

The “Our Father” and the Angelus

The Lord’s Prayer

MARY said, “My soul magnifies the Lord...” and she “pondered all these things” in *His Heart*

See. Luke 1:46; 2:19&51; Matthew 11:29.

Meditating the *Our Father* can include the *Apostles’ Creed & Sacraments* and the reciprocity in the *Commandments of the Christian Way of Life*, thus.

THE BLESSED TRINITY AS “FATHER”

Theologically, a father is the principal one who produces of his own substance another person like himself. There is, consequently, a Father within the Trinity, Who begets God the Son. But the **Triune God is Himself spoken of as Father**, with respect to the rational beings Whom He made to share in His own possession of knowledge and love...

Modern Catholic Dictionary p. 207, John A. Hardon SJ

...However, each Divine Person performs the common work according to His unique personal property... It is above all the divine missions of the Son’s Incarnation and the gift of the Holy Spirit that show forth the properties of the Divine Persons.

Catechism of the Catholic Church n. 258 (cf. 2801); but the technical word ‘appropriation’ is not used in the CCC.

Question: *Whom do you call “Our Father” when you begin the Lord’s Prayer?*

Answer: “*Our Father*” is **Almighty God, Father, Son and Holy Ghost, Who is Father of all.**

The Old Green Catechism: (Lesson 20, n. 11, p. 44)

So the petitions of *Our Father* are addressed to God the Blessed Trinity. Yet the first three seem to have a certain allocation (cf. the priestly greeting at Mass, 2 Corinthians 13:13, and the other tripartite three-part texts in St Paul) to the individual Divine Persons:-

	Our Father Who art in Heaven	The Blessed Trinity of Three Divine Persons is appropriately addressed as ‘Father’ because the Name ‘Father’ is also that of the first Divine Person. In the inner mystery of the One God, God the Father is the source of life in the Godhead, of the Son and the Holy Spirit, Who are equally Almighty and uncreated God from all eternity; (See the authorities quoted above the tabulation.)
1.	hallowed be Thy Name	Hallowed is the name “Father”, both naturally and by revelation, “He Who is”, “I am Who am”, and to be adored by angels & men hence our own dignity, duty, and destiny as men;
2.	Thy Kingdom come	Christ is King and has established the Kingdom of God-the-Trinity, and He comes here & now to us, and is coming again;
3.	Thy Will be done on earth as it is in Heaven	The Holy Spirit is sent by the Son from the Father: hence He activates Pentecost, Church & Sacraments and the spiritual life of each soul to do the Will of God;
4.	give us this day our Daily Bread	The Blessed Sacrament of the altar of sacrifice and all spiritual needs, including knowledge & love for our souls and ‘daily bread’ as food, clothing & shelter for our bodies;
5.	forgive us our trespasses... as we forgive those who trespass against us	Sacramental Confession necessary for grave sins after Baptism and for spiritual growth conquering venial sins and imperfections; Christian morality is the imitation of God’s goodness and of the reciprocity of the Golden Rule towards our neighbour;
6.	and lead us not into temptation	Baptismal grace battles with the remaining weaknesses left in us from the loss of the special gifts in Adam’s Original Sin;
7.	but deliver us from Evil	Christians are in a spiritual war with Satan, sin & selfishness.

THE DOXOLOGY

THROUGH HIM and with Him and in Him,
TO God, Almighty Father,
in the unity of the Holy Spirit,
all glory and honour is Yours,
for ever and ever.

Fittingly, this Trinitarian doxology (= a praise word) at the end of the Eucharistic Prayer is immediately taken up in the *Our Father*.

St Cyprian, Bishop & Martyr †258 says of the 2nd petition, “It may be that **Christ Himself is the Kingdom of God**, He Whom we desire to come each day.” It was this text that prompted the rest of the tabulation.

SACRAMENT	OUR FATHER	Linking thoughts
Baptism	Hallowed Name	named child of God
Sacrifice of Mass	Hallowed Name	adoration of Holy One
Marriage/Orders	Thy Kingdom	building the community
Confirmation	Thy Will	saving other souls
Communion	Daily Bread	Eat this bread, live forever
Penance	Forgive us	via priestly absolution
Anointing Sick	Deliver us from	sin, sickness, death

THE TEN COMMANDMENTS express our **duties** to God & man, and imply our **human rights** from God, which we must reciprocate to others, e.g. being forgiven if forgiving.

The Angelus

ANGELUS is Latin for “angel”, the opening verse of a prayer about **the greatest event in history.**

Among Catholics, the Angelus bell is rung morning, noon and night, to call the faithful to honour the Incarnation of the Son of God, and His Passion, Death and Resurrection.

The actors in this great drama of God are:-

- **Luke:** Saint Luke, who quotes Saint Mary the Virgin.
- **Matthew:** Saint Matthew, quoting Saint Joseph via Mary.
- **Gabriel** the Archangel, quoted by Saint Luke from Mary.
- **Elizabeth:** Saint Elizabeth, kinswoman of Our Lady.
- **Cyril:** Saint Cyril of Alexandria, VIP at Council of Ephesus.
- **The faithful** down the ages and all round the world.
- **Mary,** the Blessed Virgin Mary, our Lady.
- **John,** Saint John, the Beloved Disciple.
- **Paul,** Saint Paul, Apostle to the Gentiles.

THE TABULATION below can be acted, with or without dressing up, or used as a radio play.

THE ANGELUS is a blending of Bible texts to their mutual enrichment, like chords in a harmony (or vegies in a stew or fruit in a salad!), to help us meditate on God’s Mysteries.

Such meditative praying helps the disciples of the Lord Jesus to live Our Lady’s *Ecce* “Behold” and *Fiat* “Be it done,” and make our own her *Magnificat*, “My soul magnifies the Lord.”

THE THEME of the Incarnation was dear to J.R.R. Tolkien. After *The Hobbit*, he began *The Lord of the Rings*, but, while preparing the Andrew Lang memorial lecture on Fairy Stories, he had new insights and radically changed the plot.

He developed a thesis of the **eucatastrophe**, a word he coined for a “good catastrophe”, as an opposite of a catastrophe.

A eucatastrophe is the triumphant turning point in a story or in history. It is a totally unexpected happy ending, “a never to be repeated grace”. In this, fantasy reflects Gospel reality, because the Incarnation is a happy ending to man’s sinful history, and the Resurrection is a happy ending after God-incarnate was Crucified. Thus all fantasy stories are a faint reflection of these Divine interventions. See his *Tree and Leaf*.

NARRATOR	The Annunciation of the Lord to the Blessed Virgin Mary.	The narrator can be off-stage
Bell Ringer	Three gongs	Perhaps bells rung by altar boy
LUKE	The angel of the Lord declared unto Mary	Luke 1:26a,28a
MATTHEW	And she conceived of the Holy Spirit	Matthew 1:20b
Narrator	The “Hail, Mary” is from Gabriel the Archangel and Saint Elizabeth, and the “Holy Mary” is from Saint Cyril and the Faithful. They help us rejoice in the Annunciation to her, and in her Visitation to St Elizabeth:	
GABRIEL	Hail, Mary, full of grace, the Lord is with thee, (blessed art thou among women).	Luke 1:28b (and some MSS add)
ELIZABETH	Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.	Luke 1:42
CYRIL	Holy Mary, Mother of God	Council of Ephesus A.D. 431
The FAITHFUL	pray for us sinners, now and at the hour of our death. Amen.	Tradition
Narrator	Saint Mary the Virgin’s covenant with God — we make it our own.	
Bell Ringer	Three gongs	
MARY (1)	Behold, the handmaid of the Lord.	Luke 1:38a
MARY (2)	Be it done unto me according to thy word.	Luke 1:38b
Narrator	Now recite a second “Hail, Mary” from Gabriel the Archangel and Saint Elizabeth, with a second “Holy Mary” from Saint Cyril and the Faithful...	Repeat the texts above
after <i>Hail Mary</i> , Narrator	At the Annunciation, by Our Lady’s, “Be it done,” took place the miracle of the virginal conception and the Mystery of the Incarnation.	
Bell Ringer	Three gongs	
JOHN (1)	And the Word was made flesh.	John 1:14a
JOHN (2)	And dwelt amongst us.	John 1:14a
Narrator	Now recite a third “Hail, Mary” from Gabriel the Archangel and Saint Elizabeth, with a third “Holy Mary” from Saint Cyril and the Faithful...	Repeat the texts above
Bell Ringer	Nine gongs	
CYRIL	Pray for us, O Holy Mother of God, Council of Ephesus A.D. 431	
PAUL	That we may be made worthy of the promises of Christ.	perhaps Ephesians 3:6 etc.
Narrator	Let us pray	
EVERYONE	P OUR FORTH, we beseech Thee, O Lord, Thy grace into our hearts, that we, to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may, by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.	On the 4 th Sunday of Advent this collect is now translated correctly, likewise on Our Lady of the Rosary, 7 th October, with the extra phrase from the Latin, “through the intercession of the Blessed Virgin Mary”.