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Many people are fascinated by angels. But there is more to angels than fascination. The existence of angels is a truth of the faith.

They are incorporeal beings, who are spiritual, perfect and created by God.

Saint Thomas Aquinas taught that every human being is assigned a guardian angel. The archangels are next in the hierarchy of angelic spirits and serve humanity directly, performing the most important tasks.

While all angels are messengers from God, the three Archangels we honour on Friday, 29 September, are the only three mentioned in the Bible.

The Archangels Michael, Gabriel, and Raphael tell us about the work God gave them to do.

Michael's name means "who is like God". God gave Michael the responsibility of protecting us as God protects us.

Gabriel's name means "hero of God". Gabriel is God's hero because he communicates God's message to people. We remember Gabriel best for being the angel who announced to Mary that she would be the Mother of God's Son.

Raphael's name means "God has healed". In the Bible Raphael heals a blind man and is said to have stirred the water in a pool where Jesus healed a paralysed man.

On the feast day of the archangels, it is good to remember that God's messengers guide us in our journey to everlasting life with our Father.

We can ask Archangel Michael to help when we face temptation, or Archangel Gabriel to help us say "yes" to God as Mary did, and Archangel Raphael when we are ill or know someone who is in need of healing.

We recognise the archangels as saints. We don't worship angels but they remind us that God is always with us, and that we are loved so much that we have been given special helpers to light and guide us to God.