

GUARDIAN ANGELS

A CATHOLIC FAMILY FEAST DAY PACK



HIDDEN LIFE

FORMING MINDS, HEARTS AND HANDS IN THE SPIRIT OF NAZARETH.

HIDDEN LIFE:

LIVING THE LITURGICAL YEAR AT HOME



MEMORIAL OF THE HOLY GUARDIAN ANGELS



2 OCTOBER

**"For he will command his angels concerning you,
to guard you in all your ways."**

— Psalm 91:11

The Feast of the Guardian Angels

Today the Church celebrates the Holy Guardian Angels and gives thanks to God for the angels He has appointed to watch over and assist us.

Angels are real spiritual creatures, created by God. They do not have bodies like we do, but they have intelligence and free will, and they serve God by carrying out His will. Throughout Scripture, we see angels protecting, guiding and bringing God's messages to His people.

God, in His goodness, gives each of us a guardian angel to accompany us through life. Our guardian angel helps to protect us, encourages us towards what is good, and assists us in our journey towards Heaven. We cannot see our guardian angel, but we can trust in God's care for us and ask our angel to pray for and help us.

The feast is a beautiful opportunity to remind children that God has not left us alone. His care reaches even into the unseen world, and our guardian angel is one of the many gifts He gives us on our journey towards Him.

THE FEAST AT A GLANCE

Feast: The Memorial of the Holy Guardian Angels

Date: 2 October

Liturgical rank: Feast

Liturgical colour: White

Season: Ordinary Time

What are we celebrating?

The Church gives thanks for the Holy Guardian Angels whom God appoints to watch over and assist us.

Who are the Angels?

Angels are spiritual creatures, created by God. They serve Him and carry out His will. They are not human beings, nor are they gods, and we do not worship them.

What is a Guardian Angel?

God gives each of us a guardian angel to accompany us through life. Our guardian angel helps to protect and guide us, prays for us, and assists us in turning towards God and choosing what is good.

A simple way to celebrate

Pray the Guardian Angel prayer together.

Talk about the ways God cares for us, including through our guardian angels.

Make a small feast-day table with a candle, Bible and angel image.

Remember your guardian angel throughout the day, especially when you need help choosing what is good.

The feast in one sentence

God has not left us alone: He gives us guardian angels to accompany us and help lead us towards Heaven!

A little something to remember

Your guardian angel is not a magical imaginary friend. He is a real creature of God who loves God and has been entrusted with caring for you.

WHO ARE THE ANGELS?

Angels are...

CREATED

God made the angels. They are not gods.

SPIRITUAL

They do not have physical bodies like we do.

INTELLIGENT

Angels have intelligence and understand God's truth.

FREE

They have a will and freely choose to serve God.

SERVANTS OF GOD

The word angel means messenger. Angels carry out God's will and serve His purposes.

Did you know?

The Bible shows us angels appearing throughout salvation history:

Gabriel brought God's message to Mary at the Annunciation. An angel announced the birth of Jesus to the shepherds. Angels worshipped God and proclaimed His glory. An angel strengthened Jesus in the Garden of Gethsemane. Angels announced the Resurrection. And every one of us has a guardian angel!

Psalms 91:11-12

"For he will command his angels concerning you,
to guard you in all your ways.

On their hands they will bear you up,
lest you dash your foot against a stone."

Talk about it

- What does it mean to guard someone?
- Why do you think God gives us angels?
- Does having a guardian angel mean that nothing bad will ever happen to us?
- How might your guardian angel help you choose what is good?
- Can we see our guardian angel?
- Why do we pray to God rather than worshipping angels?

MY GUARDIAN ANGEL

What does my guardian angel do?

The Church teaches that God's angels are sent to help and protect us.

Your guardian angel can:

- protect you from danger
- help you resist temptation
- encourage you towards what is good
- remind you to turn towards God
- pray for you
- accompany you throughout your earthly life
- help lead you towards Heaven

But our guardian angel doesn't make our choices for us, we still have free will. Your angel can help you choose the good, but *you* must choose it.

Think about it

You might have an angry thought, you might want to lash out, you might know you should tell the truth but want to lie, you might be frightened and tempted to give up...your guardian angel cannot force you to make the right choice. But you can stop, pray, and ask for help saying: "My guardian angel, help me to choose what is good."





Guardian Angel Prayer

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.

COLOUR THE GUARDIAN ANGEL



A FEAST DAY ACTIVITY

Make a thank-you card for your Guardian Angel

On the front:

THANK YOU, GUARDIAN ANGEL

Inside:

Thank you, God, for giving me a guardian angel.
Thank you, my guardian angel, for watching over me.
Please help me to love God and choose what is good.
Amen.

Children can decorate it with stars, angels, crosses or their own drawings.

Angel Watch Outside

Go outside and look at the world God made. ★

Take a walk together and look for:

- birds
- clouds
- trees
- flowers
- insects
- sunlight
- the moon and stars



Talk about how God created both the visible world we can see and the invisible spiritual world we cannot see.

Then pray:

Thank you, God, for everything You have made – both what we can see and what we cannot see.

This ties beautifully into the Creed:

“maker of heaven and earth, of all things visible and invisible.”

FEAST DAY FOOD

Angel Cake

The classic pink, yellow and white British cake

Ingredients

Cake

- 225g butter, softened
- 225g caster sugar
- 4 eggs
- 225g self-raising flour
- 1 tsp vanilla
- 2 tbsp milk
- Pink & yellow food colouring

Buttercream

- 150g butter
- 300g icing sugar
- 1 tsp vanilla
- 1-2 tbsp milk

Icing

- 200g icing sugar
- 2-3 tbsp water or lemon juice



Method

1. Heat oven to 180°C / 160°C fan. Grease and line three 18cm tins.
2. Beat butter and sugar until fluffy. Beat in eggs, then fold in flour, vanilla and milk.
3. Divide between three bowls. Leave one plain; colour one pink and one yellow.
4. Bake for 20-25 minutes. Cool completely.
5. Beat the buttercream ingredients until smooth. Sandwich the three layers together.
6. Mix the icing sugar with enough water or lemon juice to make a thick icing. Spread over the top and decorate simply.

LET'S TALK ABOUT IT

The Holy Guardian Angels

1. What is an angel? How are angels different from human beings?
2. Why do you think God created angels?
3. The word angel means messenger. Can you think of any times in the Bible when an angel brought a message from God?
4. What do you think it means to say that your guardian angel guards you?
5. Does having a guardian angel mean that nothing bad will ever happen to us? Why or why not?
6. Why do you think God gives us help through His creatures instead of doing everything Himself?
7. We cannot see our guardian angels. Does something have to be visible for it to be real?
8. What is the difference between worshipping God and asking an angel to pray for us?
9. If your guardian angel could encourage you in one area of your life right now, what do you think he would encourage you to work on?
10. Can you think of a time when you had to choose between doing what was easy and doing what was right? How could remembering your guardian angel help you in a situation like that?
11. If you could ask your guardian angel one question what would you ask?
12. Do angels have bodies?
13. Can angels be everywhere at once?
14. Why doesn't God simply make us choose what is good?
15. Why do you think God gives creatures a role in helping one another?
16. How can knowing that God is watching over us change the way we live?

FEAST DAY MEMORIES

THE MEMORIAL OF THE HOLY GUARDIAN ANGELS

The date: _____

Where we went: _____

What we made: _____

What we ate: _____

What we prayed: _____

My favourite part was:

Something beautiful I saw today: _____

Something I learned: _____

Something I want to remember: _____

Draw our feast day:

CONCLUSION

A LITTLE NOTE FROM ME

Dear family,

Thank you for inviting Hidden Life into your home!

I created these little feast day guides because I have come to realise just how much our children learn through the atmosphere we create around them. They may not remember every lesson we teach them, but they will remember the feast days we make special and the rich family traditions we set.

The Catholic Faith is not meant to be something we simply teach our children from a book, it is something we live. It is found in the ordinary days of family life, in our meals, our work, our conversations, our walks outside, our celebrations and our prayers. And the liturgical year gives us such a beautiful opportunity to bring all of these things together.

I hope these pages help inspire you to make feast days your own and establish personal familial customs. *But please (and I cannot express this enough) don't feel that you have to do everything.* You don't need the perfect craft, the perfect meal or a perfectly planned feast day. You don't need a beautifully decorated home or children who sit quietly through every activity. Perhaps today you simply go to Mass, say the Guardian Angel prayer, buy a pre-made angel cake to have after a simple but delicious dinner – that is enough. What matters is that our children grow up knowing that the Faith belongs everywhere.

So from my family to yours, I hope this feast day brings a little more beauty, a little more prayer and a little more joy into your home. May Our Lady and St Joseph draw your family ever closer to their Divine Son, and may the Holy Family teach us all to live our own hidden lives faithfully, lovingly and joyfully.

Every blessing,
Eden McCourt



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