



Welcome to the *Opus Angelorum!*



The Work of the Holy Angels

Dear young friend of the holy Angels,

We welcome you to the family of the *Opus Angelorum!* We, the priests and brothers of the Order of the Holy Cross and Sisters of the Holy Cross are happy that you are ready to start your formation with your Guardian Angel!

The center of the *Opus Angelorum* in the Philippines is in St. Raphael's Priory, in Zambales: north-west of Manila.

Our community is responsible for this movement in the Church.

We frequently travel to different places in the Philippines, to inspire people to live a deeper spirituality with the help of their Angels.

Many people know that there are Angels, but they don't know how to relate to them and make them part of their daily life.

This booklet will teach you who your Angel is and what he does.

Through this booklet you will learn how to be guided by your Angel, and with his help, love and serve GOD.

Are you ready for this adventure? You are in our prayers and we are always ready to assist you!

*Your Brothers and Sisters
of the Holy Cross*



Angels and saints – not far from us!

DON'T LOOK NOW.
But there's an angel at
your side - and a saint
praying for you too!



The Angels keep us full of surprise and joy because they enter our life when we least expect it, bring good news, encourage, enlighten, and we know they will come again.

They are never far from us, in fact, they never leave us. When we give them a chance and open ourselves to their reality, they will do their very best to guide us safely to God.

Youth and Angels – a good team for the future of the Church

A youth without Angels is a youth without orientation

Youth: “Who are you?”

Angel: **“I’m your angel!”**

Youth: “Don’t joke around with me. I don’t believe in Angels. This is for children, not for me. And by the way, you don’t look like an angel. Angels have wings and are small.”

Angel: **“That’s what some people think. But in reality we are spirits, and spirits don’t need wings.”**

Youth: “You want to tell me that you are my Angel? I don’t know why I would need an angel. And how can you prove it?”

Angel: **“I know every step of your life. I’ve been at your side since your life began. Do you remember the incident two years ago? When you took a cell phone from the store?”**

Youth: “How do you know?”

Angel: **“Do you remember when you said “Sorry” to your Mama after having lied to her, last week? and when you shared your lunch with that poor child a month ago, and yesterday, when you cried in your room?”**

Youth: “How do you know all these things?”

Angel: **“Every moment of your life is recorded in my heart. I’m the Angel of the Lord, sent to walk with you. I’m a light along your way, I encourage and guide you, I protect and inspire you.”**

Youth: “Wow, I can’t believe this... So what do you want me to do?”

Angel: **“Can we be friends? Can I be your brother? Can we serve God together? Will you permit me to work in your life, to guide you to holiness and to show you the way to God?”**

Youth: “Can you help me when I’m sad, when I’m tempted to sin and when I have hurt someone? That’s what I most need right now... and some guidance in my decisions?”

Angel: **“I will be here for you to be an inspiration. I’m your guide, I will fight with you and for you against temptation and sin. I will be here to help you discover and use your talents for something great. Come and walk with me!”**

And from this moment on, the youth and the angel walk together, and build a powerful team to glorify God and to oppose the devil’s influence in this world.



Prayer to my Angel for friendship

My holy Angel, you are always at my side and are concerned about me;
on the way to God, you are my best friend and companion.

But my relationship with you is not at all a friendship. I haven't fostered
a personal friendship with you. I wasn't much interested in you. I
seldom talked to you. I listened only to a few of your inspirations.

In spite of my failures towards you, you didn't abandon me nor did you
stop interceding for me before God, carrying my prayers to Him and
transmitting to me the graces I need. You continue to serve me as a true
friend and brother.

I'm very sorry for my behavior towards you. I want to change this.
I thank you for your fidelity and loving care for me. I ask you to help me
become more and more your brother and friend and to make you part
of my life.

I want to form a team with you, together with you I want to adore and
love God and help serve for the salvation of my fellow man, and bring
JESUS into this world. Show me how we can
cooperate.

Amen.

Respectfully yours,

.....

Sign your name



Angel of God, my Guardian dear,
to whom God's love commits me
here, ever this day be at my side
to light and guard, to rule and guide.

I promise you, My Angel friend,
Obey I will, please take my hand.
And with your help in daily strife
I reach the goal: eternal life. Amen.

The Opus Angelorum – an army of holy Angels and men in GOD’S service



What’s the Opus Angelorum?

The OA is a spiritual army of Angels and men under the protection of MARY, to help and support the Church in our troubled time, especially our priests and religious, and to unite all creation in JESUS.

The OA is an international association of faithful in the Catholic Church, approved by the Holy See in 2008. It has members all over the world, bishops, priests, religious as well as lay people: children, youth and adults.

What is special? - It’s a way with the holy Angels

The OA proposes a way of holiness with the holy Angels. Together with them and following their example,

- we **adore** GOD, especially present in the Most Holy Eucharist,
- we **contemplate** the mysteries of GOD,
- we offer **expiation** for sins, in a special way through celebrating weekly the Passio Domini,
- and **are sent** into the world to build up GOD’S kingdom.

For this purpose, we consecrate ourselves to our Guardian Angels.



Did you know?

You can be consecrated to your Angel!

Angels help us to connect to GOD. They are our “fellow servants”, sent to help our salvation (Hebr 1:14). In the

OA, we bind ourselves to the holy Angels through a consecration, to give space for them to be present in our lives and work together with them:

- to know GOD better and love Him more
- to glorify Him in a more powerful way
- to build up and strengthen GOD’S kingdom on earth.

Through this consecration, we commit ourselves to the holy Angels, build up a covenant and friendship and give them the chance to be more active in our lives.

Feel the presence of your Angel

“May you feel the presence of the Angels beside you, dear young people, and let yourselves be guided by them so that your whole life may be illuminated by the word of GOD.”

Benedict XVI,

Audience 2010/09/29



Angels bring out the best in the life of a youth

The OA Youth formation wants to form *true, faithful* and *committed* young Catholics, ready **to fight the battle of faith** together with the Angels and to **be a**

shining light for their fellow youths.

The formation in the OA wants to help young people:

- to deepen their relationship with JESUS CHRIST and MARY; to grow in holiness, peace and joy;
- to develop their talents and gifts;
- to discern the spirits of our times;
- to detect and oppose the seductive techniques of the evil one;
- to strengthen them in the battle against temptation;



all this with the help of the holy Angels, for the glory of GOD.

Our battle is not against enemies of flesh, but against the evil spirits (cf. Eph 6:13). In the OA, we want to be equipped for this battle, and fight the battle of our life together with the holy Angels.

My tasks in the Opus Angelorum

- Friendship with your Guardian Angel in daily life;
- Love for JESUS, especially in the EUCHARIST, and MARY;
- Contemplate the mysteries of GOD (Rosary, Bible);
- Celebrate weekly Passio Domini;
- Pray for priests;
- Live your mission in the Church, building up the kingdom of GOD

A formation year to train in the spirituality with the Angels and begin a beautiful friendship with GOD's Angel

The formation in the OA is a one year preparation for the Consecration to the Guardian Angel. It has 52 topics, one each week.

Through this formation we deepen our spiritual life, get to know the holy Angel and learn how to cooperate with him in daily life. The Consecration to the Guardian Angel is the high point of the formation year. Your angel is ready to guide you during this year and to challenge you to great things. You will really feel his guidance! At the end of the formation time, you will be able to make the Consecration to your Guardian Angel!

Do you feel attracted to this formation guided by your holy Angel?

"Yes, I believe in the presence of my Guardian Angel in my life, and I'm ready to figure out his message for me, and I want to follow his inspirations, admonitions and guidance.

I'm ready to give up bad habits, I want to follow the way of holiness and become a good Christian with the help of my Angel.

I want to love and serve JESUS and MARY together with my Angel.

I commit myself to read the weekly topic of the formation book and implement it in my daily life."



Spiritual Program for the formation:

- ✓ Sunday Mass; if you have a chance and you can make it for a weekday Mass, it would be great!
- ✓ Daily morning and night prayer
- ✓ Thursday evening and Friday afternoon: Prayer for PASSIO DOMINI
- ✓ Weekly meditation (read the topic of the corresponding week and follow the Reflection)
- ✓ if possible, daily Rosary (at least a part)



How to follow the formation?

- Choose the weekday of your formation: The best might be on the weekend: Saturday or Sunday.
- Before you read the weekly topic, pray the Sanctus, invite your Angel to pray it with you.
- Read the formation topic carefully.

Feel free to always contact us! Your ORC priests



The Sanctus

In the Opus Angelorum, we love to pray the **Sanctus**. By repeating often this song of the Angels in heaven, we unite with them and call down GOD's presence in our time and place. It was first taught to the prophet Isaiah by the Seraphim (cf. Is 6)

It's a prayer of love, adoration and admiration, of worship and praise. Our first task as creatures of GOD is to adore and worship. It is therefore great to pray the Sanctus, since this prayer unites us with the unending adoration of Angels and saints in heaven:



**Holy, holy, holy Lord, GOD of hosts!
Heaven and earth are full of your glory!
Hosanna in the highest!
Blessed is He who comes in the name of the
Lord! Hosanna in the highest!**

Memorize it also in Latin:

**Sanctus, sanctus, sanctus,
Dóminus DEUS Sábaoth.
Pleni sunt cæli et terra glória Tua. Hosánna in excélsis.
Benedíctus qui venit in nómine Dómini. Hosánna in excélsis.**

You can pray the Sanctus with your Guardian Angel (slowly and meditatively):

- before you read the formation topic;
- to bless a place;
- at the beginning of your prayer;
- with the Guardian Angel of another person, especially difficult people;
- before an interview (call the Guardian Angel of the person who will interview you);
- when you are angry or in temptation;
- with the Guardian Angels of people who are far away;
- in moments of trial and sadness;
- for protection against evil;
- together with friends and family, especially when someone is passing through hardships;
- whenever you want to ask the holy Angels to be present in some place or some time.



Always with me

"My Angel is always with me. He always reminds me to do good and what is pleasing in GOD's eyes."

Stephanie, 19, Pangasinan

Close to the Lord when He most needs us: Passio Domini



Passio Domini (Latin: “Pa-ssi-o Domini” = “Passion of the Lord”) is our weekly practice in the OA.

It is the time of the Sacred Passion of Our Lord JESUS Christ.

JESUS began to suffer after the Last Supper, when He went with His apostles to pray in the Garden of Olives (Gethsemane), where He suffered agony. After being betrayed by Judas, He was seized and brought to the high priests. The Passio Domini continues on Friday, with the questioning of JESUS, His scourging, crowning with thorns and way of the cross.

It ends with His crucifixion and death at 3pm.

In the OA, we accompany JESUS during this time, in prayer at least for a while, according to our possibilities. Thus we follow JESUS’ invitation: **“My soul is sorrowful even to death. Remain here and keep watch with me.”** (Mt 26:38).



We can do this in different ways, according to our circumstances: through some short prayers at home, at school, in a church. Or if possible, we can even spend some time with JESUS in the Eucharist (adoration chapel or church).

During the Passio Domini we pray especially for our priests and bishops, but also in reparation for the sins of the whole world, for the salvation of souls.

This is a very precious time, where our prayer has great power, because of the suffering and intercession of JESUS on the Cross.

The most important hours:

Thursday 9pm to 12mn

The hours of the agony of JESUS in the Garden.

Friday 12nn to 3pm

The hours of JESUS on the Cross.

⇒ See the Passio Domini Prayers p. 87

Ready to start your formation? 1...2...3... go! 😊
Don't give up, but persevere until Week 52!

Getting to know GOD's holy Angels

Done on
.../.../.... (date)

“The Angels reveal themselves only to those who love and invoke them.”
Card. Journet



Greater than all heroes of this world: the holy Angels! Why? Because they battle successfully in the greatest battle of human history: the battle of men and Angels, for GOD and against the destructive power of our common enemy: the devil and his fallen angels.

In order to effectively unite with our Guardian Angel and the Angel hosts, we have to know them first: Exactly who are these mysterious creatures who turn up at unpredictable times? Who are these invisible

but so powerful friends?

The Church teaches us that Angels are pure spirits created by God, possessing intelligence and will. Their dual role is to adore GOD in heaven and carry out divine missions on earth. To each one of us is assigned a personal angel.



Praised be GOD in His Angels!

Study carefully the following questions. You will be able to share some of your new insights to other interested people who don't know yet about the holy Angels and their mission in our world.



When did God create the Angels?

At the beginning of creation, when He created the universe, GOD created the Angels as first creatures.

What is an Angel?

Angels are **pure spirits**. That means:

- they don't have physical size or extension;
- they don't sleep/eat/drink;
- they are **smart**: they understand by intuition, not through senses like us;
- they are **strong**: they are more powerful than us and can even move stars;
- they are **fast**: they don't need time to move from one place to another: in one moment they can be on the other side of the world.

Do we become Angels after death?

No, we can't change our nature. But in heaven, we men will live in communion with the Angels. At the end of time, our bodies will be raised again in glory.

Are Angels boys or girls?

Because they don't have a body, but are pure spirits, Angels are neither male nor female. In Holy Scripture they take masculine characteristics.

Are there Guardian Angels for countries?

According to fathers of the Church, every country, every city and town, even every family has a Guardian Angel.



Do the Angels have wings?

Angels don't have a body, and therefore don't have wings either. Sometimes they appear with wings, even with six wings.

But wings are just a symbol, because the Angels are sent to us by GOD as messengers, and obey GOD always quickly, when He asks them to do something for Him.

Do Angels have names?

Yes, all Angels have names, but Holy Scripture tells us just three: St. Michael, St. Gabriel and St. Raphael. These names have a meaning, e. g. 'Michael' means 'Who is like GOD?'; 'Gabriel' = 'Power of GOD' and 'Raphael' = 'Medicine of GOD'. The meaning of the name is what that Angel does and is responsible for. Every Angel has a unique name.

What do Angels do, according to the Holy Scripture?

They worship and praise GOD.
They reveal mysteries to us.
They guide and give instructions.
They provide for needs, bring healing.
They protect from danger, banish devils.
They strengthen and encourage.
They answer prayers.
They care for us at the moment of death and carry our souls to GOD.

Why can't we see the Angels?

Because Angels are spirits. They are not material. But that doesn't mean that they don't exist. Many people think that what they don't see or can't prove scientifically doesn't exist. But that's not true. Actually, there are many things that we don't see, but they exist anyway, like our soul, or air, or music; our ideas and thoughts, pain and joy. We cannot see our Angel, because he is a spiritual being. But you know that he is at your side, and you don't want to ignore him, but love him as your friend.

What are the choirs of Angels?

God made different groups of Angels. We call these groups 'choirs'. There are nine choirs in three hierarchies.

The first hierarchy is dedicated to adore God:

Seraphim (Isaiah 6:2)

Cherubim (Genesis 3:24, Ezekiel 10:1-22)

Thrones (Colossians 1:16);

the middle hierarchy is involved in government of creation:

Dominations (Colossians 1:16)

Powers (1 Peter 3:22)

Principalities (Colossians 1:16)

and the third hierarchy helps in our salvation:

Virtues (Colossians 1:16)

Archangels (1 Thessalonians 4:16)

and **Angels**.

How many Angels exist?

We don't know the exact number, but the Bible says, there are countless hosts of Angels.



What does "angel" mean?

"Angel" comes from the Greek word "angelos". It means: "messenger".

Does GOD still create new Angels? Are Angels Guardian Angel of only one person or of several?

GOD created Angels only once. And every Guardian Angel is Guardian Angel just once, for one person. Your Angel is just your Guardian Angel here on earth – and your companion angel in heaven forever.

Are all Angels equal?

Angels are so special and different from each other, more than we humans. Everyone is unique.

Did GOD create good and bad angels?

GOD can only create good things;

the Angels at the beginning were all good.

But GOD submitted them to a test, and unfortunately some of them turned away from GOD, out of their own free will, they disobeyed him out of pride. They didn't want to serve in humility. So they were expelled from heaven by St. Michael. We call the good Angels "holy Angels" and the fallen angels "demons"; their leader is "Satan", also called Lucifer or "Devil".

Demons want to seduce us to sin and rebel against GOD.

Where do the Angels go when we die? Do they get new assignments?

If one's soul goes to heaven, we will praise God together with our Guardian Angel forever.

If one's soul goes to purgatory, our Angel will collect prayers for us until we get out and can enter heaven.

If a soul goes to hell, his Angel will return to GOD. He did his best to save that soul from falling into hell, but the soul didn't want to serve GOD.

Angels become Guardian Angels only once.

What's my Angel's name? What should I call him?

One would like to know his name to relate to him better. We don't know our Angel's name. Their names are mysteries of GOD, because they have special meanings. He didn't want to reveal them to us. We will only know their names in heaven. But it's not really necessary to know their names. You don't call your mother and father by name, but you are close to them. Just call him 'My Angel', and he will always listen to you.

Does every person have a Guardian Angel?

According to our faith, every Christian has a personal Angel, assigned by GOD, to protect, guard and guide us. Probably every person has their own individual Guardian Angel. In any case, every human being enjoys the protection of the holy Angels.

Does our Guardian Angel like us when GOD assigns him to us?

Yes, he was waiting thousands of years for that moment. He wants to be our best friend and does everything to help us and lead us to JESUS.

What is the popular devotion to the Seven Archangels?

In the Philippines, we have a National Shrine of St. Michael and the archangels, right across from Malacañan Palace, in Manila. People have assigned the Seven Archangels to the seven weekdays.

Sunday: St. Michael; Monday: St. Gabriel; Tuesday: St. Raphael; Wednesday: St. Uriel; Thursday: St. Sealthiel; Friday: St. Jhudiel; Saturday: St. Barachiel.

These assignments are part of local popular piety, but not recognized by the universal Church. The names of these Angels are also not identical with our personal Guardian Angel's name.



How do Angels look like when they appear?

"I'm not a cute little baby!" says my Angel.

Not like this:

Angels in the Bible never appear as cute, chubby

infants. They are always full-grown adults. When people in the Bible saw an angel, their typical response was to fall on their faces in fear and awe, not to reach out and tickle an adorable baby...

Angels also never appear as superman, fairies or beautiful ladies.



OK:



Angels appear as powerful beings, and inspire the human person with a sense of holiness and the presence of GOD. Sometimes they also appear without wings, and look like a human person.



REFLECT:

I don't want to forget anymore that I have such a great angel at my side, my personal angel. From today on, I want to be more aware of his presence and thank GOD for this gift. "Praised be GOD in his Angels!"

My fear goes away

"There are times when I don't know what is the right thing to do... I ask my Angel to enlighten me. I feel someone behind me who does not approve all of my decisions. I'm challenged. And when I am afraid, I ask my Angel for help. And the fear goes away." *Chery, 17, Bicol*



"For God commands the angels to guard you in all your ways.

With their hands they shall support you, lest you strike your foot against a stone."

Ps 92: 11-12

Learning the Angel language

“Behold, I send my Angel before you. Pay careful attention to him and obey his voice.” Ex 23:21

Done on
.../.../.... (date)

“How can I better relate to my Angel? I pray to him and try to talk to him. But I don’t see him and can’t hear him talking to me...”

To converse with an Angel is really not so easy! In this formation topic, we want to learn how to enter into contact with our Angel.

How Angels talk to us

Angels are spirits. They don’t use sound waves to talk to us. They use a spiritual way: by enlightening our mind and hearts through inspirations. Angels can even influence our senses and emotions. Angels talk through our conscience, helping us sense what is good and what



is bad. Angels talk to us through incidences in our lives and through images; you will understand only when you give yourself time to reflect and to listen.

Since Angels are spirits, we can talk to them in our mind. Since Angels can’t read our heart – only GOD can – we have to share our thoughts to them, by communicating to them in our mind what we want to share.

Angels are holy. When we want to connect with them we need to keep our hearts pure and avoid sin.

There are several passwords that we need when we want to be friends with them: Silence. Listen. Obey. (SLO)

Create silence – and you will hear the Angel talking to you

We live in a noisy world: shows, movies, music, internet, text messages and phone calls. We are often too filled with noise to connect to the Angels and let them talk to us. We turn to noise to distract us. We think noise will make us feel good: we may feel less alone and problems and guilty feelings are forgotten for a while. But Angels are not satisfied with that. They want to help and bring us true peace. They want to lead us to CHRIST, who is our life and salvation. We have to create space for the Angels to guide us.

The first thing is to create silence. *“I realized how much I’m addicted to distractions... Since I started watching less TV, listen to less music and don’t play online games anymore, my life has changed. I have more time for GOD, my faith, family and friends and to relax”,* says a young Angel friend. Noise can really control us.



What GOD is telling you

"When we keep exterior silence, it helps us to have interior silence. You need interior silence to hear what GOD is telling you." MARY Ann, 17

Exterior silence is easier than interior silence. Once you shut down the noise around you, the next challenge comes: it's noisy inside, too! Sins, problems, fears, anger, envy, bitterness, resentments, unhealed wounds. All this makes our souls restless and "noisy".

This formation "Guided by the Holy Angel" will help you to come to that inner peace, so much desired.

An Angel counsel: Go to confession regularly. Angels want a pure heart, so that they can transmit GOD's message to you. Your angel will increasingly inspire you.



Right decisions

"I always talk to my Angel in my mind, I ask his guidance in decision making and – by the grace of God – my decisions are right, thanks to my Guardian Angel." *Louie, 16, Manila*

"Blessed are the pure of heart, for they shall see GOD." We could add: "... and they will be able to communicate with their Angels!"

Talk with your Angel like with a good friend

You might not yet be able to hear your Angel, but you can start to talk to him. The more you talk, the more you will learn to find out what he says.

Angels are experts in psychology, but they can't read the secrets of our hearts. **You have to share your thoughts with your Angel.** How can they help us, when we don't share our life with them? Start to talk with your Angel. Share your day with him. Ask him questions. Tell him your problems. Ask for a counsel and enlightenment. Ask him favors. Ask him to reveal GOD's will to you: "*Angel, what message do you bring me today from GOD?*" Speak always honestly and sincerely to your Angel. Speak from the bottom of your heart. You can trust him.



Ready for good news: I want to listen to my Angel

To listen means: to be open and ready to learn new things. Disposed to receive the message the Angel brings from GOD: messages of love, forgiveness, of inspirations and encouragement, challenge and admonishment.

The Angels are creative, and speak to us frequently, but we don't listen carefully, or we are not ready for their intervention in our life ... GOD tells us to be attentive and to listen to our Angels:

"To hear your Angel's voice you must have trust in him and your heart must be filled with good things."

Angelo, 16, Albay

"See, I am sending an Angel before you, to guard you on the way and bring you to the place I have prepared. Be attentive to him and heed his voice. Do not rebel against him, for he will not forgive your sin, for My name is in him." (Ex 23: 20-22)

When we ignore the warnings and counsels of the Angel, they will become fainter and fainter. Our Angel never gives up on us, but when we don't listen, we are closing our ears to him. Angels have sometimes challenging messages. How will you react to their message?

Angel friends obey – because the message comes from GOD

To listen and obey Angel messages brings joy. Even when it's sometimes hard... But it brings blessings. GOD will be on our side:

“Thus says the Lord: “If you heed his voice and carry out all I tell you, I will be an enemy to your enemies and a foe to your foes. My angel will go before you.” (Ex 23:23)

Angels don't like it when we don't obey them or don't listen. Zacharias didn't believe the Angel Gabriel. The Angel punished him until he obeyed GOD. MARY, on the other hand, readily believed the Angel's message: “Behold, I am the handmaid of the Lord, be it done unto me according to your word”, she answered.

Once you listen to the voice of your Angel in your heart and obey (which means taking the message to your heart and obeying promptly, once you are sure it's really your Angel), then he will be able to do great things in your life! And GOD will be with you!

So: S – L – O, but not slowly :)

SILENCE – LISTEN – OBEY

A man of silence, who listened and obeyed: St. Joseph

St. Joseph was chosen by GOD to be worthy to be the foster father of JESUS on earth. He was a silent and prayerful man. No word from him is transmitted to us in the Bible. In all his decisions he carefully listened to the message the Angel brought to him.



Several times an angel appeared to him. He listened and obeyed. He took MARY, his wife into his home as the Angel told him. He named the baby “JESUS”, as the Angel instructed him. Because of his immediate obedience, the child JESUS was saved from the hands of Herod: When the angel had warned him, in the middle of the night, he got up immediately and took MARY and JESUS and left for Egypt.

St. Joseph is therefore for us an example of how to cooperate with GOD's holy Angels for the kingdom of GOD.

Practice:

Choose a quiet place. Close your eyes for a while, become exteriorly and interiorly calm and listen.

Breath slowly and deeply. Now listen into your heart. Listen carefully to GOD. What do you hear? What do you think is the most important message your Angel brings to you at this moment?

Is there anything you want to admit to yourself, to your angel and to GOD?

REFLECT :

- 1) What incidences and signs did I experience this day/week that my Angel used to tell/teach/remind me of something?
- 2) What are the different “forms of noise” in my life? Exterior noises and interior noises?
- 3) I want to pause once in a while and listen to my Angel. Do I want to obey his inspirations?
- 4) Did I have an experience where I knew what GOD wanted, but I hesitated to do it ... and then it was too late? I don't want to miss important chances that the Lord offers to me.

Share this formation with your friends!

Ask your friends in school, parish or youth group to deepen their faith and to sign up for the Opus Angelorum formation book! Contact us for copies of this formation book!

See our contact at the beginning of the booklet.

Your priests and Sisters of the Holy Cross



ANGELS WATCH OVER DREAMS

Tina always had weird dreams; while sleeping, she would start to talk and turn around in her bed and wake up upside down, or laying on the floor or at a different place of the room. A priest told her to make every evening, before she went to bed, the sign of the cross with blessed oil and pray to the Angel to watch over her sleep and her dreams, and to protect her from all harm. It worked! Since then, Tina always had a calm sleep, hasn't been speaking anymore while sleeping and always woke up in her bed.

Sometimes she had troubles again during the night, but then she remembered she had forgotten to pray to the Angel the night before...

My best friend Guardian Angel: what he does and wants – a letter from my Angel

“I’m a fellow servant with you.” Rev 22:9



“Hello, my dear friend, I am your Guardian Angel!

From the very *beginning* of your life, GOD has entrusted you to me. I was very happy when GOD called me to be your Angel, to guard you and to lead you to JESUS. I came down from heaven, to accompany you during your entire life. I will never abandon you; even if you forget me

or never talk to me, I will be your faithful companion. In doing my Angel service to you, I imitate JESUS who came down from heaven to serve and save.

You are special to me!

Since the very beginning of your life I know you and love you dearly. I witnessed all that has happened in your life, the beautiful things, but I suffered with you also because of the painful things. I can feel with you. You are very special to me. I watch over you day and night.

I was at your side when you were baptized and received First Communion; when you were confirmed as a soldier of CHRIST at confirmation. I will do everything in my power to lead you to GOD: the Father, the Son and the Holy Spirit. That’s my goal: your salvation.



He makes me happy again

“My Angel inspires me to work for justice and to pray sincerely. I feel him at my side, and when I am thinking about cheating on exams, he feels sad and it makes me stop and avoid cheating.

When I say to him ‘Be strict with me’, he really is; when I cry for help, he really helps; when I talk to him, he listens, and when I am grieving in pain, he comforts me and he makes me happy again. My Angel guides me and answers my questions in silence... I feel he’s also unhappy when I do wrong.”

Mark John, 16, Cebu



GOD wants our friendship

GOD wants us - you and me - to become friends here on earth and to form a team, to fight together against the devil and sin; for in heaven, too, we will be together forever.

We will be a powerful team, because you can do things I can't do, and I can do things that you are not able to do.

I will help you to become holy, a saint, the person GOD calls you to be.

I will lead you also to MARY, your mother. You have a place in her Immaculate Heart, and she will protect you under her mantle and help you to become like her Son, JESUS!

At the end of your life, I will bring your soul to JESUS.. If you lead a holy life - if you try to do GOD's will at every moment, if you repent of your sins sincerely - then the gates of heaven will be open to you.

My angelic friend offers to me:

- help in discernment of good and evil
- guidance along the right path
- inspiration with heavenly thoughts
- enlightenment in decisions
- understanding of God's mysteries
- encouragement and consolation
- protection on my ways and against temptation
- healing and strength

If a person resists GOD's grace and remains in mortal sin, this soul cannot enter into heaven, but will lose eternal life and be lost in hell forever. The Guardian Angel of such a soul will be very disappointed, for he tried everything to bring that person to repent from sin,

but that soul didn't want to repent. I know that you don't want to follow the way that leads to hell, and I will do everything to keep you on the straight path to heaven.

I want to show you how great and good GOD is

We Angels see constantly the face of the Father in heaven, and what a joy! How great and how beautiful GOD is! The whole of eternity is not enough to see HIM, for HE is so wonderful! If you could see HIM like I do, you would die out of joy. I want you to see HIM also, in eternal life, then we can see HIM together and we'll never get enough! I cannot wait to show you how great HE is!



I will connect you to GOD

I'm very close to GOD and very close to you. That's why I can bring all your prayers to GOD. If it is according to His Will, He will fulfill your wishes. And when GOD gives you a grace, I will bring it to you. That's my task! I can bring you counsel and strength from the Holy Spirit.

I offer my friendship to you

But it depends on you, if you want my help! If you become my friend, I can help you much more!

But you can help me to help you:

I can't see all the thoughts in your heart, only GOD can see your heart. If you want me to help you better, share with me what you have in your heart: your thoughts, your joys, your problems. I'm ready to listen to you and to correspond to your needs!

I'm looking forward to be in heaven with you, together with all the other Angels and saints, and you will be my joy in heaven! I hope you are going to follow the footsteps of JESUS!

I greet you in JESUS and MARY,
your best friend, *Guardian Angel*"



REFLECT:

- 1) Reflecting on my life, when did I experience my Angel's help in my life? Can I share it?
- 2) I write a short letter as response to my Angel on the next page: What do I want to say to him?

Today I want to start a deeper bonding with my Angel.

A FAITHFUL COMPANION ALL THE TIME

St. Gemma Galgani saw her Guardian Angel standing at her bed, extending his wings above her head. Also during the day, he accompanied her on her way and strengthened her whenever she needed it; he told her to eat when it was time, he blessed her, and also corrected and rebuked her, when she had sinned. The Angel is at our side, day and night!

My Angel helps me to make JESUS the center of my life

“The Angel said: ‘He is the Messiah, the Lord.’” (Lk 2:11)

What things have influence in my life? Who or what has authority? Is it public opinion? ... what they say on TV and radio and on the internet? Or what my friends or classmates say? – or is it JESUS and the Gospel, the Pope, the Church?

That which marks the life of my Angel is: JESUS. JESUS is his center. My Angel adores Him, loves Him, ministers to Him. JESUS occupies his thinking. JESUS is “all” for my Angel. Do we really know Jesus? It’s the greatest desire of our Angel to help us to find, know and love Jesus. This



is a journey: step by step Jesus becomes more familiar to you, He is a mystery, and the more you know Him, all the more you can say: “Jesus, for You I live! I give you full authority in my life!”

Angels know Jesus well: He is the center of all Angels, and of each and every Angel.

My Angel reveals JESUS to me: “My Lord and GOD!”

As my Angel knows and loves JESUS so much, he’s eager to share this with me. Daily he reminds me of the presence of JESUS, and reveals to me ever more, who JESUS really is: GOD who became man, visible, touchable, close to me. Since the incarnation, GOD looks at me with human eyes: “*The Word (JESUS) was made flesh (human)*” (Jn 1:14).

With my Angel, I believe that He is the Son of GOD: true GOD, together with the Father and the Holy Spirit, and also true man, born of MARY – my Savior and Lord! My Angel says:

“My dear young friend, discover who JESUS really is for you:

JESUS is the **SON of GOD** (Jn 5:25);

JESUS is the **physician** to heal your wounds (Mt 9:12);

JESUS is your **Master** and **teacher**: He has words of eternal life (Jn 6:68);

JESUS is the **Light** of the world (Jn 8:12) and also your light;

He is your **Way**, your **Truth** and your **Life** (Jn 14:6);

He is the **Lamb of GOD**, who takes away your sins (Jn 1:29);

He is the **living bread** (Jn 6:51), your daily food;

He is the **Resurrection** and the **Life** (Jn 11:25);

Adopt the way of JESUS

“To follow JESUS involves living as He lived, accepting His message, adopting His way of thinking, embracing His destiny and sharing His project, which is the plan of the FATHER.” **Bl. John Paul II**

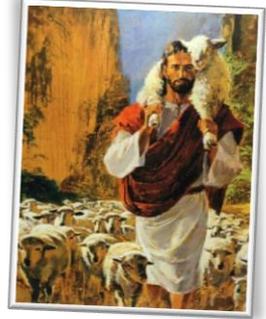
He is the **Good Shepherd** (Jn 10:11) who lays down His life for you, knows you, feeds and guides you, and seeks you when you are lost; He is your **door** to salvation (Jn 10:9): your Savior;

He is your **mediator** before the Father (1 Tim 2:5): he intercedes for you;

He is **Lord of lords** and **King of kings** (Rev 17:14) – your Lord and King.

I want to help you to be like JESUS:

- **meek** and **humble** of heart (Mt 11:29),
- **poor** and **simple** (2 Cor 8:9);
- **obedient** and doing always the will of the Father (Jn 4:34);
- **merciful** and **faithful** (Hebr 2:17).



My Angel confirms:

“JESUS loves you very much!”

He himself, my Angel, is a living sign of GOD’s love for me. JESUS is concerned for me and sent me an angel to take care of me, to

lead and guide me.

My Angel says: “JESUS revealed to me how much He loves you. He longs to come to you, console you and

give you strength; to lift you up and to bind

all your wounds; to bring you His light to dispel your darkness. He comes with His power, to carry you and all your burdens; He comes with His grace, to touch your heart and transform your life; to give you peace.”

My Angel reminds me: “The proof of JESUS’ love for you is the Cross. JESUS is ready to give His life if you were the only one who existed. His heart beats for you. His eyes look at you with love. His ears are ready to listen to you. He wants to forgive your sins.”

With my holy Angel, I want to live in the awareness that JESUS is always with me and loves me.

With my Angel’s assistance I will become like JESUS

Youth: “JESUS is my inspiration. He’s the model for my life. I see that the way how JESUS lived



Adopt the way of JESUS

“Jesus, I know that you are the Son of God, who have given your life for me. I want to follow you faithfully and to be led by your word. You know me and you love me. I place my trust in you and I put my whole life into your hands. I want you to be the power that strengthens me and the joy which never leaves me”. **Benedict XVI, Madrid, August 21, 2011**

and loved, is the best way for me to follow. I give Him full authority over my life. He's the way, I want to walk. He's the truth I believe, and the life I want to live."

My Angel answers: **"I see that you love CHRIST very much. Without JESUS, you can do nothing. He is your life"** (cf. Jn 15:5).

Youth: "JESUS wants to become visible in this world through me. I want to give Him room, so that He can live in me, and I can think like He thinks, feel like He feels, and then also speak like He speaks and act like He acts. I want to live as if JESUS would live in my place. I let JESUS take over my whole life, I let Him grow in me. The more I become like JESUS, the happier I will be. You, my good Angel, will assist me with your counsel and guidance, your admonition and light."

"Lord, if you wish you can make me clean" (Mt 8:2).

My Angel opens my eyes for the presence of JESUS in my life

My Angel reveals:



"You meet JESUS especially **in the Holy Eucharist**: at Holy Mass, in the tabernacle and Adoration Chapel. Give all for Holy Mass. Look forward to receive Holy Communion. Greet Him when you pass by a church by making a short visit or the sign of the cross."

"JESUS talks to you **through His holy Word**: when you read Holy Scripture, in bible sharing, in homilies and talks. Listen carefully to His message."



"You meet JESUS **in the pope, the bishops and priests**. Respect His representatives, and pray daily for them. JESUS has given them His priestly powers."

"JESUS is also present **in your brothers and sisters** around you, especially in your own family and in the poor, sick and needy."

"JESUS shows you daily His love **in many little ways**, through incidents, and especially through the goodness of others. Just open your eyes, you will find Him smiling at you."



Pope Benedict XVI: "Let Jesus become more and more your friend!"

"Jesus speaks to you today, through the Gospel and His Holy Spirit. He is your contemporary! He seeks you even before you seek Him! While fully respecting your freedom, He

approaches each one of you and offers

Himself as the authentic and decisive response to the longing deep within your hearts, to your desire for a life worth living.

Let Him take you by the hand! Let Him become more and more your friend and companion along life's journey. Put your trust in Him and he will never disappoint you! Jesus enables you to know at first hand the love of God the Father; He helps you realize that your happiness comes from His friendship, from fellowship with Him. Why? Because we have been created and saved by love, and it is only in love, the love which desires and seeks the good of others, that we truly experience the meaning of life and find happiness in living it, even amid difficulties, trials and disappointments, even when it means swimming against the tide. Dear young people: **if you are rooted in Christ, you will fully become the person you are meant to be.**" Benedict XVI, 4 June 2011



Prayer: Transform me into Yourself

○ my Divine Savior, transform me into Yourself.
 May my hands be Your hands, ○ JESUS.
 May my tongue be Your tongue, ○ JESUS,
 Grant that every faculty of my body may serve only to glorify You.
 Above all, transform my soul and all its powers,
 that my memory, my will and my affections
 may be Your memory, Your will and Your
 affections, ○ JESUS.



I pray You to destroy in me all that is not You.
 Grant that I may live but in You and for You, and
 that I may truly say with St. Paul:

"I live, now not I, but CHRIST lives in me" (Gal 2:20).

(cf. St. John Gabriel Perboyre, adapted)

R E F L E C T :

- 1) Who is JESUS for me? How would I describe Him to others?
- 2) Am I dedicated to JESUS? How much time do I give to Him?
- 3) My Angel is close to JESUS. How does my Angel bring me closer to Him? How can I know JESUS better?
- 4) What does it mean: "JESUS is the center of my life"? How can I make Him the center of my life?

Pray the prayer: "Transform me into Yourself" meditatively.

My Angel teaches me how to pray

Done on
.../.../.... (date)

"The Angel said to them: 'Thank GOD! Give Him the praise and the glory.'
Tob 12:6



Angels are experts and professionals in prayer. They praise GOD day and night. Their prayer is loving, living and joyful. Angels see the face of GOD, they are filled with joy.

Prayer is fresh air for our soul to breathe.

Many people don't know how to pray well, from the depth of their hearts. Their prayer is superficial, often only a prayer of lips. Many

people only pray when they need something, and expect that GOD immediately grants their petition. But this is not really a true friendship with GOD.

The holy Angel teaches us:

- the prayer from the heart: not just a lips service, but deep and sincere prayer: really mean what we say;
- to acknowledge our unworthiness and our sinfulness;
- reverence in prayer: proper body posture, reverence & silence in the church and adoration chapel;
- to adore, praise and thank and pray for spiritual things first, and only then to ask for lesser favors;
- to pray in an attitude of silence and listening; Angels are not noisy
- how to pray always, even when we are busy.

Counsels for a good prayer

- start with a moment of recollection and silence; be calm and focused;
- become aware of GOD's loving presence
- pray the Sanctus to unite with the Angels
- Imagine, JESUS before you, and you can talk to Him just like to a friend.

"GOD is here", reminds my Angel.

Our greatest difficulties in prayer are *distractions* (=our thoughts fly around and we are not focused) and *dryness* (=sometimes we don't feel joy in prayer). One reason is that we don't think enough of GOD's presence. "GOD is here", reminds the Angel, "He looks at you with love!" We can speak with the Lord like we speak with a good friend.

Prayer is a gift. Only a humble and repentant heart receives.

Before praying, let us always take some time of silence and recollection, close our eyes, breathe calmly and become interiorly silent, and we can focus on the presence of Our Lord, MARY and the Guardian Angel. Then we look up to GOD with the eyes of our faith: *"He is so great, majestic and beautiful"*, says the Angel.

"Pray, pray very much!" invites the Angel.

JESUS teaches us to pray always (Lk 18:1). It means to make a prayer of all we do: work, study, leisure, rest, even our meals. All becomes a prayer when we do it well and in GOD's presence, for His greater glory.

Especially precious to GOD is when someone offers his suffering for the glory of GOD and conversion of sinners. Thus, sickness too becomes a prayer.

The devil wants to discourage us from praying, for he knows, when we pray, he has no chance. "Pray, pray very much!" says the Angel.



St. John Vianney, the parish priest of Ars, prayed daily several hours in the early morning before the tabernacle in the church. Through his prayer and sacrifices, he was able to bring his whole parish from sin to conversion. Prayer is powerful!

Pray out of love, lively and joyfully like the Angel.

- a) **pray out of love:** not out of obligation or under pressure, but like someone who is in love with GOD. If you like it very much to say a loving word to JESUS, then you are on the right path.
- b) **pray lively:** like someone who is excited to tell many things to someone, in lively conversation. Then your prayer is never boring.
- c) **pray joyfully:** not as a burden, but as an honor and looking forward to it; because no one understands us better than the Lord.

Prayer has to be deep and come from your heart. It is lifting up your heart and mind to God, it unites you with Him.

Learn to converse with Him daily
"Do not omit your personal, daily prayer. Learn to converse with the Lord, confide in Him, tell Him of your joys and anxieties and ask Him for enlightenment and support for your journey."
Benedict XVI, June 6, 2012

"Walk in the presence of GOD"

By remembering the presence of the Lord, MARY and the Angels in our daily activities, we learn to make GOD part of our life, we can avoid sin, and our love for GOD will burn more ardently. While at work, study, leisure etc., our Angels inspire

us to remember that GOD is present at every moment, surrounding us with His love and watching us. It can help us to make short prayers like: **“JESUS, my Lord and my GOD”** or **“JESUS, MARY, Joseph, I love you, save souls”** or **“JESUS, have mercy on me, a sinner”** or **“My Angel, you are here with me, I don’t have to fear”**. We can also sing a song to ourselves: **“Here I am, Lord!”** – **“I love the Lord!”** We can also pray the **“Sanctus”**.

Angels, whatever they do, always do it with their eyes fixed on GOD. Thinking of the presence of GOD makes us calm, patient and strengthens us for the good. *“Seek the LORD and His strength; seek His face continually”,* says my Angel.

Prayer is not something magic that we use for our own purpose, but it means collaborating with GOD to search for His desires.

Our daily prayers: Morning and Night prayer

No day begins or ends without lifting our hearts up to GOD. In the morning: praise, thanksgiving, and petition; in the evening: praise, thanksgiving and repentance.

Please pray daily the morning/night prayer indicated in this booklet. When we treat GOD as a good friend, then we are never too tired to say **“Good night!”** to the Lord. Make it your habit to make conversation with GOD the first and last activity of your day.



“Bless us, O Lord ...” – grateful for our food

Many people don’t have enough food. One more reason to thank GOD before and after we eat. By blessing our food, we ask GOD to keep us healthy and remove anything harmful from our food. As human beings, we don’t start our meals like animals, falling hungrily over our food, but we pause for a moment and praise GOD.

“Holy Angel, help me to give witness to my faith by making the sign of the Cross even in public, before and after I eat.”

St. Patrick was offered a glass of wine. He didn’t know it was poisoned. He blessed it before drinking. The poison did not harm him. Also St. Francis prayed a blessing over the poisoned food given to him to kill him. He ate it without harm.

Prayer is learned only by praying

Someone asked Mother Teresa of Calcutta:

“Can you tell me how I can learn to pray?”

Mother Teresa answered: “Pray!”

“But how?” – “Just pray!”

REFLECT:

- 1) When did I have the best prayer experience?
- 2) What are my difficulties in prayer now?
- 3) As I'm growing more mature, how does my prayer become more mature, too?
- 4) How can I make my prayer lively, loving and joyful?
- 5) Can I go to confession more frequently?
- 6) What are the moments I want to give more attention to JESUS in a living conversation with Him?
- 7) What is my favorite prayer? Why?

"My Angel ay ang best-friend na every day kong kasama, siya ang parang nagsasabi sa akin na ano ang tama at 'ito ang gawin mo'. Parang, hindi mo maiisip gawin isang bagay na masama, dahil alam ko nasa likod ko lang siya." Mariel, 21



"Para isa siyang *biological clock* para sa akin, kahit naka-alarm na ang relo ko, siya pa rin ang nauunang nanggigising sa akin tuwing umaga." Kenneth, 16

Text us to sign up as an official member of this OA youth formation! Our priests and sisters will guide you through text!

Text:

"OA Youth formation <first name> <family name> <age> <Address> <school>" to:

Globe: 0905 225 1733 Smart: 0929 346 3773 Sun: 0933 619 7755

Your ORC priests



Together with my Angel I serve MARY

“The Angel said to her: ‘Hail, full of grace! The Lord is with you. Do not be afraid, MARY, for you have found favor with God.’” Lk 1:28.30

MARY took care of JESUS, when he was a youth. Therefore, every young person who wants to follow JESUS is a son and a daughter to her. Dear youth, the mother of JESUS knows you and wants to be your spiritual Mother!

The holy Angels are – besides being servants of GOD – also servants of MARY. Because of her special position as Mother of GOD, she was elevated above the Angels. Together with our Guardian Angel, we love MARY dearly and venerate her as the Mother of JESUS and our Queen and Lady.



My Angel says: “You can call her ‘Mama!’”

JESUS looked down from the Cross and said to St. John: “Behold, this is your mother!” and in St. John, JESUS meant all of us: “Look at MARY: This is your Mother!”

JESUS knew that we need a mother to go to, to cry with, to bring our intentions and prayers to; a mother who takes care of us. We accept MARY lovingly as our mother, as JESUS shares her with us. My Angel wants me to discover her as my personal spiritual mother. I can say “Mama” to her – for my Angel, she is the Queen.



Like my Angel, I belong to MARY

Since MARY is the Queen of the Angels, my Guardian Angel loves her dearly and serves her. MARY has a special place in my life, as my Guardian Angel is also close to MARY.

I want to love MARY as my dear mother, and entrust myself, my youth, my future and my abilities to her. It’s the best way to follow JESUS: at the hand and under the protection of MARY. It’s true: There has been no youth yet in the world who had entrusted his/her life to MARY and lost JESUS. We consecrate ourselves to MARY: We give her our hearts, so that she, in whose womb the human heart of JESUS was formed, may form our hearts in the likeness of JESUS. May she keep us in her Immaculate Heart and protect us from all dangers.

“MARY is the star that guides us towards her Son JESUS.”
Benedict XVI, August 15, 2008

MARY knows my needs, brings them to JESUS and says: “Do whatever JESUS tells you” (John 2:5).



At the wedding in Cana, MARY saw the need of the people: they had run out of wine. She brought this intention to JESUS, and said to the servants: “Do whatever He tells you” (Jn 2:5).

MARY really sees my needs, problems and worries, and talks with JESUS about me. And JESUS will listen to His Mother, as He did at Cana, when He changed water into wine!

MARY is my Mother, and she can be so even more, when I come to her, ask for her help and imitate her. To her I entrust all my needs.

She reminds me: “Be obedient to my Son JESUS, do whatever He asks of you.” **A friend of the Guardian Angel will be also a true child of MARY and love her dearly!**

MARY is the guiding star in my life

MARY has perfectly followed the call of GOD, when the Angel Gabriel knocked at the door of her heart in GOD’s name. “**Behold, I’m the handmaid of the Lord. Be it done to me according to your word**”, was her answer. These two words of MARY are a good attitude for me: “Ecce!” and “Fiat mihi!” (“Behold!” and “Be it done unto me!”).

MARY is our model in listening to the Angel and in fulfilling GOD’s will. She always said “Yes” to GOD’s call, even when it demanded meant seeing her Son die on the Cross and sacrifice herself along with Him.

MARY’s faith is an example for us: She said “Yes” to GOD, even in the deep pain of sharing her Son’s cruel death on the Cross. Her trust in the word of JESUS, her humility, patience and love are our inspiration. Readily she forgave those who crucified her Son: Let us forgive like MARY did.

MARY was the one who best imitated JESUS on earth.



Daily Consecration Prayer to MARY

Through this short prayer, we want to consecrate ourselves and all what we are and have daily to MARY, knowing that she securely guides us to her Son. Can you memorize it and pray it daily?

My Queen and my Mother, I give myself entirely to you; and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Therefore, good Mother, as I am your own, keep me, guard me, as your property and possession. Amen.

A promise of MARY to you

Mary appeared to Sister Lucia (Fatima) one day and said to her: "See, My daughter, My heart surrounded by thorns which ungrateful men pierce at every moment by their blasphemies and ingratitude... Say to all those who,

- for five months, on the first Saturday,
- confess,
- receive Holy Communion,
- recite the Rosary and
- keep Me company for 15 minutes while meditating on the fifteen mysteries of the Rosary, in a spirit of reparation,

I promise to assist them at the hour of death with all the graces necessary for the salvation of their souls." **Can you do the first five Saturdays?**



Opus Angelorum members are Marian: We love Mary as our spiritual mother, imitate her in her love for Jesus and her holiness.

REFLECTION :

- 1) How can I express my love for MARY in my daily life? Can I pray at least sometimes the Rosary? or daily a part of it?
- 2) What did today's reflection teach me? Can I resume it in my own words?
- 3) What can I do to be more like MARY?
- 4) To express your love for Mary, write a short personal letter to Mother MARY from the heart. [you may write it in your personal notebook.]



Mary will teach you to fix your gaze on Jesus

"The Virgin of Nazareth, the compassionate and patient Mother, will mold within you, dear young people, a contemplative heart, and teach you to fix your gaze on Jesus so that, in this world that passes away, you shall be prophets of a world that does not die." John Paul II, 22 February 2004

Holy Confession – a joy for the Angel

Done on
.../.../.... (date)

“There is joy among the Angels of GOD over one sinner who repents.” Lk 15:10

“Penance, penance, penance!” These are the words of the Angels in Fatima. The Angel knocks at the door of the heart through our conscience: He tells us to convert and renew our heart. He admonishes in temptation, he reminds us of past sins and doesn’t leave us in peace until we confess our sins and change our life.

Confession gives joy to my Angel

My Angel feels at home with a pure heart, while the devil flees. My Angel is pure and transparent like a crystal. There is

no sin in him. He suffers when I remain in sin as he fears the loss of my eternal life and the weakening of my love for GOD. He rejoices when I confess and he sees the Blood of JESUS purifying my heart at the moment of the absolution of my sins by the priest. He enjoys my company when I have a pure heart. Thus, confession is not just a penance, but it becomes a feast: we start to enjoy life. We are in peace.

My Angel reveals the nature of mortal sin to me

“A mortal sin is the worst that can happen to you here on earth”, says my good Angel,

“it separates you from GOD. It hurts your Father in heaven, the heart of JESUS, and me, too, when you ignore my inspirations to avoid sin and temptation. I don’t want you fall into eternal damnation, but that you live and be saved. I continue to knock at the door of your heart, when you sin, and rejoice when you repent. I will lift you up after your fall and give

you the strength to go to confession and move on in your life.

“Let your repentance be out of love”, says my Angel

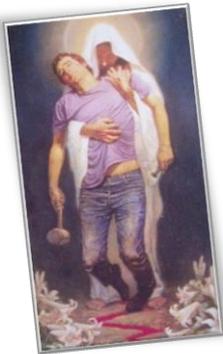
Repentance is the firm will to abandon the way of sin and return to GOD. It is imperfect when out of fear of punishment (hell) or because of a disadvantage caused by sin; it is perfect when out of sorrow for having offended and hurt the good Lord. Repentance opens the gate of divine

Starting out anew

“Receive the sacrament of Penance and Confession: it is an encounter with JESUS who forgives our sins and helps us to do good. Receiving the gift, starting out anew is a great gift in life, knowing that I am free, that I can start again, that everything is forgiven.”

Benedict XVI, June 6, 2012

“When I saw JESUS on the cross, I grieved and cried, ‘who nailed Him?’ but I was shocked when I turned and saw ... the hammer in my hand ”



Mercy. As friends of the Angels we see sin as an offense against His love for us, as rebellion and disobedience that hurts the heart of JESUS.

“Be on guard against the devils traps”, warns my Angel

The Angel is patient and compassionate, but also strict, because he loves you. **“Let your decision to avoid sin be strong and resolute”**, he says. Through frequent confession, we can oppose the devil and diminish his destructive influence. Confession helps avoid mortal sins and progress on the way to holiness. **“Take courage”**, says my Angel, **“JESUS won the victory for you on the Cross.”**



You can just tell it to GOD personally, without going to a priest.

Believe firmly in JESUS' word to the priest: "Whose sins you forgive, they are forgiven!" (cf. Jn 20:23)

Leave it for next time.. You are too busy now.

Tomorrow it might be too late. Don't delay the joy of a pure heart and don't risk losing eternal life!

Your sins are too great and too many; you won't be forgiven.

GOD's mercy is endless and patient: JESUS, I trust in You!

That sin is so embarrassing. Don't say it!

Take heart! GOD is greater than your sin.

You confess always the same sins, there is no change anyway!

The one who fights until the last will win the crown of victory!



Angel counsels for a good confession:

- Examine your conscience well about all sins committed, from your last good confession until today.
- Repent of your sins (contrition) in sorrow and include a firm decision to avoid any sin.
- Confess your sins to the priest, minister of GOD's mercy, without skipping or hiding any mortal sin out of shyness (it makes confession invalid).
- Do the penance given by the priest.

My Angel explains about confession:

- It is a fresh shower for your soul
- It is a place where Jesus' Blood destroys your sins
- It takes away the burden of your soul
- It means giving account of your life to God
- It is a new chance offered to you by God.



REFLECT :

- 1) What were my most beautiful confession experiences?
- 2) Did I experience the devil tempting me with his traps, to hold me back from confession? How can I oppose them in the future?
- 3) A regular confessor, a priest who knows me and can counsel and guide me, is a great help. Do I know any priest I could ask to be my confessor? From today on, I want to repent of my sins sincerely, and not only out of fear of losing my eternal life, but even more because I really hurt GOD through them.
- 4) Frequent confession is very helpful for my life. Why? Is there a way I can arrange it?

How often should we go to confession?

As Catholics, we have the obligation to confess any mortal sins at least once a year. But to progress in holiness, it is recommended: once a month.

In the case of a mortal sin: ASAP

Find out the confession schedule in your parish and make it your habit to confess monthly. You will experience the power of GOD's mercy.



Get to know the center of the Opus Angelorum in the Philippines:

St. Raphael's Priory!

Join our fb angelusyouth@yahoo.com

Examination of Conscience for Young People

Have I been lazy in my morning and night prayer?

Did I use the name of God in vain?

Did I believe in horoscopes, consult faith healers or believe in any superstition?

Have I regularly attended Holy Mass on every Sunday and holiday of obligation?

Did I voluntarily engaged in distractions in my prayers?

Did I obey my parents? Did I talk back to my parents, my teachers, or other persons in authority?

Did I fight with my siblings/classmates/friends?

Have I used offensive language? Did I call someone bad words?

Did I make fun of others?

Have I been rude and indecent to my fellow?

Did I lose my patience?

Did I gossip and speak badly about others behind their back?

Did I give a good example to others, especially to my younger siblings, classmates and friends?

Did I apologize when I hurt others? Have I wished others misfortune or evil?

Did I drink excessively alcohol? Did I damage my health through smoking? Did I take forbidden drugs?

Have I sinned against chastity in thought and desire, in word or in deed?

Did I harbor and cultivate impure phantasies?

Did I look at impure or immodest pictures/magazines/movies? Did I read impure things? tell impure jokes?

Have I engaged in any kind of unchaste sexual acts? Alone (masturbation)? Or with another? Fornication? Adultery?

Did I steal money or things? Did I return stolen things? Did I waste money through gambling?

Did I lie? Did I cheat? at school?

Have I been lazy in my house chores?

Did I damage borrowed things?

Have I harbored resentments, been unforgiving?

Have I been selfish? envious?

Confession Guide

“In the Name of the Father, and of the Son, and of the Holy Spirit.” Bless me, Father, for I have sinned. My last confession was ... (how long ago). These are my sins: ...

[confess your sins]

I am sorry for these and all the sins of my past life.

[Wait for the penance the priest will give you. Then pray the act of contrition.]

[When the priest says “... and I absolve you from your sins, in the name of the Father and of the Son and of the Holy Spirit”, make the sign of the cross. In this moment, your sins are forgiven. After your confession, pray the penance.]

Act of Contrition:

My GOD, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads to sin.

Our Savior JESUS CHRIST suffered and died for us.

In his name, my GOD, have mercy.

My Angel enlightens me about Holy Mass

Done on
.../.../.... (date)

"Do this in memory of me." Lk 22:19

My Angel explains: "Holy Mass is the unbloody renewal of the sacrifice of JESUS on the Cross, offered for your salvation: When Holy Mass is celebrated, JESUS Crucified becomes invisibly present and lets you take part in His sacrifice. It's the high point and center of your life as a Christian, for at Holy Mass, you are united with the Lord JESUS Christ, when you receive Holy Communion. That's why Holy Mass is offered continuously around the globe."



It is therefore a great omission and mortal sin to voluntarily fail to attend Sunday Mass when it would be possible to assist.

Church is full of GOD's Angels, because He Himself is here!

St. Gregory said: *'The heavens open and multitudes of Angels come to assist at the Holy Sacrifice.'* We would be amazed if we could see how many Angels are present! Angels behind and in front, beside and above, Angels ascending and descending upon the people of GOD! Is it that heaven came down or earth was lifted up into heaven? At Holy Mass, heaven and earth are united in worship!

"Ah! if we had the eyes of Angels with which to see our Lord JESUS CHRIST present on the altar and looking at us, how we should love Him!"
St. John Vianney

My Angel waits for my active participation at Holy Mass.

1. He **praises GOD** with me. The Holy Guardian Angel helps me to make Holy Mass a wonderful moment of prayer, of being with GOD, of being with JESUS and MARY; he prays for me and asks GOD for all that I need. I don't want to be late.

2. He **inspires** me with good thoughts and helps me when I am distracted. When I hear the word of GOD, he will try to help me to understand and practice it.

3. He teaches me **reverence**: "GOD Himself is present!" A friend of the Angels will be reverent in church; he will focus on JESUS: on His word and on the Eucharist. He will make holy Mass a conversation with JESUS. A



friend of the holy Angels won't receive JESUS in the state of mortal sin, but go to confession first.



4. The Angel **brings my offerings to the altar.** My angel will carry my prayers, works, study etc. as my offering to the altar. I don't want to let him go with empty hands!

5. He **adores JESUS in me**, when I receive Holy Communion! He will try to help me to make a good thanksgiving after communion, and will try to keep my heart focused on JESUS present in me. I close my eyes after Holy Communion, so I can concentrate better and am not distracted by looking at other people. At Fatima, the Angel even brought Holy Communion to the children! So much do Angels desire our union with JESUS in the Eucharist!

“Sunday is for the Lord”, reminds my Angel.

Every Sunday, the Lord calls us Christians to gather around His altar to nourish and strengthen us with His word and His Sacred Body and Blood, and to build up our Christian community. On Sundays, we avoid unnecessary works, but make it a day of rest, a day of Church, charity and family. It's the day of the Resurrection; it's the center of our lives. **“Give to GOD, what belongs to Him”**, reminds my

“A Sunday without Holy Mass is like a day without sunshine.” St. John Vianney

Sign seeking

My Guardian Angel always wakes me up early so that I would not be late at daily Mass. My means of communication with him is by sign seeking.” Rowell,16, Bicol

holy Angel. I ask myself: Do I not steal Sunday from the Lord, does my Sunday really belong to Him?

“It's a mystery and it's powerful,” says my Angel

Holy Mass is the greatest and most beautiful gift of GOD to us on earth! At Holy Mass:

- JESUS CHRIST is really present;
- JESUS adores and honors GOD THE FATHER for us and with us;
- JESUS makes reparation for our sins;
- JESUS thanks the Father in our name for the blessings He gives to us;
- JESUS prays for us and obtains graces for us;
- JESUS wards off calamities and protects us against sin;
- our venial sins are forgiven, when we repent them;
- our petitions are granted when according to the will of GOD;

- we obtain the grace of a happy death;
- our time of purgatory is shortened;
- we can help best the souls in purgatory
- we receive untold graces

Once we understand what Holy Mass is and how great its value, we will desire to receive JESUS even more often and we

In the OA, we prefer to receive JESUS on our tongue: it expresses reverence and respect for the holy.



Friendship with JESUS at Holy Mass

“Dear youth, our friendship with JESUS is continually nourished with the Eucharist, in which we receive His Body and His Blood. For this reason I invite you always to take part joyfully and faithfully in Sunday Mass, when the entire community gathers together to pray, to listen to the word of God and to take part in the Eucharistic Sacrifice.”

Benedict XVI, June 6, 2012

will try to make room for weekday Masses.

Eight hours walking to receive JESUS

“In Brazil, a poor and simple man, father of a family, was living very far away from the next chapel, on a farm, where he had to work very hard every day to survive and to sustain his family.

But the most important thing for him

was to receive Holy Communion. Every Sunday at 3.00 a.m. he left with his family and they walked almost 4 hours to the chapel. At 7.00 am was

Holy Mass. After Mass they walked back home again almost four hours. Eight hours walking for Sunday-Mass. 8 hours walking for the Eucharist. What sacrifice do we make to attend Holy Mass and receive Communion?”



REFLECT :

- 1) What is important or new for me in this formation topic?
- 2) How can I attend Holy Mass “together with my Guardian Angel”?
- 3) How great is my desire to participate at Holy Mass? Can I make room for a weekday Mass? I will handle the laughter of other people. It’s for the Eucharistic JESUS!
- 4) How could I celebrate Sunday? Is it central for me? What else can I do besides going to Holy Mass? I let my Angel inspire me.

REFLECTION :

1) Avoid discussions about issues of religion with members of sects, since it leads usually to no positive result. Their intention is, when they approach to discuss faith issues, usually to attack, to spread doubt and confusion – but they do not seek the truth nor are they open to dialogue. I avoid these people and don't allow them to enter our home (e. g. Mormons, Jehova's witnesses etc.)

2) I help those who sincerely search for the truth by solid arguments supporting our faith.

3) I try to use good books (bible commentary, catechism) to study well my faith.

4) What was the reason why family members, friends and classmates joined other religions? Can I help them to return to the flock of CHRIST?

5) How can we help attract those who have a different religion to our faith?

6) Would I ever abandon my faith for the sake of some personal advantage by joining another religion? Would I date someone who is not a Catholic? I ask my Angel to help me to be faithful and reject money or a

WE ARE THE CATHOLIC CHURCH :

- Our family is made up of **every race**. We are young and old, rich and poor, men and women, sinners and saints. Our family has spanned the centuries ...and the globe.
- With God's grace, we started **hospitals** to care for the sick. We establish **orphanges**, and help the poor. We are the **largest charitable organization** on the planet, bringing relief and comfort to those in need.
- We **educate** more children than any other scholarly or religious organization.
- We **developed the scientific method** We founded the **college system**.
- We defend the **dignity of all human life**, and uphold marriage and family.
- **Cities** were named after our revered saints, who navigated a sacred path before us.
- Guided by the Holy Spirit, our forefathers **compiled the Bible**. We are transformed by Sacred Scripture and Sacred Tradition, which have consistently guided us for 2,000 years.
- We are... ... the Catholic Church... with over one billion in our family sharing in the sacraments and fullness of Christian faith.
- For centuries, **we have prayed for you and our world**, every hour of every day, whenever we celebrate the mass.
- **Jesus Himself**, laid the foundation for our faith when He said to Peter, the first pope, "You are rock, and upon this rock I will build My Church." Matthew 16:18
- For over 2,000 years, we have had an **unbroken line of shepherds** guiding the Catholic Church with love and truth, in a confused and hurting world. And in this world filled with chaos, hardship and pain, it's comforting to know that some things remain consistent, true, and strong, our Catholic faith, and the eternal love that God has for all creation. If you've been away from the Catholic Church, we invite you to take another look. Ours is one family united in Jesus Christ, our Lord and Savior. We are Catholic. Welcome home.

(text from video from www.catholicscomehome.org)

Catechesis about religious life

What is a “religious”?

A religious is a person who has consecrated his/her life in a religious community totally to GOD by promising the religious vows. It is an answer to a call from GOD, that one feels in the heart, to follow JESUS CHRIST more closely and strive for holiness.

The whole life of a religious belongs to GOD: body and soul, talents and gifts. All that he/she is and he/she does.

What are “religious vows”?

Religious vows are solemn promises that are made in public, blessed by the Church. Through them, a person gives their whole life to GOD. There are three main religious vows:

- 1) CHASTITY (also called: celibacy),
- 2) OBEDIENCE and
- 3) POVERTY.



Vow of Chastity – who can understand it?

It's natural to marry, but it's “supernatural” to renounce marriage for God and to serve.

In the vocation to religious life, a person discovers that there is yet another higher and more fulfilling way of self-giving and love: the love for JESUS and the kingdom of GOD. This makes the person ready to give all, and even to renounce the beauty of matrimony.

Why? To follow JESUS who didn't marry, in order to be free and to place oneself totally at the service of GOD and His kingdom, in order to serve the greater family of GOD. In renouncing marriage and the possibility of having one's own children, one becomes a father and mother to many.



A Vow of Poverty in a materialistic world?

A religious has discovered that JESUS is the greatest treasure in the world. To possess Him, it's worth it to sell all other things. Why serve a career and material things? A religious wants to live simple and poor like JESUS. He wants to have only the necessary things, having everything in common with his brothers and sisters in the community. A religious doesn't have a

personal income (salary). All income and gifts, belong to the community. On the other hand, the community will take care of all one's personal needs.

True freedom through a Vow of Obedience

It means that a religious always wants to do the will of GOD, like JESUS. Religious follow a program of holiness, with daily prayer, work, time to rest, time for community. Their life is focused on the service of God and our brothers and sisters. They don't have "vacation", only home visits, because for religious there is no "day off" from serving God. God needs you all. The superior helps them to find the will of God and do it always.



We are brothers and sisters in community life

Religious live in community and want to do all things together. They pray together, work together, eat together and share together the Word of GOD; they go together on missions and learn from one another. Religious share also problems and concerns, as well as joyful moments together. In this way, they support one another and become brothers and sisters in Christ.

What is a "religious brother"?



A religious brother is a man consecrated to GOD. He feels a calling to give his life completely to God, although not being a priest. As a man, consecrated to GOD, he dedicates all his work to GOD in a community. Through his talents, he contributes to the kingdom of GOD, e. g. works as catechist, teacher or other services in a community, e. g. carpenter or on the computer etc., in charity work with disabled people or the poor, and assists the priests in their ministry.

Religious Communities: A flower garden in the Church

We see "Sisters", sometimes we see a "Brother" or "Religious priest". Dominicans, Carmelites, Augustinians, Jesuits, RVM, "Pink" Sisters, ... and Brothers and Sisters of the Holy Cross... There are hundreds of congregations in the Church – what is the difference? And if I'm called to religious life, where should I join?

The different communities follow CHRIST in different ways and live different spiritualities. "Spirituality" is a program of holiness, of how to imitate CHRIST in different aspects.

Some focus on the preaching JESUS; others on the healing JESUS; others again on the JESUS working in Nazareth; and others on the Crucified JESUS; others on the praying JESUS. Each of these includes a way of holiness in the imitation of Christ. Some youth feel "at home" and "in love" with this spirituality, others with another one.

All communities together complete each other and are like a flower garden, with so many different flowers, all together making the Church beautiful, corresponding to the different needs of our time. If you feel a vocation to religious life, you have to find out which spirituality you like and feel at home with.

What means “active” or “contemplative” community?



A community is **CONTEMPLATIVE**, when its members are dedicated to the worship of God (liturgy), prayer, contemplation of the word of God and silence. Cloistered nuns live in the convent dedicated to prayer, community life and work. They usually don't leave their convent. You can see their union with God

reflected in their joy. St. Therese of the Child Jesus was a cloistered Carmelite Sister. She said: “My vocation is Love!” Many people come to the contemplative Sisters to ask for prayers. To sustain their life, the Sisters depend on the generosity of people who bring food and donations. Some examples: Carmelite Nuns; Contemplative Dominican Nuns; Trappist monks.

A community is **ACTIVE**, when the members are active in pastoral activities like parishes, hospitals, schools, poor areas, orphanages etc.

Example for active communities: St. Paul Sisters; Augustinian Sisters; Daughters of Charity; Jesuits; Missionary Congregations; Claretians.

A community is **SEMI-CONTEMPLATIVE**, when there is given much importance to prayer, but also active apostolate is done.

Examples: Order of the Holy Cross (ORC); Sisters of the Holy Cross in the Opus Angelorum (see picture); Missionaries of Charity (founded by Bl. Mother Teresa of Calcutta); Reparatrix Sisters of the Sacred Heart; Missionaries of the Poor (Brothers Community)



How can I find the community where God is calling me?

- Important is not so much what the community DOES: this is secondary. But what is important is how the community follows Christ: the **SPIRITUALITY**, how the community lives.
- Get to know the spirituality of the community. Does it attract you? It's their way of holiness. Reflect if you want to make it your way of holiness.
- Some saints wanted to be simple brothers, but they were assigned to preach... and they found out that God was with them; perhaps our “like” is not always what God likes... that's why when searching for a community, we

should look more for a spirituality that attracts us than in thinking of what we want to do. It's more important to live the spirituality. What I will DO is secondary. I might even discover later, that I have unknown abilities!

WRONG motivations to join religious life:

"I want to be a religious because that's what my parents want."

"In the convent there is always food. I want to be a Sister because we don't have food at home."

"I join the convent because I will receive a college formation for free."

"In the convent it's peaceful, there are no problems."

"I will be a priest because I don't want to have a family: I think I can't manage."

"I'm shy to relate to the other gender... Better to become a priest."

"I had a bad experience with my boyfriend. I'm fed up with men. I will enter the convent to have peace."

"I failed entrance exam in UP. But then I passed the entrance exam in a religious community. That's why I want to be a brother."

All these reasons are not true motivations to become a religious. Religious life is not an escape from problems. It's not a profession. But: it's a calling.

TRUE motivations to join religious life:

The true reason has to be: "I want to be a religious because I feel a calling of God's love that I want to answer. I choose JESUS and His love. I want to serve and build up His kingdom."

"I want to sacrifice myself like JESUS to serve the salvation of men."

"I want to lead a simple life, focused on prayer and service, imitating JESUS."

"I fell in love with JESUS, He's my all. He attracted me. I want to live a life dedicated to Him."

"I'm impressed by the religious life of the community, the way of holiness they live. I feel that JESUS wants me completely."

"As other people fall in love with a boy or a girl, and leave their family to build up a new family, so I decided to give up all: career, my family, my job, my study, to build up the family of God, the Church. It is worthwhile for me to give up everything. Jesus is my treasure."

Learn more about religious life in our OA Youth Formation Volume II

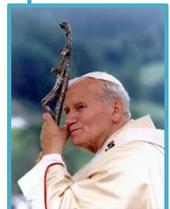
A word from John Paul II to parents!

"Give thanks to the Lord if he has called one of your children to the consecrated life. It is to be considered a great honour — as it always has been — that the Lord should look upon a family and choose to invite one of its members to set out on the path of the evangelical counsels!

Cherish the desire to give the Lord one of your children so that GOD's love can spread in the world. What fruit of conjugal love could be more beautiful than this?

I pray that you, Christian families, united with the Lord through prayer and the sacramental life, will create homes where vocations are welcomed."

Bl. John Paul II, *Vita Consecrata*





The life in our community, the Order of the Holy Cross (ORC)

A new community

Our community is still new, just a little more than 30 years old. We have around 130 priests and brothers in 12 houses in different countries. Our Order was founded by priests and Brothers, inspired by the Opus Angelorum spirituality.

Here in the Philippines, we have our house in the beautiful nature in Zambales, a good place for formation.

We consecrate ourselves to GOD through the three vows of chastity, poverty and obedience. We are also consecrated to Mama MARY, our Guardian Angel and all the Angels.



Jesus on the Cross and in the Eucharist is our center



Jesus in the Eucharist and the Cross is the center of our life. Because there, He revealed His supreme love.

That's why we daily celebrate **Holy Mass, with solemnity**, and every day spend a holy hour in silent adoration before JESUS in the Eucharist. In this personal encounter with JESUS every day, our friendship with Him is nourished. Like JESUS on the Cross, we want to give our life for the salvation of souls.

We love to contemplate the mysteries of GOD, because it gives us strength and inspiration how to live a holy life: we pray **daily the Rosary** together and contemplate the word of GOD, and keep it like MARY in our hearts.

We are specialized in a life with the holy Angels

We cooperate and live together with our Guardian Angel and all the Angels. We make a consecration to them. The Angels are important to us: they are our companions. We live together with them and are inspired to serve GOD like the Angels.



It's Passio Domini! Does this touch you?

On Thursday evening (9pm-12mn) and Friday Noon (12nn-3pm), our community is not available for activities. It's Passio Domini time: Passion of the Lord. We pray with JESUS and

accompany Jesus in saving the world. We offer our prayers and sacrifices, and even skip our lunch to fast for the salvation of souls.

Community life in family style

To live together as brothers, in harmony and charity, in the spirit of a family, is our priority. Because we love community life, we pray and sing together (Liturgy of the hours) every day. We enjoy things together, make outings for recreation and support each other.



Apostolate: sent together with the Angels

We are also active: some of our priests are parish priests, others teach in the seminary. Some preach retreats and recollections and do missions for the Opus Angelorum, to make the holy Angels known in the world. Others work in the youth ministry, family ministry or in the formation of religious.

We have also Brothers in our Order: they don't feel a calling to the priesthood, but want to belong totally to God. They help the community in different ways. With their different talents, they are a treasure in our community.

Mama MARY in our midst

We have also Sisters of the Holy Cross: they help us in our daily life, be it by cooking and washing and preparing the things we need to serve Jesus. They go also out with us in our missions. But most important: they adore and pray for us, so that our work for the kingdom of God becomes more effective. That is really a big help, because prayer is power. Our Sisters are for us what Mama MARY was for Jesus.



Come to join us!

There are already some Filipino youth who joined our community. They got to know the OA spirituality through the formation book and felt attracted. If you like the OA spirituality, contact us for guidance and you can come after a discernment time to a vocation retreat here in Zambales, to know our community.



Are you interested to know more? Just give us a text!

Text "Vocation interest <name> <address> <age>" to our 09293463773/09052251733 and we will send you some information material



The Sisters of the Holy Cross in the Opus Angelorum

Like the Brothers of the Holy Cross, we belong to the Opus Angelorum family. Our community, the Sisters of the Holy Cross, was approved in 2002 in Austria. Since 2011, we have a house in the Philippines, near the convent of the ORC, in St. Raphael's Priory.

We live religious life, because we love JESUS and want to give ourselves completely to Him. We want to be a bride of JESUS and serve Him as His handmaid like MARY.



Contemplative and active

Our community is contemplative and active.

Contemplative, because we love prayer and spend a longer time every day at solemn Holy Mass and Eucharistic adoration. We contemplate the word of GOD.

We encounter daily JESUS, His love, peace and joy. Together we sing the Divine Office and pray the Rosary.

We are also **active**: We do apostolates, like teaching catechism, help at OA retreats and recollections, in parishes, with children and youth.

In the Philippines, we help the priests of our Order to promote the devotion to the holy Angels, especially Angelus Youth, and to accompany the members of the Opus Angelorum.

We serve JESUS in the priests

We love to assist our brothers in the Order of the Holy Cross and build a spiritual family with them.

Because **we see JESUS in every priest**, we help them, we pray for their ministry, we cook for them, wash and iron, but also assist them by going with them when they preach the Word of GOD and celebrate the sacraments.

We want to be there for the priests and provide for them, so that they can serve the people and don't have to worry, like MARY and the women who followed JESUS, served Him and His apostles. We want to serve all priests and pray for them and their sanctification.





Passio Domini: With MARY under the Cross of JESUS

Every Thursday and Friday we follow the call of JESUS to be with Him in His most difficult, but also most precious hours: we go with JESUS in the Garden of Olives and on Mount Calvary, and unite with the suffering JESUS.

The suffering of JESUS touches us

During those hours, we pray together, adore, sacrifice, make expiation and intercede for the

whole world. Out of love for JESUS, we watch with MARY who stood beside His Cross.

So many people need our prayers to be saved

We implore God's mercy for so many people who are far from Him. We bring also all our priests in prayer to JESUS and pray for their ministry.

Passio Domini makes us joyful, because the beauty of the Cross and the joy of being redeemed radiates to people around us.

Come and join us!

Do you want to serve JESUS and belong to Him?

Do you like your Guardian Angel and this Opus Angelorum formation? If you feel a calling, just contact us!

Our religious formation (aspirancy, postulancy and novitiate) is in St. Raphael's Priory, Candelaria, Zambales. In the beautiful nature near the sea shore, we come closer to JESUS and learn to deepen our spirituality.

After discerning and visiting us here in Zambales, to see our community and learn about our way of life as a guest, you can apply to our community to be an aspirant. In our formation house here, you will get to know JESUS through prayer and community life.



Are you interested to know more? Just give us a text!

Text "Vocation interest <name> <address> <age>" to **0949 158 9672** and we will send you some information material



Daily Prayers

Angelus

(pray at least once a day, best at 6am/12nn/6pm)

L. The Angel of the Lord declared unto MARY.

R. And she conceived of the HOLY SPIRIT.

Hail MARY, full of grace: the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, JESUS. **Holy MARY, Mother of GOD, pray for us sinners, now and at the hour of our death. Amen.**

L. Behold the handmaid of the Lord.

R. Be it done unto me according to Your word. Hail MARY, ...

L. And the WORD was made flesh.

R. And dwelt among us. Hail MARY ...

L. Pray for us, O holy Mother of GOD.

R. That we may be made worthy of the promises of CHRIST.

Let us pray.

Pour forth, we beseech You, O Lord, Your grace into our hearts; that we, to whom the Incarnation of CHRIST, Your 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 CHRIST, our Lord. **Amen.**



Morning Prayer (after rising)

O my GOD, I adore You, and I love You with all my heart. I thank You for having created me, saved me by Your grace, and for having preserved me during the night. I offer You all my prayers, works, joys, and sufferings of this day.

Grant that they may be all according to Your will and for Your greater glory. Keep me from all sin and evil, and may Your grace be with me always and with those I love. **Amen.**

My Queen and my Mother, I give myself entirely to you; and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Therefore, good Mother, as I am your own, keep me, guard me, as your property and possession. **Amen.**

Angel of GOD, my guardian dear, to whom GOD's love commits me here, ever this day be at my side, to light and guard, to rule and guide. **Amen.**

St. Joseph, pray for me!

Devils prevent from Morning prayer

"Never forget that it is at the beginning of each day that GOD has the necessary grace for the day ready for us. He knows exactly what opportunities we shall have to sin ... and will give us everything we need if we ask him then. That is why the devil does all he can to prevent us from saying our Morning Prayers or to make us say them badly."

St. John Vianney

Prayer before and after Meals

(We don't forget to thank GOD for our daily food and ask Him to bless it)

Bless us, O Lord, and these Thy gifts which we are about to receive from Your bounty, through CHRIST, Our Lord.

We give You thanks, almighty GOD, for all the gifts which we have received from Your goodness, through CHRIST, Our Lord.

Night Prayer (before sleeping)

JESUS CHRIST, my GOD, I adore you and thank You for all the graces You have given me this day.

I ask pardon for all the sins I committed this past day

(in a minute of silence, examine your conscience and reflect on the sins of this past day).

I resolve to do penance for them, and I don't want to offend You anymore. I offer You my sleep and all the moments of this night, and I ask You to keep me without sin. I put myself within Your Sacred Side and under the mantle of Mama MARY, my Mother. Let your holy Angels stand about me and my loved ones and all young people in the OA formation, and keep us in peace and let your blessing be upon us always. Amen.

My dear Guardian Angel, guide and protect me against sin and all evil! Amen.

Chaplet of the Divine Mercy

This prayer uses the Rosary in the following manner:

Our Father, Hail MARY, Apostles Creed

On the single bead before each decade:

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 ten beads of each decade:

For the sake of His sorrowful Passion,

have mercy on us and on the whole world.

Conclude by repeating three times:

Holy GOD, Holy Mighty One, Holy Immortal One,

have mercy on us and on the whole world.

Three O'clock prayer

You expired, JESUS, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of JESUS as a fount of Mercy for us, I trust in You. (3x)

Prayers for the Passio Domini

Prayer for Thursday Evening



From the Holy Gospel:

“JESUS came with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray.” He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, **“My soul is sorrowful even to death. Remain here and keep watch with me.”** He advanced a little and fell prostrate in prayer, saying, **“My FATHER, if it is possible, let this cup pass from me; yet, not as I will, but as you will.”**” Mt 26:36-39

Dear JESUS, You called your disciples to pray and watch with You in the Garden of Olives. I want to be with You for a while and pray with You. I don't want to let You alone. I want to pray especially for the priests [pray one of the two prayers or both of them]:

Prayer for the Chalice of Strength

My GOD and Father in heaven, that night in the Garden, on the Mount of Olives, your Son told Peter: “Do you think that I cannot appeal to my Father, who will promptly send more than twelve legions of Angels to my defense?” (Mt 26:53). Father, we ask you now: send these twelve legions of Angels with chalices of strength out into the Gethsemane of the Holy Church to defend and assist our priests, who, strengthened by the power and presence of these Angels, may faithfully fulfill their priestly missions. Amen.



Prayers for All Priests

My GOD, I pray for all your priests and beseech you to sanctify them. Let them love their sacrifice deeply so that they may live it lovingly.

I beg you, grant them obedience, a spirit of detachment, a chastity which is constant and true, a spirit of self-denial, humility, sweetness, zeal and dedication.

I beg you that all those who may approach them may leave them with a greater love for you. My GOD, I pray that through them your kingdom on earth may grow and be strengthened. O JESUS, I promise with all my heart to sacrifice myself with you. Amen.

Prayers for Friday afternoon



On Fridays, take some time for JESUS – He died for you! Maybe during your lunch break or after school in the evening, you can choose some of these prayers. If you have more time, you can pray the Stations of the Cross. These hours are very precious, because it's the time when JESUS gave all for you.

From the holy Gospel:

“When they came to the place called Golgotha, they crucified JESUS and the criminals there, one on His right, the other on His left. Then JESUS said, ‘Father, forgive them, they know not what they do.’ It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. JESUS cried out in a loud voice, “Father, into your hands I commend my spirit”; and when He had said this He breathed his last.” Lk 23:33-34; Jn 23:44-45

Dear JESUS, in the hours when you gave Your life for me, I want to thank You for redeeming me from my sins and giving me new life. Like MARY and St. John I want to stand for a while under Your Cross. I don't want to let you alone in Your suffering. I pray especially for the poor sinners, for those who do not believe, and for those who offend You in the Holy EUCHARIST. Give them the grace of conversion and repentance. With you, I want to save souls. Accept my humble prayer. [Pray the Prayers of the Angel of Fatima or the Litany to the Suffering JESUS, or both of them; we recommend also the Stations of the Cross].

Prayers of the Angel of Fatima

My GOD, I believe, I adore, I hope and I love YOU!
I beg pardon for those who do not believe, do not adore, do not hope and do not love YOU! (3x)

MOST HOLY TRINITY, FATHER, SON and HOLY SPIRIT, I adore YOU profoundly, and I offer YOU the most precious BODY, BLOOD, Soul and Divinity of JESUS CHRIST, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which HE is offended. By the infinite merits of the SACRED HEART OF JESUS, and those of the Immaculate Heart of MARY, I beg the conversion of poor sinners. (3x)



Litany to the Suffering JESUS

Lord, have mercy.

CHRIST, have mercy.

Lord, have mercy.

CHRIST hear us. CHRIST, graciously hear us.

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.

JESUS, Eternal SON of GOD, have mercy on us.

JESUS, born into the human family,

JESUS, rejected by the world you came to save,

JESUS, bargained for and sold for money,

JESUS, foreseeing your torments and sweating blood,

JESUS, betrayed by a false friend,

JESUS, deserted by those you loved,

JESUS, slapped in the face and spit upon in a court of justice,

JESUS, accused by liars,

JESUS, disowned by Peter,

JESUS, insulted by Herod,

JESUS, condemned to death by Pilate,

JESUS, beaten with whips,

JESUS, crowned with thorns,

JESUS, rejected for the murderer, Barabbas,

JESUS, burdened with a cross,

JESUS, stripped of your clothing,

JESUS, nailed to a cross,

JESUS, taunted in your pain,

JESUS, abandoned,

JESUS, shedding the last drop of your blood,

JESUS, dying for us,

JESUS, laid in a tomb,

JESUS, rising in glory,

JESUS, ascending into heaven,

JESUS, sending down the HOLY SPIRIT,

JESUS, our ransom,

JESUS, our Savior,

JESUS, our GOD,

Lamb of GOD, who take away the sins of the world, spare us, O Lord.

Lamb of GOD, who take away the sins of the world, graciously hear us, O Lord.

Lamb of GOD who take away the sins of the world, have mercy on us.

L. We adore You, o CHRIST, and we praise You!

R. Because by your holy Cross You have redeemed the world!



Stations of the Cross

The Way of the Cross is a way of prayer. I walk, in spirit, with JESUS on his journey to Calvary and meditate on his suffering and death. Each meditation can be a personal meeting with JESUS and a new discovery of his presence in my life. Each meditation can be deeply personal by recalling specific persons, places and experiences in my own life.

At every Station: We adore You, o Christ, and we praise You. Because by Your Holy Cross, You have redeemed the world.



1st Station: Pilate Condemns JESUS to Die

Lord JESUS, often I judge others and fail to be understanding or loving. Help me to see the people in my life through your eyes, not the eyes of a Pontius Pilate.



2nd Station: JESUS Accepts His Cross

Lord JESUS, you embraced your cross to redeem the world. Help me to embrace the crosses in my life — the hardships, struggles, disappointments, pain. Only by recognizing my own weakness, can I discover your strength.



3rd Station: JESUS Falls the First Time

Lord JESUS, you know how often I fall trying to follow you. Yet you are always there to lift me up. Help me always to trust in your loving care for me.



4th Station: Jesus Meets His Mother

Lord JESUS, your mother MARY's grief was surpassed by her love for you. So often you come to me in others and their love gives me new life. Help me to see how often you love me through the people in my life.



5th Station: Simon Helps Carry the Cross

Lord JESUS, sometimes I am indifferent to the needs of others in my life. I even neglect those whom I love. Help me to see that loving others is the surest way to find you in my life.



6th Station: Veronica Wipes the Face of JESUS

Lord JESUS, at times I am afraid to reach out to others. I do nothing when I should act, I say nothing when I should speak out. Give me a deeper and more courageous faith. Help me to trust that you are with me.



7th Station: Jesus Falls the Second Time

Lord Jesus, failure and disappointment sometimes lead me to despair. I hide behind my pride and self-pity, withdrawing from you and others. Give me the hope I need and help me never to be afraid to begin again.



8th Station: Jesus Speaks to the Women

Lord Jesus, your great compassion for others overwhelms me. I feel petty and selfish when I think of you and the way you love. Help me to pour out my love, that you might fill me with your love.



9th Station: Jesus Falls the Third Time

Lord Jesus, your failing strength makes me see how helpless I am. Without you, I can do nothing. Help me to rely on your strength, to see how much I need you.



10th Station: Jesus is Stripped of His Garments

Lord Jesus, seeing you so cruelly humiliated makes me realize how I cling to my accomplishments, my possessions, my way. Help me to let go of those things in my life that prevent me from growing closer to you and others.



11th Station: Jesus is Nailed to the Cross

Lord Jesus, I can never doubt your great love for me when I see you crucified. Help me to see your cross as the great sign of your love for me.



12th Station: Jesus Dies on the Cross

Lord Jesus, your broken and lifeless body calls me to deeper faith. You chose death, even death on the cross. Help me to see my crosses as ways of loving you.



13th Station: Jesus is Taken From the Cross

Lord Jesus, seeing your body taken from the cross reminds me how fearful I am of letting go of my own life. I am frightened when I think of being unimportant, useless, helpless. Help me to place my life in your hands.



14th Station: Jesus is Laid in the Tomb

Lord Jesus, when I see the great stone sealing your tomb, I feel alone and abandoned. Even though you sometimes seem distant or absent in my life, help me always to believe in your closeness and loving presence.



“Ang anghel ko ang nagbibigay-inspirasyon sa akin sa bawat problema, at ni*lift-up* niya ako parati sa tuwing nadarapa ako.” Neil, 19

“Sinosuportahan niya ako sa bawat desisyon.” Joel, 17



“Ang anghel ko ay aking matalik na kaibigan, na parating nandiyan kung kinakailangan ko. Siya ang naggagabay sa akin patungo kay Kristo.” Angela, 17

“Siya rin ang kaibigan kong kahit hindi ko siya nakikita, ngunit minamahal ko, minamahal ko nang lubos, at ginagalang ko, dahil alam ko kahit hindi ko siya nakikita, parati siya nandiyan para gabayan ako patungo sa tamang daan.” Christine, 16



„Ang *Guardian Angel* ko ay ang kamay ko upang humila sa akin sa tamang *direction*. Palagi kong kinakausap ang *Guardian Angel* ko *for guidance*.” Irwin, 23



“Ang Angel ko ay parang libro na nagbibigay sa akin ng mga inpormasyon na dapat na maliwanagan ako. Siya rin ang kaibigan ko na nagbibigay ng halaga sa bawat oras, sa mga bagay na pinapahalagahan ko.” Francisco, 18