



### CHOIRS of ANGELS Prayer Groups:

***“[The Lord] will give His angels charge of you to protect you in all your ways”  
(Psalm 91:11).***

Fr Martin has suggested that some virtual ‘choirs of angels’ gatherings are set up to commit to pray and ‘meet up’ during this time. Angels are heavenly beings, who serve as messengers of God and guardians of human beings. The Bible indicates that angels are everywhere: ***“Do not forget to entertain strangers, for by doing so, you have unwittingly entertained angels”*** (Hebrews 13:2). It is possible you’ve seen these messengers from God without even realizing it!

**How do I take part?** .... N.B. This is a work in progress...!!

#### **Join a group already set up.**

Fr Martin has suggested a group for each day of the week with an angelic name. Here are seven to choose from: **QUEEN of ANGELS \* SERAPHIM \* CHERUBIM \* St MICHAEL the ARCHANGEL \* St. GABRIEL ARCHANGEL \* St. RAPHAEL ARCHANGEL \* GUARDIAN ANGELS \*** (See panel below ☺)

#### **Next step!!**

Contact the person whose name\* is in the final column, they will explain.

Angelic Name	Day of the Week	Virtual Meeting Time	Program used	Contact person's details
<b>Guardian Angels</b> (Children)	Monday	10.30am	Facebook Watch party	*Fr Martin 07748226685
<b>St Michael Archangel</b>	Tuesday			
<b>St. Gabriel</b>	Wednesday	7.15pm	WhatsApp	*Tony Campion (SVP)07975880839

<b>St. Raphael</b>	Thursday	2pm  8.10pm	Zoom  Zoom	*Amanda Buchan (The Raphaelites) 07817989021 *Sue Brown (Bethany) after Lent groups finish 07801479637
<b>Cherubim</b>	Friday	8.30am	Facebook Watch party	*Mary Nono (Stay Awake) 07538573621
<b>Queen of Angels</b>	Saturday			
<b>Seraphim</b>	Sunday			

### Would you like to set up a group?

Gather some friends!! This could be prayer or social groups in the parish, groups of families or young or elderly friends. They could be neighbours or golfing companions, book-sharers or Mums. They are whichever friends or family we feel called by God to invite. God's choice! Our response!

Chose a day and time of the week to 'meet'.

Choose a name for your group. (Information about the angel names is at the bottom of the page).What time and how you 'meet' is up to you!

**How does a group meet?** with **Skype** or **Zoom** on your computer or on your smart 'phone with **WhatsApp** (4 maximum) or similar. Get children or grandchildren to help! Check out the table above let Fr. Martin know name and day of your choice to 'meet'!!!

**How do we pray?** This is also up to you! Read a Scripture passage and ponder. Pray the Rosary. Pray with intercessions. Pray the Stations of the Cross. Praise God in song. Pray the Prayer of the Church. Pray the Gospel of the day. Walk round your garden and praise God in Creation. Gaze at a piece of Art by Caravaggio or Michelangelo. Pray the Our Father and other well-known prayers slowly. Sit in silence at the foot of a crucifix. Sit in Silence at Adoration online. Pray in whatever way and however you and your companions choose. The most important thing is that you pray!!

**Recommendation:** To unite us all, Fr Martin recommends that we begin with one decade of the rosary – 1 Our Father and 10 Hail Marys.

**Need inspiration?** Some information about angels!

**Seraphim** depicted as having six wings, are angel attendants before God's throne, praising God, calling "**Holy Holy Holy is the Lord of Hosts**".(Is.6:1-7)..

**Cherubim:** choirs of angels, double-winged guardians of God's glory, who symbolize God's power and mobility, see (Rev 4-6). Catholic tradition says they have an intimate knowledge of God and continually praise Him.

Our patronal feast day of The Archangels Michael, Gabriel and Raphael is celebrated on 29 September. Archangels are sent by God to deliver important messengers to human beings at critical times in history and salvation.

**St. Michael the Archangel**, leader of the forces of heaven in their triumph over Satan and his followers, has been invoked as patron and protector by the Church from the time of the Apostles.

**St. Gabriel the Archangel** mentioned in the Book of Daniel, appeared to Zechariah to announce the birth of John the Baptist (Lk 1:11) and proclaimed the Annunciation to Mary to be the mother of our Lord and Saviour. (Lk 1:26)

**St. Raphael the Archangel** in the book of Tobit announces, "I am the Angel Raphael, one of the seven who stand before the throne of God." (Tb 12:15) He brings healing. Raphael disguised as a human, guided Tobit along the way and instructed him on what to do.

**Guardian Angels** deliver prayers to God and God's answers and other messages to humans. They may even visit us and encourage us that God is at work. God, who is responsible for creating the Angels has also promised us His presence in the face of life's storms. And finally.... but most importantly ....

**Our Lady, Queen of Angels!** who certainly needs no introduction: Mary, Mother of Jesus, our heavenly mother: the first disciple.