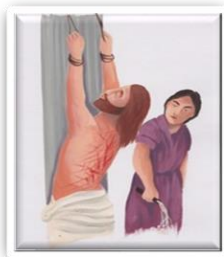
Pause and reflect on the fruit of this Mystery:

SORROW FOR SIN

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Second Sorrowful Mystery



The Scourging at the Pillar

Pilate’s next move was to take Jesus and have Him scourged. (John 19:1)

Pause and reflect on the fruit of this Mystery

PURITY

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Third Sorrowful Mystery



The Crowning with Thorns

They stripped off His clothes and wrapped Him in a scarlet military cloak. Weaving a crown out of thorns they fixed it on His head, and stuck a reed in His right hand. *(Matthew 27:28-29)*

Pause and reflect on the fruit of this Mystery

COURAGE

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fourth Sorrowful Mystery



The Carrying of the Cross

Carrying the cross by Himself. He went out to what is called the Place of the Skull (in Hebrew, Golgotha) *(John 19:17)*

Pause and reflect on the fruit of this Mystery

PATIENCE

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fifth Sorrowful Mystery



The Crucifixion

Jesus uttered a loud cry and said, “Father, into Your Hands I commend My Spirit.” After He said this, He expired. *((Luke 23:46)*

Pause and reflect on the fruit of this mystery

COURAGE

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Conclude with the Hail Holy Queen:

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Through the same Christ our Lord. Amen

GLORIOUS MYSTERIES (Wednesday & Sunday)

Begin the Rosary by praying: the Apostles Creed- One Our Father – three Hail Marys & a Glory Be ---

Announce the First Glorious Mystery



The

Resurrection

There is no need for alarm. You are looking for Jesus of Nazareth, Who was crucified: He has risen, He is not here. See, here is the place where they laid Him. *(Mark 16:6)*

Pause and reflect on the fruit of this Mystery:

FAITH

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Second Glorious Mystery



The Ascension

Then, after speaking to them, the Lord Jesus was taken up into Heaven and took His seat at God’s Right Hand. *(Mark 16:19)*

Pause and reflect on the fruit of this Mystery.

HOPE

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Third Glorious Mystery



The Descent of the Holy Spirit

All were filled with the Holy Spirit. They began to speak foreign tongues as the Spirit gave them the Gift of Speech. (*Acts 2:4*)

Pause and reflect on the fruit of this Mystery

LOVE OF GOD

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fourth Glorious Mystery



The Assumption

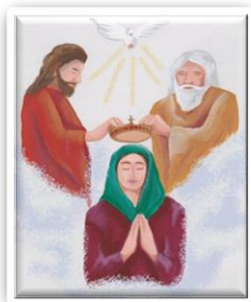
You are the Glory of Jerusalem! You are the Joy of Israel! You are the highest honour of our people! God has approved of what you have done. May you be blessed by the Lord Almighty forever and ever? (*Judith 15:9*)

Pause and reflect on the fruit of this Mystery. **GRACE OF A HAPPY DEATH**

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Announce Fifth Glorious Mystery



The Coronation

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.

(*Revelation 12:1*)

Pause and reflect on the fruit of this Mystery: **TRUST IN MARY'S INTERCESSION.**

Try to place yourself “into” the scene of each particular Mystery. Imagine the sights, smells, sounds and emotions that would have been there.

- Pray Our Father
- Ten Hail Marys
- Glory Be...
- Fatima Prayer

Conclude with the Hail Holy Queen:

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Angelus Members witness

Praying the Rosary the MOA way – The Sorrowful Mysteries

Recollection of Holy Thursday

Sitting at the altar of repose for an hour with Jesus

As I sat in the quiet, I prayed the Rosary while 'sitting' in the Garden of Gethsemane
I prayed a decade of prayer for the five main events in the garden

- 1- Jesus asks the Disciples to pray
- 2- Jesus asks the Father - Remove this cup from Me yet not My Will but Thine be done
- 3- An Angel comes to give Jesus strength and support
- 4- Jesus was sweating blood
- 5- Jesus found the Disciples sleeping again and asks them to pray not to be put to the test.

The Agony in the Garden

Temptation to avoid God's Will. We can claim Jesus' adherence to the Divine Will – "Yet not My Will but Thine be done"

Jesus suffered for our sins. We ask forgiveness where we have made a garden of suffering of our own creation. I ask forgiveness when I have not listened to the inspiration of the Holy Spirit leading me in my journey living in God's Will.

For our business: -

Lord I bring to You my anxiety about our loss of income. Our struggles to pay the wages each week.

Our lack of sleep and our sorrow and tears.

*Lord You had an Angel to comfort You as You suffered alone. We too suffered on our own so Lord I join our suffering to Yours and offer this to God our Father for all those in business at this difficult time so that we are able to accept all in accordance with God's Holy Will
Hail Mary*

Scourging at the Pillar

Jesus gave Himself up in self-surrender to be brutalised for our sins. Pilot said, 'behold the man.' Jesus acquiesces to the Will of the Father to the point of death. Jesus is "The Man" standing in for humanity for our redemption. Lord, I ask forgiveness for the way I caused You to be brutalised. I bring to You my whole Generational Tree for persecuting those they thought would jeopardise their authority

For our business: -

I bring to you Lord the ways in which we feel we have been scourged by the Government, by customers who are also struggling and by bigger businesses going broke.

The lashing of tongues and the curses coming from creditors when we couldn't pay. We claim the Ecclesiastic Blessings of Holy Mother Church to come against these curses in Jesus Name.

Hail Mary.....

The Crown of Thorns

"Are you the King of the Jews?" Jesus was King even to the soldiers who mocked him. We ask forgiveness for the sins of the mind – Egotism, Doubt and Pride.

For our business: -

Lord I claim the Grace You won when the soldiers forced the thorns into Your Head as a healing remedy for the headaches and pain of business at this time. For the anxiety and depression that comes from not surrendering our hopes and fears to Your Will

Hail Mary.....

Carrying the Cross

"Whoever does not take up his cross and follow Me is not worthy of Me"

Jesus' death will come in agony, nakedness and humiliation. We need to be willing to carry our cross in imitation of Christ. We need to break open our hearts for others as Jesus did taking on the burdens of the world. We must actively seek to lighten the burden of others. In the MOA Community we do this through our intercessory prayer.

For our business: -

Jesus, I claim every blessing You won carrying Your Cross on the way to Calvary. I ask forgiveness for all the times I haven't wanted to share the load of business but have enjoyed the spoils.

Jesus, Simon of Cyrene was made to come to Your aid when You couldn't go on. I thank You Lord when You have given me this same Grace to be a comfort and support to my husband helping him to bear the load of business and employees. Where you have giving us the support through banks and creditors, we thank you

Hail Mary

The Crucifixion

We proclaim Christ crucified when we look at the Cross we are meant to see our own ugliness that brought Jesus to the Cross. All of our disfunction as humankind. God came to stand with us shoulder to shoulder. Nothing can separate us from the Love of God. Lord, I ask forgiveness for each of the nails I helped to hammer into Your Flesh. I claim Your Words of forgiveness "Father forgive them they know not what they do" for myself and for humanity. Lord have mercy.

For our business: -

For all the times we feel nailed to the cross of our lives and our business. For the times we are unable to free ourselves from this cross because of financial obligations. For the nails of financial gain and security we ask forgiveness. For the ways we are like the rich young man and walk away from You because we cannot surrender our lives to You. I ask forgiveness. Lord we ask for the Grace You won when You said " Father into Your Hands I commit my spirit"

Father into Your Hands I commit our lives and our business. Jesus, I surrender myself to you. Take care of everything.

Hail Mary.....

Chapter 6

6th Angelus Charism

The Way of the Cross



HEALING THE WOUNDED SPIRIT

The Way of the Cross or Stations of the Cross is one of the most popular devotional prayers of the Catholic Church. This prayer focusses on a series of pictorial images that portrays the last hours of Jesus' Life. These images help us to meditate on Christ's Passion, Suffering, and the spilling of His Blood for our redemption. We are set free from the effects of sin and evil so we can share in the Promises of Christ for eternal life.

There are many ways to pray the Stations of the Cross. The Scriptural Stations of the Cross can be found on the website: www.angeluscommunity.org.au

I have chosen to present this Way of the Cross to help us as intercessors to pray for God's poor (Anawim) who have been victims of abuse: mental, verbal, physical, emotional or sexual.

Jesus was an innocent victim and through the actions of His Life and His choice to forgive those who wronged, persecuted or abused Him, He overcame the powers of darkness. These powers or evil spirits from the Kingdom of Darkness are constantly warring against us to prevent us from coming to know and experience the Love of Jesus.

These invisible evil spirits can influence our thoughts, feelings or desires and tempt us to choose evil over good. At each Station (*a military term for an event*) Jesus shed His Blood and when we revisit those scenes and imagine ourselves present, we experience God's Spirit setting us free from being attached or captive to evil spirits harassing our thoughts feelings or desires.

Our healing begins when we choose to forgive those who have hurt us. Forgiveness removes the power and the stronghold of evil influencing our lives. We may need to ask Jesus for the Grace to forgive those who have hurt or wounded us, and Jesus always gives to those who ask.

(Matt 7:7)

- Each Station centres on a theme that our spirit can name and emotionally identify with.
- The topic signifies God's Healing Power that flows for our wounded spirit when we mediate on the Station.
- The visualisation exercise allows us to enter into the Sacrament of the present moment.
- Jesus' Love and Healing has no time boundaries. Today, yesterday and the future are all one in the Presence of God.
- By placing ourselves to be present like Mary and revisiting the sites of Christ's agony, pain, and passion, we open our hearts to receive God's specific Anointing and Healing for our wounded spirit.

The Way of the Cross invites you to desire and seek God's Promises and to be set free from being spiritually oppressed.

Praying the Stations of the Cross is also one of the most powerful prayers to pray for our Departed loved ones. The Deceased can no longer pray for themselves if they have not died in God's Grace and Peace.

Stations of the Cross for the Abused

FIRST STATION: Jesus is Condemned to Death

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: POWERLESSNESS.

Topic: Sexual abuse.



Visualise *Christ powerless before Pontius Pilate as He stood before the judgement seat of the Roman Governor. Invite the Holy Spirit to show you areas of powerlessness in your own life where you were bound by events and circumstances in the same way as Christ's Hands were bound before Pilate.*

Prayer: Jesus I am a prisoner to my past - bound to the actions of others with hate, unforgiveness and resentment towards God and my family members who didn't prevent my abuse - sexual and emotional.

- * As I meditate on this Station, I become aware of how You forgave Pontius Pilate and the Jewish community who placed You in this powerless position. Please cut my bonds to the past actions of others so I can be free to carry Your Cross of Healing for myself and others.
- * Release me from the pain and turmoil of abuse.
- * Come Holy Spirit and be with me in all my fears and traumatic memories.
- * Bless me now with Your ability to forgive, love and trust others so Your Healing can flow to me and others in the world effected by similar events in their lives.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

SECOND STATION: Jesus is Made to bear His Cross

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: SUPPORT

Topic: Loneliness



Visualise: *Jesus picking up the Cross and His shoulders sagging under the weight of His load. Invite the Holy Spirit to show you what the cross symbolises in your life.*

Prayer: Jesus, I'm having difficulty carrying my cross without the emotional and physical support of others.

- * As I meditate on this Station, I embrace Your Love and Forgiveness. I surrender my hostility towards my family or friends for not supporting me.
- * Set me free from carrying the cross of resentment towards those who failed to live up to my expectations.
- * Jesus be with me now in my loneliness. Heal this pain and fill this longing with the presence of Your Holy Spirit.
- * Bless me with the Gift of Gratitude to recognise the loving actions of others.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

THIRD STATION: Jesus Falls the First Time

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: GRIEF

Topic: Death of a loved one



Visualise *Jesus and you falling under the weight of the Cross. Look up and outwards to the crowd.*

Prayer: Jesus, I still carry the pain of loss and grief. Help me to surrender the pain of my memories.

- * As I meditate on this Station, I perceive how Your Pain was so great that You fell under the weight of Your Cross.
- * Release me from any weight of emotional resentment, anger or un-forgiveness towards God or others that I may still carry.
- * Heal my memories of the past with my loved one and allow me to share in the vision of their new life with Christ.
- * Bless my life with Your Peace and Joy.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

FOURTH STATION: Jesus Meets His Mother

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: THE INTERCESSORY ROLE OF THE MOTHER OF GOD

Topic: Courage and fortitude to continue our journey.



Visualise *Jesus with you and focus on your apprehension and concerns of your daily life. Be aware of your emotions, feelings or anxieties.*

Prayer: Jesus, my fear of suffering and the unknown overwhelms me. My spirit feels burdened through the behaviour and prejudices of others.

- * As I meditate on this Station, I seek your Mother's intercession for the courage and fortitude to complete my journey each day.
- * Set me free from the fear of failure and the inability to commit myself to people.
- * Jesus be with me in my weakness and empower me through Your Holy Spirit.
- * Bless me with the Gift of Prayer to intercede with Mary for myself and others.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

FIFTH STATION: Simon of Cyrene helps Jesus to Carry His Cross

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: ACCEPTANCE.

Topic: Relationships.

Visualise: *Jesus and you carrying the Cross. Look towards the crowd and see if someone is there to assist you.*



Prayer: Jesus, help me to grow in relationship with you so I can love and nurture others.

- * As I meditate on this Station, I ask for the assistance of a Simon to help me carry the cross of commitment.
- * Release me from the fear of losing my identity.
- * Come Holy Spirit and assist me to surrender my self-centredness in relationships.
- * Bless me with Christ's Hope to believe in Divine Assistance through the loving action of others.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

SIXTH STATION: Veronica Wipes the Face of Jesus

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: THE FACE OF SIN.

Topic: Reflecting the image of Christ.



Visualise: *Christ's Face being wiped by Veronica. Invite her to wipe your face also. Look at the facial imprints on the cloth.*

Prayer: Jesus, I am so exhausted and feel so empty and abrasive with others.

- * As I meditate on this Station, I am renewed by Veronica's expression of love and care for Your pain and disfigurement.
- * Release me from my emotional disfigurements that scar my behaviours and responses to others.
- * Come Holy Spirit, touch me and cleanse my wounds with Your Love that I may reflect the Glory of God in my life.
- * Bless me with Christ's Humility to serve others.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

SEVENTH STATION: Jesus Falls a Second Time

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: COMFORT ZONE

Topic: Respectability



Visualise: *Jesus and you falling under the weight of the Cross.*

Prayer: Jesus, I run away from the challenges in life that ask me to step out of my comfort zone. I prefer to surrender to the weight of my cross. Convict my spirit to respond willingly to God's call.

- * As I meditate on this Station, I pray for Christ's Tenacity to endure the hardships and trials of life to bring the Good News to others.
- * Release me from the desire to be a comfortable and respectable Christian.
- * Come Holy Spirit and fill me with Your Zeal and Fervour to build the kingdom of God.
- * Bless me with Christ's Vision to carry the Cross of Hope to all who seek eternal life.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

EIGHTH STATION: Jesus Comforts the Women of Jerusalem

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: TEARS OF HEALING

Topic: Freedom to cry.



Visualise: Yourself in the midst of this group of women as Jesus stops before you. Listen to Him. He tells you not to cry for Him, but to cry for yourself and for your children. Allow to surface all those times in your life when you stifled tears. Give yourself permission to grieve now.

Prayer: Jesus, my emotions are numb, my tears are stifled. Help me to cry so I can express my emotional pain.

- * As I meditate on this Station, I recall Your Words warning me of the tears that would flow because of my Paternal love and anxiety. I give myself permission to cry.
- * Release me from always controlling my feelings and help me to cry to release my pain.
- * Come Holy Spirit and comfort me as I weep.
- * Bless me with the Gift of Christ's Acceptance of suffering as the way we grow in love of God and our neighbour.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

NINTH STATION: Jesus falls a Third Time

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: CONSEQUENCES OF SIN.

Topic: Guilt.



Visualise: *Jesus and you falling under the weight of the Cross.*

Invite the Holy Spirit to reveal the ways and actions of your life that are destructive to yourself and others.

Prayer: Jesus Your ways of Loving bring encouragement not condemnation. Help me with my burden of guilt that is crushing me so that I doubt Your Mercy and Love.

- * As I meditate on this Station, I pray for Your Love and Determination to trust in God's Divine Assistance.
- * Release me from the fear of condemnation and guilt.
- * Come Holy Spirit, empower me to be free from the condemnation of my previous sinful ways.
- * Bless me with the love and determination to walk the way of Christ's Truth and Life.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

TENTH STATION: Jesus is Stripped of His Garments

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: EXPOSING OUR NAKEDNESS.

Topic: Shame.



Visualise: *Jesus and you on Calvary being stripped of your coverings. Everyone can witness your nakedness and shame. Invite the Holy Spirit to be with you as you experience the emotions and memories of shame in your own life.*

Prayer: Jesus, I choose to surrender my shame. Your way of forgiveness sets me free from remaining a victim.

- * As I meditate on this Station, I rejoice in the Victory of Your Passion and Suffering which overcame the effects of evil. My shame can no longer control my thoughts and spontaneity in life. Stripped of everything, Jesus, You chose to forgive Your abusers and in this Action of Love lies the Power to Defeat the effects of evil from controlling my life. Perfect Love casts out all fear.
- * Release me from the emotional torture and feelings of shame, self-pity and hate that cripple my personality.
- * Come Holy Spirit and be with me in the trauma of my abuse and comfort me with the Eternal Love of God the Father.
- * Bless me with Christ's Unconditional Love to forgive and pray for God's Mercy for myself and all those who have harmed me.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

ELEVENTH STATION: Jesus is Nailed to the Cross

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: A VICTIM

Topic: Judgement



Visualise: *Jesus and you being nailed to the Cross. Look towards the crowd and the soldiers wielding the hammers. Experience the pain of the nails of judgement. Allow the feelings to surface when your character has been assassinated and you have become an innocent victim of slander.*

Prayer: Jesus, I need Your Courage to remain silent and to forgive. Help me to pray with You, *"Father forgive them ..."*

- * As I meditate on this Station, I am aware of Your excruciating Pain as each nail fixed You to the Cross. I pray for Your Peace and Joy as I endure the agony of being crucified by the judgements of others.
- * Release me from bitterness, anger, hatred and cynicism towards those who defamed me.
- * Come Holy Spirit, all my ways lie open to You. You judge my heart and my life. Before You alone in Your Love and Mercy my life has value.
- * Bless me with the Joy of the Lord for the strength to choose to forgive and love those who judge my life and actions.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

TWELFTH STATION: Jesus Dies on the Cross

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: DYING TO SELF.

Topic: Un-forgiveness.



Visualise: *Jesus and you hanging from the Cross. You feel the pain and heaviness of all those you have failed to forgive. Invite the Holy Spirit to bring to your memory any grudges of resentments still held towards others.*

Prayer: Jesus, I want to love everyone. Help me to put to death my human ways of thinking and acting.

- * As I meditate on this station I choose to die to my; human ways and understanding of rights and justice. I invite the Holy Spirit to teach me how to forgive the actions of others so I can grow in Christ's unconditional love.
- * Release me from the passion of my human attitudes and anoint me with God's discernment so that His Justice and Love can be expressed through me.
- * Come Holy Spirit and be with me as I die to self, daily.
- * Bless me with Christ's Compassion to love the sinner but hate the sin; help me to believe that love triumphs over the power of evil when we forgive unconditionally.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

THIRTEENTH STATION: The Body of Jesus is Taken Down from the Cross

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.



Theme: HEALING THE WOUNDS OF LIFE.

Topic: Expectant faith.

Visualise: *Jesus and you being taken down from the Cross and tenderly held by the Mother of God. She is continuously praying for God's Promises to be realised in your life. Experience the presence of her belief in the Power of God to raise you to New Life.*

Prayer: Jesus, I desire the Gift of Expectant Faith like Your Mother, to believe and proclaim God's Promises for Healing.

- * As I meditate on this Station, I pray to receive the Gift of Healing and of Holiness.
- * Release me from doubting God's Love and His Desire to heal my wounded self.
- * Come Holy Spirit help me to trust in the Providence of God for the healing of my wounded spirit.
- * Bless me through Christ's death and my own efforts of dying to self to share in the Resurrection of New Life in the Power of the Holy Spirit.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

FOURTEENTH STATION: *Jesus is Laid in His Tomb*

We Adore You O Christ and we praise You because by Your Holy Cross You Have redeemed the world.

Theme: THE RESURRECTION

Topic: Wholeness and Holiness



Visualise: *Jesus and you being cleansed and anointed with the burial oils and wrapped in linen cloths before being laid in the tomb. Invite the Holy Spirit to refresh your memory of those precious times where others have reached out and touched you in love*

Prayer: Jesus, my spirit and life have no purpose or meaning without love. Raise me from ways or attitudes that lead to emotional and spiritual death.

- * As I meditate on this Station, I pray for God the Father to touch and awaken me with His Love.
- * Release me from the tomb experiences of my life that brought death to my spirit and emotions
- * Come Holy Spirit and be with me in dark times and infuse me with God's Glory to begin a New Life.
- * Bless me with the mind of Christ - create a New Heart within me so I may walk my new life in the way of the Beatitudes of Christ.

Concluding Prayer: *Jesus Who for love of me didst bear Thy Cross to Calvary; In Thy sweet Mercy grant to me to suffer and to die with Thee.*

Through the Holy Spirit may the Angelic Choir of the Seraphim minister God's Merciful Love for your wounded spirit.

Mother of Sorrows Pray for us.

Our Lady of the Angelus Pray for us

Chapter 7

7th Angelus Charism

Praying for the Deceased

FAMILY TREE TRAITS



These blessings are the hidden treasures of our heritage and can be invoked at any time for our family members or nation.

In the year 1606 Captain Pedro Fernandes de Queiros on the day of Pentecost named Australia "Australia del Espiritu Santo . He proclaimed , " I take possession of all of this part of the South as far as the South Pole in the Name of Jesus. No other nation on earth has been blessed with this title "Great South Land of the Holy Spirit.

When the Spaniards arrived in their majestic tall ship and named this new continent, they left behind a blessing for us to expand our horizons through the Power of God's Spirit. As Christians we share in the riches of these blessings for our Nation each time we pray for a new outpouring of God's Holy Spirit.

After I returned from my visit to Rome in the Year of the Holy Spirit 1998, I can still hear the words of Pope John Paul II. He gave a blessing to me and thousands of others who were founders of New Religious Movements within the Church.

His blessing was: "Go forth and be innovative in the ways of the Holy Spirit to evangelise your nation".

Being a co-founder with Father Vince Doyle of a Prayer Evangelisation Association for the Faithful we asked the Holy Spirit what he wished us to do. We discerned the Holy Spirit was prompting us to pray at cemeteries around Australia and to pray for the forgotten pioneers of our nation.

These men and women of good will, kindness and faith brought many blessings that were not being proclaimed by their descendants. Others had lost hope and their spirit was crushed and broken by the harsh realities of life in the outback and died without the comfort of family and the Church. Jesus was asking us to offer Masses and prayers for their souls and ask those in the Communion of Saints or in Purgatory to continuously pray for their descendants to have a conversion of heart and to desire the Gift of Faith.

Angelus members are encouraged to pray for the deceased and in the month of November the Church focusses on prayers for our departed loved ones. In the Angelus Inner Healing Prayer Ministry, we become aware of how unhealed character traits or sins in a family tree can continue to manifest in successive generation.

We can pray for deceased family members in our hearts at home or in a Church. When we pray at a cemetery or an internment wall it's easier to remain attentive and focussed. The Holy Spirit or their Guardian Angel may heighten our spiritual senses to receive insights about them. *(Each person has a Guardian Angel that is given to them at conception till they enter eternity.)*

When a praying person visits a sacred burial place a deceased person's Guardian Angel may attempt to communicate with this person through their thoughts for prayers of reparations to be offered.

We are not isolated individuals we all belong to a Family Tree having a mother and a father. What we do in our lives has spiritual consequences for successive generations. We are also affected by our Ancestors actions, good and bad. Their love, faithfulness to God and Church, commitment to family and goodwill towards others bring blessings to us. Without prayers for healing then the bad character traits, attitudes and a predisposition towards similar sins will also be transferred across to the descendants.

*"You must not make yourselves any image or any likeness of anything in heaven above or on earth beneath or in the waters under the earth: you must not bow down to these gods or serve them. For I Yahweh Your God am a jealous God, and I punish the parents' fault in the children, the grandchildren and the great grandchildren, among those who hate me; but I show faithful love to thousands, to those who love me and keep my commandments.
(Deuteronomy 5:8)*

An intercessor can pray for the present and past generations in a variety of ways. By offering Christ's Mass, charitable works of love and mercy plus Catholic Devotional prayers like the Rosary and the Stations of the Cross. The Holy Spirit can prompt an intercessor to ask forgiveness and God's Mercy for specific acts of sinfulness that the deceased failed to resolve with Jesus before death.

The deceased in Purgatory are considered in the spiritual realms as the poorest of the poor. They cannot pray for themselves. They have to rely on the prayers of the living to ask forgiveness, mercy and purification (*Purgatory means to be purged and purified to enter Heaven*).

They can pray for us here on earth but cannot pray for themselves.

EVANGELISING OUR NATION



Mass

being offered at an Aboriginal massacre site

EMBRACING THE LOVE AND SINS OF OUR ANCESTORS

Each generation faces the trials and hardship of their specific age in the history of a nation. Our Australian ancestors brought the English political system and their legal system to create law and order in this nation. There were pastoralists and settlers from all walks of life that saw Australia as an opportunity to prosper and became upright citizens. They created hospitals and welfare outreach to the poor and needy. Their prosperity was built on slave labour from the convicted felons and then Gold was discovered. Those who were free left everything to find their fortune in the goldfields. People from all over the world came and were consumed by Gold Fever.

Conditions were difficult, injustices occurred and people were angry at the legal establishment and political agendas. They were racist towards others especially the Chinese. Felt murderous intent towards Aborigines that interfered with their pastoral rights. Exploited others for personal gain and mistrusted the government officers and politicians to receive justice in the legal system. There was one rule for the rich and another for the poor.

Religious bigotry was a contentious issue preventing people from receiving employment if they were Catholic. The Masons held a lot of power in commerce and in the business sector. Then there were the natural catastrophic events like fires, floods and drought to cause bitterness, anger, cursing God and country and suicide.

When Angelus members visit a cemetery the Gifts of the Holy Spirit can awaken their spiritual senses to hear the cry of the poor souls who have no one to pray for them.

Members' hearts may quicken as they walk past different graves. Some can spiritually sense the grief and pain of a deceased soul not at peace with God. They will pause to pray specifically for this soul. Sometimes they receive images that recall the history of the area and its impact on the residents of that time such as a pastoralist's greed that disposed other people rights to the land. A tree falling upon a timber getter. Lots of people buried together in one grave. (*an epidemic of whooping cough or diphtheria*). An Aboriginal massacre site or an awareness that convict brutality occurred in this location. All these incidents can be prayed singularly and collectively for the whole area by asking God's Forgiveness and Mercy for the deceased.

Praying for the deceased members of our nation and land prepares the way for the Holy Spirit to touch the hearts of this present generation. When the sins of injustice have not been prayed for, an oppression remains upon the land and its people. It's this heaviness or oppression that can affect people from hearing God's Word. Past generations are released into the Communion of Saints. These silent intercessors in the Heavenly Realms now continuously pray for the evangelisation of present and future generations, *to act justly and walk humbly with your God.*
(*Micah 6:8*)

In the 1980's the Holy Spirit prompted me to find the oldest cemetery in Australia which is near Wilberforce in New South Wales. I was to pray for the descendants buried in this Church yard. To honour them and pray for the generational blessings of their love and good deeds for God to be released to their descendants. Malcom Turnbull our former Prime Minister is a direct descendant of this tombstone in honour of Elizabeth and James Turnbull. He is a convert to the Catholic faith.

PRAYING FOR A NATION



Fr. Vince Doyle and Fr. Hilary Flynn with Anglican Pastor and myself praying at the ruins of Somerset House Cape York. Somerset is one of the greatest historical places in Australia. It was the earliest permanent white settlement on the Cape York Peninsula, and the only one for a very long time. It was the first administrative centre for the Cape York and Torres Strait area. This remote colony became a violent place presided over by the infamous Jardine family.

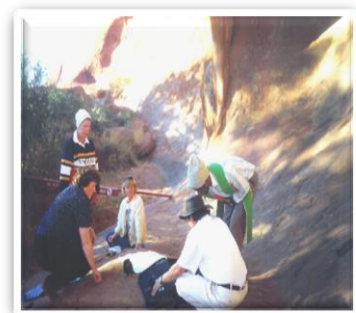


This photograph depicts two Angelus priests offering a Mass at some of the unmarked graves of over 3,000 Japanese divers. These men were the exploited victims of the Australian Pearling Industry. Many Japanese divers became Catholics during their R & R at Thursday Island. No Mass has ever been said on this Island for these forgotten victims and their contractors.

The Holy Spirit gave us a dream about visiting an island in the Torres Strait with lots of frangipani trees. Under the trees were thousands of graves. We had to hire a plane to find the island. There are over 18 islands in the Torres Strait.



Historic Ramornie Homestead - Praying for our Convict Heritage



Uluru Mass for Aboriginal nations

Rosary Prayer for the Departed

To **SIT/WAIT/LISTEN** at every Mystery for the Spirit to prompt you how to pray is the most important advice I can offer.

Opening Prayer

Make a sign of the Cross –

In the Name of the Father and of the Son and of the Holy Spirit.

Jesus, I commend the souls of every person in this graveyard and for every aboriginal that has ever walked upon this land into Your Hands. May these souls share in the daily sacrifice of the Mass.

O Mary conceived without sin pray for us who have recourse to thee. I desire your children to receive the Waters of Baptism and I make an Act of Faith for them. With God there is no time and past present and future is in God's time.

Jesus hear my cry for the poor.

Begin the Rosary now in the usual way with the Apostles Creed ... an Our Father ... three Hail Mary's and a Glory Be.....

ANNOUNCE THE FIRST GLORIOUS MYSTERY:

THE RESURRECTION

WAIT and **LISTEN** for the Spirit to prompt you.....Allow the Spirit to lead you towards the graves

1. Now visualise Jesus in His shining white clothes walking with you and the Resurrection Grace flowing out towards every soul whose grave you walk by.

Pray an Our Father and ten Hail Marys:

Sometimes the Spirit prompts you to pray in Tongues at different graves. Follow the prompting and do this. Allow the Spirit to lead you. There is no hurry, its about **LISTENING** and being present to the inspirations of the Holy Spirit.

Close this decade with a Glory Be

ANNOUNCE THE SECOND GLORIOUS MYSTERY:

THE ASCENSION

Now visualise Jesus with His arms open wide to welcome these souls. Claim Jesus' Promise that He will draw all humanity unto Himself. Ask forgiveness for all the sins of those buried here.

Make an Act of Contrition:

Loving Father with all my heart I am sorry for my sins. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. My Saviour Jesus Christ suffered and died for me. In His Name, Father, have mercy. Renew the Love of Jesus within me.

Give thanks for all the Mercy Graces you have ever received in your life, and ask for these souls to share in those same Graces.

Pray an Our Father and ten Hail Marys:

Don't be surprised if thoughts come into your mind about your areas of sinfulness or someone else's. Be attentive to those thoughts as the Holy Spirit might be prompting you to specifically ask forgiveness for those sinful acts.

(The deceased can't pray for themselves they have to rely on the living to ask forgiveness for their sins.)

Close this decade with a Glory Be.....

ANNOUNCE THE THIRD GLORIOUS MYSTERY: THE DESCENT OF THE HOLY SPIRIT

Now visualise the Fire coming upon these graves. Offer up all the suffering and pain, and all the good actions they may have ever carried out in their lives, and place all of these in Jesus' Heart for them to be transfigured in His Merciful Love.

Pray an Our Father and ten Hail Marys:

WAIT and LISTEN if the Spirit is prompting you to call on the Fire of the Holy Spirit to cleanse and purify those who had unresolved anger towards God and others for their grief – loss – effects of drought – bush fires – floods – despair – hopelessness – exploitation and abandonment.

Close this decade with a Glory Be.....

4. Announce the Fourth Glorious Mystery: THE ASSUMPTION

Now visualise Mary ascending into Heaven, in the radiant splendour and glory of God, she is interceding for her children to be set free from pagan, occult or idolatrous practices.

Pray an Our Father and ten Hail Marys:

Wait and listen for the interior voice of the spirit to prompt you about the times you have worshipped false Gods. Where you have been attached to material possessions or goals before your love and worship of God. Ask God's forgiveness and mercy for yourself and for those buried here as well

Close this decade with a Glory Be.....

ANNOUNCE THE FIFTH GLORIOUS MYSTERY:

THE CROWNING OF OUR LADY IN HEAVEN

Now visualise Mary in Heaven offering to Christ a Spiritual Bouquet of Souls in this cemetery. Present your own life journey of faith, trials, forgiveness and blessings. Visualise these memories as your love offering for these souls with Mary's Bouquet.

Pray an Our Father and ten Hail Marys:

Jesus through Mary, I offer you my pain and suffering, my good deeds and acts of kindness and love as a living prayer united with Yours for the Salvation of these souls. I consecrate them to you Mary, Mother of the Church and Mediatrix of all Graces. I ask you and them to continuously pray for their descendants to receive the Gift of Faith to know, love and serve Jesus.

Close this decade with a Glory Be.....

Conclude with the Hail Holy Queen:

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To Thee do we cry, poor banished children of Eve: to Thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, Thine eyes of Mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus O Clement, O Loving, O Sweet Virgin Mary!

Leader: Pray for us O Holy Mother of God,

All: That we may be made worthy of the Promises of Christ.

Leader: Let us pray.

All: O God Whose only begotten Son by His Life, Death, and Resurrection has purchased for us the rewards of eternal life; grant we beseech Thee, that meditating on these Mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise.

Through the same Christ our Lord. Amen



Moruya Angelus Group praying at the local cemetery.

Prayer Exercise

The Way of the Cross

for our ancestors

God's Mercy extends to past, present and future generations and all generations are blessed when members pray for the Healing of their Family Tree. Living members will need to offer prayers of repentance, reparation and restoration to remove their remaining stains of sin.

(Exodus 34:6-8)

The Prayer of Repentance: Is to stand in the gap for past ancestors and ask God to forgive them. To say I am sorry to God for the times they failed to forgive God, themselves or others for the events or outcomes in their lives.

The Prayer of Reparation: Becomes an act of love in the satisfaction of sin. It helps our mind, body and spirit to be repaired from the effects of sin.

Sin injures and weakens the sinner as well as their relationship with God and their neighbour. God's Mercy and Forgiveness takes away sin but does not remedy all the disorders sin has caused. Raised up from sin the sinner must still recover his full spiritual health by doing something more to make amends. We can do this through acts of love, kindness and prayer. E.g. offering our charitable acts as *Corporate Acts of Mercy* for their souls. Praying the *Rosary*, or the *Way of the Cross* as spiritual acts of mercy.

In the Sacrament of Reconciliation or Penance, making amends for sins is called satisfaction for sin. But we can only do this with Jesus when we are humble of heart and poor in spirit by recognising our own weaknesses and human failings.

The Prayer of Restoration: Restores us to be reborn in God's image and likeness again without the effects of inherited sinful ways. Grace builds on nature and before we can become a new person, we have to be reborn through Grace. We can do this by asking Jesus to bless us with the same Grace Mary received at her Immaculate Conception and to be reborn through Grace.

(John 3:4-8)

From my own personal experience of praying for the deceased members in my Family Tree, I was guided by the Holy Spirit to offer Masses for their souls and to pray a Catholic Devotional Prayer called the *Way of the Cross* for repentance, reparation and restoration.

"Mary conceived without sin pray for us".

"Mary of the Angelus pray for us"

NOTES

First Station



Jesus is condemned to death

Choices we have made:

Scene: Jesus experienced similar human temptation in life's trials as we do. He too had to make a choice in the Garden of Gethsemane, to follow God's Will rather than His own and prayed to the Father for His Help and Guidance. The Father's Way is not always easy. *(Luke 22:39-46)*

When we pray, we too can receive this Grace to overcome our temptations to follow our own desires, rather than choose God's Way.

Reflection: Where in my life and in the life of my Family Tree, have we followed our self-centred desires and choices?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree for the choices we have made in our lives. Have mercy on us and strengthen us with God's Healing Power and Grace to choose the ways of God, rather than our own.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Second Station



Jesus walks the Way of the Cross

Perseverance to the end:

Scene: Jesus walks the way, carrying His Cross for the Salvation of souls. He was carrying all our burdens and persevered to the end. *(Matthew 11:28)*

When we pray to receive this same Grace, the Father will refresh us by empowering and strengthening us to continue to persevere, despite our heavy burdens.

Reflection: Where in my life and in the life of my Family Tree, have we failed to persevere in carrying our cross?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree for failing to persevere in the trials of life. Have mercy on us and strengthen us with God's Healing Power to persevere, instead of trying to rely on our own efforts.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Third Station



Jesus falls the first time

Prayer commitment for the family:

Scene: Jesus falls the first time under the weight of His Cross for the sins of Mankind. He picked up His Cross again for God to deliver us from sin and the ways it has affected our lives. *(John 19:16-17)*

When we pray, we too can receive this same Grace for the Father to empower and strengthen us, to get up and remain committed to prayer, despite our family weaknesses.

Reflection: Where in my life and in the life of my Family Tree, have we failed to remain committed with Jesus to pray for each other?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."* *(Luke 22:42-43)*

Jesus, forgive me and the members of my Family Tree for failing to pick up our prayer cross again. Have mercy on us and strengthen us with God's Healing Power and Grace to be committed to pray for our family members.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Fourth Station



Jesus meets His afflicted Mother

Inviting Mary into our Family:

Scene: Jesus meets His afflicted Mother as He walks the *Way of the Cross*. She is a Mother to Jesus and to us in our times of pain and misunderstanding, and we need to make a place in our hearts and home, like Jesus asked John to do. (*John 19: 26-27*)

When we pray, we too can receive this same Grace of Mary's Prayers.

Reflection: Where in my life and in the life of my Family Tree have we failed to make a place for Mary in our homes and in our hearts when we are afflicted?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(*Luke 22:42-43*)

Jesus, forgive me and the members of my family tree, for not inviting our heavenly mother into our family lives and invoking her prayers of intercession for us in our times of need.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Fifth Station



Simon of Cyrene helps Jesus to carry His Cross

Generosity of Heart

Scene: Simon was forced to shoulder Jesus' Cross and carry it behind Him. Without freely choosing, we too can be expected by others to carry the burdens of our family and become resentful, bitter or feel used and imposed upon.
(Luke 23:26)

When we pray, we too can receive this same Grace that Simon received to willingly carry our burdens without resentment.

Reflection: Where in my life and in the life of my Family Tree, have members been unwillingly to help each other with their burdens, to avoid bitterness or resentment developing?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree, for being unwilling and failing to ask Jesus for the Grace of a Generous Heart towards each other in times of need. Have mercy on us, strengthen and heal us like you did for Simon of Cyrene.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Sixth Station



Veronica wipes the face of Jesus

Compassionate love:

Scene: Tradition says Veronica wiped the Face of Jesus and on her veil, He left His image. We too, like Veronica mourn for our loved ones and try to support them in their journey for eternal life. Veronica did not let herself be deterred by the brutality of the soldiers nor the fear that gripped the Disciples. (Luke 23:27)

When we pray, we too can receive this same Grace of Compassionate Love for the afflicted, persecuted and dying that Veronica has.

Reflection: Where in my life and in the life of my Family Tree, have members been gripped by fear or not shown compassion or love for the marginalised, afflicted persecuted, grieving or the dying?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and any members of my Family Tree, for their hardness of heart, or lack of compassion. If cruelty or callousness has been present within us, have mercy on us. Strengthen and heal us, so we can receive Your Compassionate Heart to love others.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.



Seventh Station



Jesus falls a second time

Our faith in the Name of Jesus to defeat the powers of darkness and evil:

Scene: The weight of the Cross becomes too heavy and Jesus' weakened and broken Body collapses under the strain. He lifts Himself up again despite the pain and continues walking the *Way of the Cross*. (Mark 8:34)

When we pray, we too can receive this same Grace that Jesus received. He fell many times physically and we too will fall many times spiritually in our walk of faith.

Reflection: Where in my life and in the life of my Family Tree, have members fallen under their temptations to sin and walked away from their faith in Jesus?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."* (Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree, for falling away through the temptations of sin. Lift us up Jesus, for by ourselves, we cannot rise from the dust. Lift us up so we may lift others up. Give us hope at every moment of darkness so we may bring Your Hope and Faith to our families.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Eighth Station



Jesus comforts the women of Jerusalem

Jesus tells the women to pray for themselves & their family tree:

Scene: Jesus spoke to the women and told them not to weep for Him but for themselves and their children. *(Luke 23:27-28)*

When we pray, we too can receive this same Grace and desire to pray for all past, present and future generations in our family.

Reflection: Where in my life and in the life of my Family Tree, have we chosen to pray for some members of the family and not for others? Have we accepted only the Gentleness and Love of God, without recognising the need to pray for our repentance and that of our family to overcome the seriousness of our un-forgiven family sins?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."* *(Luke 22:42-43)*

Jesus, forgive me and any members of my Family Tree, who have failed to pray for each other. Empower me to pray the *Way of the Cross* for them through these prayer exercises for their salvation.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Ninth Station



Jesus falls a third time

Overcoming despair or suicidal tendencies:

Scene: Jesus is unable to bear the pain and the weight of His Cross and falls a third time. *(John 14:1)*

When we pray, we too can receive the Father's Grace for us and our Family to rise up from the temptations of despair or suicide.

Reflection: Where in my life and in the life of my Family Tree, have members been tempted towards despair, or been suicidal?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."* *(Luke 22:42-43)*

Jesus, forgive me and any members of my Family Tree, for not praying to you for your help to overcome despair and suicidal thoughts. Jesus, have mercy on all deceased members of my family that have suicided.

Jesus, you stood up and carried the weight of sins on Your Cross. Raise up all the members of our family, past and present, to choose life forever with You.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Tenth Station



Jesus is stripped of His garments

Setting us free from shame:

Scene: The soldiers stripped Jesus' garments from Him and exposed His nakedness before everyone. *(Psalm 22:18)*

When we pray, we too can receive this same Grace that Jesus received to overcome any embarrassment or humiliation from being publicly shamed.

Reflection: Where in my life and in the life of my Family Tree, have members been shamed or condemned by the events of their lives and walked away from the Lord?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and any members of my Family Tree that were shamed through the effects of abuse and the fear of public condemnation. Have mercy on us and set us free from all shame, so we can see your beauty reflected in us again. Now pray an Our Father ...

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Eleventh Station



Jesus is nailed to the Cross

Blaming our bad decisions in life on God:

Scene: The soldiers forced Him down onto the Cross and He extends His Hands, offering His Life to the Father for our Salvation. The soldiers drove the nails into His Hands and into His Feet and then stood the Cross upright.

(John 15:13)

When we pray, we too can receive this same Grace that Jesus received to overcome His pain in His Mind, Body and Spirit.

Reflection: Where in my life and in the life of my Family Tree, have members blamed or cursed God and others because of their bad decisions or choices?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*

(Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree for blaming God for our wrong choices and for not taking responsibility for our actions. Deliver us from the effects of all curses and have mercy on those who cursed us as well. Now pray an Our Father ...

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Twelfth Station



Jesus dies on the Cross

Trust in God's Promises and Mercy:

Scene: Jesus endures three hours of torture on the Cross and cried out to His Father in Heaven, *"My God, my God why have You abandoned me?"* (John 10:10)

When we pray, we too can receive this same Grace that Jesus received to overcome the power of all evil and Trust in God and His Promises.

Reflection: Where in my life and in the life of my Family Tree, have members lost trust in God's Mercy for their salvation?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(Luke 22:42-43)

Jesus, forgive me and the members of my Family Tree, for not trusting and believing in God's Power to overcome evil and death. Have mercy on us in our times of darkness and set us free from the effects of sin contaminating our body, mind and spirit. Restore us again to wholeness through the Promises of Your Word.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Thirteenth Station



Body of Jesus is taken down from the Cross

Overcoming grief and loss:

Scene: With gentleness, Mary receives the Body of her Son and holds Him close to her heart, the same way as when He was a little child. Her heart was filled with grief. *(John 19:25-27)*

When we pray, we too can receive this same love from Mary (*our Spiritual Mother*) that she extended to Jesus, in our grief or death experiences.

Reflection: Where in my life and in the life of my Family Tree, have members been overwhelmed by grief or loss and rejected other family members due to their pain?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."* *(Luke 22:42-43)*

Jesus, forgive me and any members of my Family Tree, who may have rejected others in their time of grief. Forgive us for the times we made no attempt to seek Your Healing Love in our times of grief and loss. Increase within us the Light of Your Resurrected Hope to overcome the utter helplessness of death, so we can accept the Father's Will, like Mary did.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

Fourteenth Station



Jesus is laid in His tomb

Dying to self so we can rise again with Jesus:

Scene: Having fulfilled His Father's Will, Jesus' lifeless body now lies in the tomb, awaiting resurrection. Jesus is the grain of wheat that dies and through His Cross and Resurrection, the Eternal Word of God becomes Flesh and Bread for us. (*John 11:25-26*)

When we pray, we too can share this same Resurrection Grace for the New Life, if we die to self and rise with Jesus.

Reflection: Where in my life and in the life of my Family Tree, have members not accepted Jesus' Resurrection Grace to accept death as a doorway to eternal life?

Prayer: *"If you are willing, take this cup away from me; nevertheless, let Your Will be done and not mine. Then an Angel appeared to Him and gave Him strength."*
(*Luke 22:42-43*)

Jesus, forgive me and any members of my Family Tree, who do not have not have the Gift of Faith to believe in the Death and Resurrection of Jesus that frees us from the power of death. Lord, have mercy on us and help us to see ourselves as being dead to sin but alive for God through Jesus' Resurrection.

Imagine: You and members of your Family Tree with Jesus in this scene.

Rest in this image for a few moments bathed in the Light of God's Love.

*Praying to heal the character flaws of
present and departed family members will
release and heal us from being vulnerable to
the temptations of following their sinful ways.*

(*Exodus 34:6-9*)

8th Charism

Divine Mercy Chaplet

CHAPLET OF THE DIVINE MERCY



The Divine Mercy Prayer has become one of the most popular devotions in the latter part of the 20th and early 21st century. In different ages throughout the Church the Holy Spirit anoints a chosen soul such as St Faustina Kowalska of Poland to live the message of their Prayer Mission. Through her life and writings, a reawakening has occurred amongst the faithful, focussing on God's Divine Mercy and to Trust in Him.

In her writings the Diary of a Soul the Saint informs us of a Promised Blessings of Salvation for all those who pray the Chaplet and gaze upon the Sacred Image of Christ's Divine Mercy rays. Each day at 3:00pm a Spiritual Prayer Army of hundreds of thousands of people around the world pray the Divine Mercy Chaplet invoking God's Mercy for sinners.

The **CHAPLET** can be said on ordinary rosary beads.

We begin with the **Our Father, Hail Mary and the Apostles Creed.**

On the 5 large beads:

"Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world".

On the 10 small beads:

"For the sake of His sorrowful Passion have Mercy on us and on the whole world."

At each decade of the beads, we pause at the large bead and imagine the rays radiating out to the whole world.

Conclude 3 times with:

"Holy God, Holy Mighty One, Holy Immortal One, have Mercy on us and on the whole world."

Let us pray:

"Eternal God, in whom Mercy is endless and the Treasury of Compassion inexhaustible, look kindly upon us and increase Your Mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your Holy Will, which is Love and Mercy itself." (Diary 950)

HEALING PRAYER:

Jesus may Your pure and Healthy blood circulate in my ailing organism and may Your pure and healthy body transform my weak body, and may a healthy and vigorous life throb within me, if it is truly Your Holy Will. (Diary 1089)

Prayer Comment:

St. Faustina *Diary of a Soul* records her daily life and the events of Grace that she received from God's Merciful Heart. Pope John Paul II in his Encyclical *God who is Rich in Mercy* speaks about God's Merciful Love as a tender motherly love and as a faithful, covenant or fatherly love. He proclaims to the Church and to secular world this most wonderful aspect of Salvation, the Divine Mercy of God.

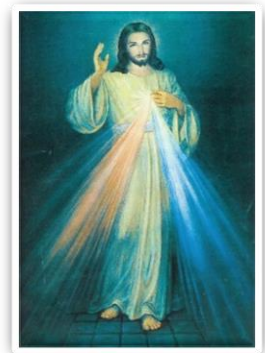
In the Book of Exodus Chapter 33 God leads the Jewish people out of their exile and slavery in Egypt to the Promised Land. Moses asks God, "I pray You, show me Your Glory" and God replied. "I will make all my goodness pass before you,"

Chapter 34:6 has God describing Himself in these words, *I the Lord am Merciful and Gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity, transgression and sin"*

In the Gospels Jesus teaches us about God's Divine Mercy in His Parables. The *Parable of the Lost Son* and the dutiful son highlights the father's love for his two sons who both needed mercy. The wayward son lived a life of extravagance, irresponsibility and sexual immorality and the dutiful son refused to share the father's forgiveness and love with his brother.

(Luke 15:11-32)

"JESUS I TRUST IN YOU" are the words Jesus asked St. Faustina to place at the base of the picture to pray for Trust in His Merciful Love. He emphasized that He, the Saviour of all, gives us total confidence and trust in God. He will give us the Gift of His tender loving Mercy, when we pray for Divine Mercy which includes His Love and Forgiveness.



In the Angelus Prayer of Inner Healing when we imagine the rays of Jesus' Merciful Heart overshadowing the events of our lives, **we too are set free from the effects of sin.**

The Red Mercy Rays reflect Jesus' Blood being poured out for us and to deliver us from being tempted by evil.

The White Rays reflect Jesus' Healing Light to restore us in body, soul and spirit towards wholeness and holiness.

Further information about Divine Mercy website: www.thedivinemercy.org

Summary

CATHOLIC PRAYER DEVOTIONS FOR INTERCESSORY PRAYER

They help us to meditate on Jesus so we can prayerfully proclaim His Promises.

Sinful thoughts begin in the mind, and we can instinctively respond to those thoughts through wilfulness, habit or cultural conditioning. To break this cycle, God's Grace is necessary to bring the Good News.

The Angelus Way of Prayer encourages the repetitive prayer of Catholic Devotions to compliment the healing of our emotions and memories. Under the guidance and inspiration of the Holy Spirit the Devotions come alive. The Spirit enlighten us how and why we are to pray this specific Devotion. The repetitive prayer initiates the flowing restorative action of each *Hail Mary* or a *Litany Title* etc. as building block of Grace for healing.

We are creatures of habit and changing learned behavioural patterns is difficult. Our ways of thinking and acting have been affected by past emotional hurts. When Jesus sets us free from being emotionally imprisoned by them, we still have to relearn how to act in Grace filled ways. Praying Catholic Devotional Prayers help us to do this

Catholic Prayer Devotions are scripturally based on the Life of Jesus When we are affected by sin, God's Word is there to counter act being controlled by our wilful or sinful behaviours.

In certain ages of the Church's history the Holy Spirit anointed Saints to pray in a specific way for the Deliverance and Healing of God's people. These repetitive Prayer Devotions have continued to flow down the centuries. They increase within us the love and virtues of the Christian life.

Prayer Devotions help us to act in Grace filled ways



Praying for Ancestors



Rosary



Litany Prayers



Way of the Cross



Divine Mercy

PRAYER EXERCISE:

Growing in Faith, Knowledge & Understanding about the Prayer Jewels of the Church.

Take up a position that will enable you to sit still.....

Close your eyes.....

Then slow down the normal flow of thoughts by thinking this one phrase.....

Come Holy Spirit teach me how to pray a Rosary Mystery

Take a minute or two to centre on Jesus and then move in faith to God dwelling within us. Slowly and reverently pray the phrase, ' *come Holy Spirit teach me how to pray a Rosary Mystery* '

Keep repeating the thought words within you and allow yourself to be drawn into the Heart of God.

Come Holy Spirit teach me how to pray a Mystery of the Rosary

Come Holy Spirit teach me how to pray a Mystery of the Rosary

Come Holy Spirit teach me how to pray a Mystery of the Rosary

When you are distracted by some other thought, return gently to this phrase Title.....

Continue praying this way for the remaining prayer time..... (Three to five minutes)

We can also pray this way with the other devotional practises

Come Holy Spirit enlighten me about the Titles of Litanies

Come Holy Spirit reveal to me the redeeming Power of Your Cross.....

Come Holy Spirit teach me about Your Divine Mercy.....

Come Holy Spirit teach me about the role of the Angels and the Saints in prayer.....

Mary's Rosary

The Rosary is a Christ centred prayer that meditates on the Mystery of Salvation. Each Mystery of the Rosary proclaims a Living Grace that we can proclaim and apply to our own circumstances for hope, healing, deliverance and restoration.

Praying a *Hail Mary* summons multitudes of Angels to assist us in our prayer requests and they will help us when we come under spiritual attack from the Devil.

Litany Prayer.

To pray a Litany Prayer is to proclaim the Power and Promises of God's Word through Scripture and the Teachings of His Church. Each Title when prayed meditatively sets us free from fear and bondages in our lives and blesses us with Christ's Healing Love. Like building blocks of Grace, they restore our soul and spirit that has been damaged through the effects of sin. Each Litany Title reflects a Promise of Christ that we can apply to our own life's circumstances.

Stations of the Cross Prayers.

The Stations help us to focus on the pain and sufferings of Jesus for our redemption. Each Station powerfully represents His Acts of Love, His ability to Forgive and the shedding of His Blood to set us free from evil and all forms of darkness. The Living Graces proclaimed in this way of praying will release us and family members past and present of these sinful pre-dispositions. Without healing prayer these character flaws continue to reappear in each generation.

(Exodus 20:4)

Divine Mercy Chaplet Prayers

Pope John Paul II Encyclical on Divine Mercy says, "*God is Rich in Mercy*" and he describes Merciful Love in two terms. God's Mercy has the tenderness of a mother's love with the faithful covenant of a father's love.

As we pray this Prayer Chaplet we begin to grow in faith and trust in the Father's Love. Jesus' rays bring to us deliverance and healing for our body, soul and spirit. We are set free from our afflictions and sinful tendencies that choose darkness over the Light of God's Grace.

Conclusion

The following Angelus Prayer Charisms are in The Teaching Manual Mary Queen of Intercessors. These teachings/prayer exercises encourage us to seek the Higher Gifts of the Holy Spirit to pray against Satan's strongholds in all faith's cultures and nations.

As we **SIT/WAIT/LISTEN** in the silence of Love with Jesus contemplating the Book of Wisdom. We are infused with wisdom, knowledge and understanding about the Spiritual Realms in Heaven and on Earth.

The Spirit will enlighten us about the Communion of Saints for the Prayer Ministry of Healing and Intercession. The Language of Love by speaking and interpreting the Holy Spirit's gift of tongues. The Prayer Jewels of the twelve foundations stones of the New Jerusalem (*Revelations 21 :1-7*) that restores and protects us from being vulnerable to Satan's spiritual attacks. The Role of Angelic Choirs to assist us in spiritual warfare and Mary's Diadem Crown of Twelve Stars. (*Baruch 5: 1- 4*)