



October 2 is the feast day of our **Guardian Angels**. A day to celebrate and give thanks for angels who care for us night and day.

Angels are **traditionally** said to have been created for the sole purpose of **servicing** us in our **needs**. Yes, God could have chosen to care for us directly without the use of angels, but He didn't. He chose to create angels as **mediators** of His **grace** and **care**.

Our Guardian Angels love us, know us, care for us and desire deeply that we become holy. These celestial beings were created for the sole purpose of **caring** for us and getting us to Heaven. How do they do this? They do it by **mediating** God's **grace** to us. They play a central role in **communicating** to us the **will** and **mind** of **God**. They can **speak** all that God wants to say to us. They are also **protectors** in that they bring grace from God to **particular situations** in life to fight against evil and to help us do good. We should speak to our angels, rely upon their **intercession**, and allow them to **communicate** to us God's **abundant grace**.

Once we get to know our guardian angels, it will become easier to **sense** their **presence** and **recognize** when they send us guidance. The **best** way to get to know your guardian angels is by simply **interacting** with them.

I remember when I was in high school our teacher suggested we give our guardian angels a **name**. I chose "**Joy**". I am well aware of Joy's presence when I move too quickly and almost fall, but don't. I think she catches me!!! I do feel protected because of her presence.

Do you have a name for your guardian angel? If not, you may want to name your angel. When we know someone's name, it is more personal. **Tonight**, when you are in bed, take some **quiet time**, and ask the **Holy Spirit** to bring a **significant name** to your mind. I think you have come up with a good one if when saying it out loud makes you feel **peaceful** or brings a **smile** to your face. I believe that using our guardian angels' names helps us stay more **connected** to them and makes them seem more **real** to us.

Sometimes, when **someone** is **always** looking out for us, we say they are our **guardian angels**. Some signs that someone in your life **could** be your **earthly** Guardian Angel:

1. They have a way of making you feel better. ...
2. They don't want to change you. ...
3. They value **your** happiness like **their** own. ...
4. They are supportive and not judgmental. ...
5. They have built a strong bond with you.

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

Thank your angel every day.