

Michael Trainor, *About Angels: Companions in our Search for God*. Strathfield: St Pauls, 2009. ISBN 9781921472077. Hardback with pictures, 47 pages.

The best starting place to engage with angels is the scriptures, and Michael Trainor is a deft guide. In *About Angels* he enables us to appreciate how angels reflect God their creator, and reveal the qualities of God to us mortals. We are offered meditations on the three great biblical angelic beings, Michael, Raphael and Gabriel, and through them gain insight into the mind, healing and strength of God towards us. There are sections to on the Angel of Curiosity whom Moses encounters at the Burning Bush, the Angel of the Journey who protected Moses and the chosen people at the Exodus, along with a well considered reflection on the Angel of Darkness. Other chapters invite us to examine how angels are a part of our world and our religious imagination. It is no surprise that the author baptized 'Michael' chooses to bring the work to a close with the Story St Michael of Chonae, one that has given us many images of the archangel!

The book has a number of features that enrich the text and add to the delight. It is informative, readable, open and thoroughly biblical. It is well produced, with some excellent illustrations and sections at the end of selected chapters that offer questions for meditation and reflection. As such it is an excellent guide, for all ages, to our companions the angels.

Review by Gerard Moore

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