

Parish Office

The Parish Office is open Monday, Wednesday & Friday 9.30am-12.30pm.
Tel: 01 8438421. E-mail: luskparish@eircom.net or visit www.luskparish.ie
Please contact the Parish Office if you would like to do any of the following:
Make an appointment to meet with Fr. Hampson. Get Baptismal Certificates.
Book Baptisms or Anniversary, Weddings and Funeral Masses.
Buy Mass Cards, Baptismal Candles or other religious gifts.
First Holy Communion prayer books, rosary beads & cards available.

Priests in our Parish

Parish Priest: **Fr. Paul Hampson**, Chapel Road, Lusk, Co. Dublin. Tel: 01 8949229.
Very Reverend Canon John Fitzgibbon, Chapel Road, Lusk, Co. Dublin.

It is requested that visitors do not arrive at Fr. Hampson's or Canon Fitzgibbon's houses unannounced, particularly late at night. Please make an appointment through the parish office Tel: 01 8438421, or in the case of an emergency please telephone the priest to advise that you are on your way to see him.

Your co-operation in this matter is greatly appreciated.

Lusk Parish Pastoral Council.

Parish Pastoral Worker

Mary Kirk is the Parish Pastoral Worker for **Skerries, Rush, Lusk & Donabate**
Tel: 087 3667645 or email mary.kirk@dublindiocese.ie

Parish Cluster & Diocese information

Lusk parish is grouped together with **Donabate, Rush** and **Skerries**.

For further information please visit the following websites: www.donabateparish.ie
www.rushparish.dublindiocese.ie www.skerriesparish.ie or www.luskparish.ie

For information on other parishes in our diocese please see www.dublindiocese.ie

Child Safeguarding and Protection Policy and Procedures

St. MacCullin's Parish accepts Safeguarding children standards and guidance documents for the Catholic Church in Ireland, Child Safeguarding and Protection Policy and Procedures see www.cps.dublindiocese.ie

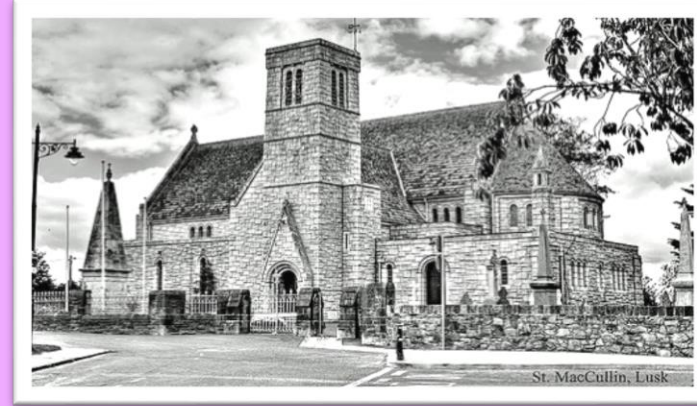
Lusk Parish Newsletter

For inclusion of items in the Newsletter, please e-mail lusknewsletter@gmail.com
by **12 noon Wednesday**, week of publication.

The Parish Pastoral Council reserves the right to edit all submissions.

Have you missed an issue or want to check something you read before? Visit www.luskparish.ie to see previous editions. Remember you can have the newsletter by email before the print version is available. **E-mail** to lusknewsletter@gmail.com

The Parish of St. MacCullin



Newsletter Vol. 6 No. 11 – 15th March, 2015

Dates for Your Diary

Monday to Friday Mass at 6.30 am.

March

15th **Fourth Sunday of Lent, Mothers Day.**

"Meet your Neighbour" after 11:30am Mass in **Parish Centre**

17th **St. Patrick's Day;** St. Patrick's Day Parade starting at 1.30pm.

Lusk Scouts' cake sale, balloon race & raffle, Scout Den after the parade.

Rush and Lusk Educate Together NS: family fun day after the parade.

22nd **Fifth Sunday of Lent**

29th **Palm Sunday,**

"Do this in Memory" 11:30am Mass

April

3rd **Good Friday**

5th **Easter Sunday**

19th **"Do this in Memory"** 11:30am Mass

23rd Lusk N.S. **Confirmation** 11:00am

24th Corduff, Educate Together & Hedgestown **Confirmation** 11:00am

May

9th Corduff, Educate Together & Hedgestown **First Holy Communion** 11:00am

16th Lusk N.S. **First Holy Communion** 10:00am and 12:00pm

June

7th **"Do This In Memory"** 11:30am Mass.

Parish Calendar of Services, Mass Intentions and Feast Days

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| <i>Saturday 14th</i> | <i>St. Matilda, 895 - 968.</i> |
| 9.00am Mass: | Liam & Eileen Woodcock, Deceased members of the Woodcock Family |
| <i>Rosary after 9:00am Mass & at 5.30pm. Confessions at 10.30am or by appointment</i> | |
| 7.30pm Mass: | Gerald Skelly, Fr Desmond Hartford, Thomas Wade, Josie Weldon |
| <hr/> | |
| <i>Sunday 15th</i> | <i>Fourth Sunday of Lent,</i> |
| 8.30am Mass: | Liam Murray |
| 10.00am Mass: | Joseph Fay, Thomas & Bridie Mc Nally |
| 11.30am Mass: | Michael & Anna Ryan, Christie O'Leary, Simon Caffrey, Brnji Tampus |
| <i>Rosary at 5.30pm.</i> | |
| <hr/> | |
| <i>Monday 16th</i> | <i>St. Finian Lobhar, 6th century monk.</i> |
| 6.30am Mass: | |
| 9.00am Mass: | Catherine Guidon |
| 7.30pm Mass: | |
| <i>Rosary after 9:00am Mass & at 5.30pm. Miraculous Medal Novena Exposition & Benediction: 8pm</i> | |
| <hr/> | |
| <i>Tuesday 17th</i> | <i>St. Patrick, bishop and principal patron of Ireland.</i> |
| 8.30am Mass: | Eva Dodd |
| 10.00am Mass: | Pat & Margaret Mc Evoy |
| 11.30am Mass: | |
| <i>Rosary at 5.30pm.</i> | |
| <hr/> | |
| <i>Wednesday 18th</i> | <i>St. Cyril of Jerusalem, 315 - 386. Bishop of Jerusalem excelled as a catechist and administrator and suffered exile in his fight against Arianism, a doctrine of Arius of Alexandria (4th century), who denied the full divinity of Christ.</i> |
| 6.30am Mass: | 9.00am Mass: The Fay Family, Paddy Cruise, John Cullen |
| <i>Rosary after 9:00am Mass & at 5.30pm.</i> | |
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| <i>Thursday 19th</i> | <i>St. Joseph, Husband of the Blessed Virgin Mary. Anniversary of the inauguration of the Petrine ministry of Pope Francis, Bishop of Rome, in 2013.</i> |
| 6.30am Mass: | 9.00am Mass: James Gilsenan |
| <i>Rosary after 9:00am Mass & at 5.30pm.</i> | |
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| <i>Friday 20th</i> | <i>St. Cuthbert of Lindisfarne, 634 - 687.</i> |
| 6.30am Mass: | 9.00am Mass: |
| <i>Exposition of the Blessed Sacrament 9.30am – 12.00pm. Rosary after 9:00am Mass & at 5.30pm.</i> | |
| <hr/> | |
| <i>Saturday 21st</i> | <i>St. Enda, monk.</i> |
| 9.00am Mass: | Mary & Thomas Mc Cann |
| <i>Rosary after 9:00am Mass & at 5.30pm. Confessions at 10.30am or by appointment</i> | |
| 7.30pm Mass: | John Boardman, Jack Brogan. |

Readings for Sunday 22nd. March.

Jeremiah 31: 31 - 34. Hebrews 5: 7 - 9. John 12: 20 - 30.

Meet Your Neighbour Day 15th March. The A-Z list of activities taking place in Lusk for adults & children will be launched in the Parish Hall after 11.30am mass. This is a great opportunity to mix with new people and learn what is going on in the Community. The finished list can also be e-mailed, send request to luskactivities@hotmail.com

Rush/Lusk/Skerries inter-parish Bible Group meet fortnightly in Rush church. Next meeting **Thurs 2nd April at 10.00am.** All welcome contact Mary 0873667645.

Lough Derg, the Sanctuary of St Patrick. Pettigo, County Donegal. Parish One Day Pilgrimage to St Patrick's Island, on Sat. 23rd May. Pilgrims arrive between 9:15am and 10:00am for registration. Opening Prayers will begin on the Island at 10:20am. Tea/Coffee is served on arrival and a light lunch of soup and sandwiches is served at lunch time. The pilgrimage allows for pilgrims to take part in stations around the basilica, (traditional station beds are not accessible on one Day retreats) Reconciliation, reflection time & concludes with Mass. Shoes are worn at all times. **Cost €40 plus transport.** Please give your details to the parish office on 8438421 as soon as possible.

To read Pope Francis's Message for Lent 2015 please see:

<http://www.catholicbishops.ie/2015/01/27/pope-francis-message-lent-2015/>

Naul Gardening & Flower Club Spring Flower Show in conjunction with **AOIFA** inter club & flower arranger of the year elimination heat, on Sunday the 29th March in the Clann Mhuire GAA Hall Naul. Staging Saturday 7.30pm-10.00pm & Sunday 8.00am-12.30pm. Open to the public Sunday 29th March 3.30pm to 6.00pm. Admission €3

DCU Researches access to home-based dementia services. Are you, or is someone you care for, living at home with a diagnosis of Dementia or Alzheimer's Disease & not currently receiving any paid/HSE funded professional support? Researchers in DCU are investigating how and when people with dementia and their families access information about professional dementia-specific services and supports while living at home with dementia. If you would be interested in speaking to us, please contact Dr. Louise Hopper; call 01 7008540 or email louise.hopper@dcu.ie

Lenten Day Retreat: Saturday 21st March 10am – 5pm in Faith and Family Centre, Dal Riada House, Blackrock, Co. Dublin. Cost: €20. Theme: "Seven Last Sayings of Christ" Preached by Fr. Aaron Vinduska, LC. To book a place, or information, please contact the Faith & Family Centre, Tel 2889317; email: faithandfamilycentre@arcol.org

Year for Consecrated Life 2015 Come and pray on each Thursday at 6.15pm, in Clarendon Street Church, a special celebration of Evening Prayer.

ORLAGH CENTRE EVENTS:

Friday, Mar 20 | 7.00pm - 9.30pm | €10

EXPLORING FAITH THROUGH FILM: "The Visitor" (Thomas McCarthy, 2007)

Watch the film, have a snack & discussion. With Kieran O'Mahony & Bernadette Toal

Sunday, Mar 22 | 2.30pm - 5.30pm | €15

AFTERNOON FOR EUCHARISTIC MINISTERS

An afternoon of prayer and reflection on the meaning of your ministry for yourself and the community you serve. With Bernadette Toal and John Byrne.

| | | | |
|------------|-----------|-----------------|-------------------------------|
| EVERY WEEK | Wednesday | 8.00 - 8.30pm | MEDITATION |
| | Sunday | 10.00 - 10.20am | MEDITATION (Centering Prayer) |
| | Sunday | 10.30am | LECTIO DIVINA MASS |

BOOKING Tel: 495 8190 **Email:** info@orlagh.ie **Website:** www.orlagh.ie

Do something special this Lent! Many people choose to abstain from alcohol for the duration of Lent. Take this opportunity to help someone you know with an alcohol or drug problem by offering up your sacrifice as a prayer for their freedom and well-being. Take the Short-Term pledge and make a difference to someone's life! For more information visit www.pioneerassociation.ie or contact your local pioneers centre.

500th Anniversary of St. Teresa of Avila. Celbridge & Straffan Parish mark the 500th anniversary of the birth of Saint Teresa of Avila. Fr. Kevin, will lead a four-night journey into aspects of her teaching on Thursday evenings in March (19th & 26th) in Wellsprings Convent, from 8.00-9.30pm. A donation of €20 is suggested for four nights.

Up-Coming Workshops and Lectures at Emmaus, Swords.

Continuing on Wednesday 18th March we have the second of four Creative Crafts for Spring Wednesday morning classes from 10.30am - 12.00 noon. Cost is €70 Including materials & equipment. Suitable for beginners & experienced craft workers.

Saturday 21st March Maria Lynch from Motivated Joyful Living will facilitate a one day workshop entitled Confidence and Energy Booster for Women. Whatever your life circumstances, this interactive and practical workshop is designed to give you an immediate boost so you can regain your confidence & raise your energy to have clarity, focus & a positive perspective in life. You will leave feeling re-energized.

Ennis Lane, Lissenhall, Swords, Co. Dublin. Tel: 01-870 0050, Fax: 01-840 8248, Email: emmauscentre@emmauscentre.ie or visit www.emmauscentre.ie

Balbriggan & District Horticultural Society garden talk. (Admission €3)

March 19th -- 'Kaleidoscope of Colour', an illustrated talk by Joe Curtis.

The talk is based on wild life in the garden.

In Scouts Den Market Green Balbriggan (beside Lidl) @ 8:30 pm

Rush Musical Society: Bookings now open for next production, "The Best Little Whore House in Texas" which will take place for nine nights in the Millbank Theatre Rush from Thursday the 19th of March to Saturday the 28th of March at 8pm nightly. Contact 018437475 or email Bookings@millbanktheatre.ie

Loreto Balbriggan Transition Year students are showcasing their 20th Annual Musical '**Singin In The Rain**' on the 24th March - 27th March. Doors open at 7 pm and the show starts at 7.30 pm. Tickets cost €5 for a child and €8 for an adult. Family tickets which includes 2 children and 2 adults cost €20. Tickets can be bought by ringing this number: 0860438321. Calls will be returned as soon as possible.

Catholic Singles is an organisation which helps single adult Catholics of all ages meet, either one to one or through social events. Please tel. 0044 161 941 3498, visit the website www.catholicsingles.org.uk or email info@catholicsingles.org.uk

Are you coping? Men & Women Separated, Divorced, Widowed.

Next Residential Programme will be held on: 15th-17th May. All Hallows Drumcondra, Dublin 9. **BEGINNING EXPERIENCE** – 086 0877379 email: bedublin@gmail.com

The Black Raven Pipe Band will hold their Annual Church Gate Collection at all Masses Saturday evening 14th, Sunday 15th, Monday evening 16th and St Patrick's Day Masses. Please support your Local Pipe Band.

Annual Lusk St. Patrick's Day Parade will take place again this year. It will start from the usual spot on the Lusk by-pass, off the Rush roundabout, at 1.30pm and finish at the Green. All welcome.

Rush and Lusk Educate Together NS: are holding a family fun day after the St. Patrick's Day parade from 2-6pm. All members of our community are welcome and we have lots of fun for families including bouncy castles, face painting, food & drinks, games and activities. €5 family entry or €2 per person.

Lusk Scouts – St. Patricks Day Celebrations, after St. Patrick's Day Parade the 153rd Lusk Scouts will be holding a cake sale, teas and coffees, balloon race and raffle in the Scout Den, all welcome.

St. MacCullin's Church online

<http://www.mcnmedia.tv/camera/st-maccullins-church/>



St. MacCullin Church



“Standing at the Cross” Dublin Diocese Parish Art and Prayer/Poem/Message Competition

**Age Groups;
5 years & under, 6 - 8 year old,
9 - 11 year old, 12 – 18 year old**

Prize for Art for each age group: €20.00

Prize for Prayer/Poem/Message for each age group: €20.00

(Please write Prayer/Poem/Message on the back of your Art entry or Blank A4 page with your Initials, Age, Class and Name of Parish on back. Ages as at 30th April 2015. Proof-date of birth may be requested. Entries to be returned to Parish office.

Lusk Athletic Club Training menu for the week:

Tuesday: Training for everyone at 7pm in Lusk NS.
Thursday: Training for everyone at 7pm in Lusk NS.
Training for Masters at 7.30pm in Lusk NS.
Saturday: Parkrun in Malahide and Ardgillan starting at 9.30am.
Sunday: LSR from Lusk NS at 9am. Routes & distances decided on the morning.
Well done to all our junior athletes who took part in Juvenile Spring series on Sunday.

Aughrim Street Parish Mass during Lent: 7.25am Monday to Friday. Stations of the Cross, Friday evenings at 7.30 pm. Reflect on the Passion – John’s Gospel, for four evenings. Please contact Ann at (01) 8386232 for dates.

Anam Cara is holding a Parent Evening on Wednesday 18th of March from 19:30 to 21:00 in Applewood Community Centre, Castlevue Lawn / Bunbury Gate Road, Swords. Anam Cara Services are available free of charge to all bereaved parents.

The Heritage Council intends to allocate €600,000 in the Community-based Heritage Grants Scheme 2015. Applications must be submitted using online application system before 5.00pm on Friday 20th March 2015. See www.heritagecouncil.ie/grants/

A silent one-day Lenten retreat for men and women will be held on Sunday 22nd March at Milltown Park from 10.00am to 6.00pm. Talks. Guided prayer. Stations of the Cross. Rosary. Sacrament of Reconciliation. Mass and Blessing of the Sick. Spiritual direction by the Jesuit Fathers. Meals provided. Contact Lay Retreat Association, Milltown Park 01-5577113 or www.layretreats.com Suggested offering €30.

Lenten Choral Service; Church of the Holy Name, Beechwood Avenue, Ranelagh, Centenary Ecumenical Lenten Choral Service. Led by Fr. Bernard and Rev. Sonya Gyles. Join us for an Ecumenical Lenten / Easter Liturgical Service of Prayer, Sacred Scripture and Sacred Music on Sunday 22nd March at 7.30 pm.

***St. Fionan Lobhar** was an abbot at Swords. His Irish name means "the fair-headed one". Fionan Lobhar's name suggests that he may have had a skin disease similar to leprosy. Many stories are associated with Fionan Lobhar - that Colmcille made him abbot of his monastery at Swords, that he went to Clonmore Abbey in Co. Carlow, where he is buried. Other monasteries connected with him are Ardfinnan Tipperary & Inisfallen, Killarney. There was a strong devotion to him in the Middle Ages.*

***The virtues of St. Joseph** have been the object of ecclesial reflexion down through the centuries. Among those virtues the following stand out: faith, with which he fully accepted God's salvific plan; prompt and silent obedience to the will of God; love for and fulfilment of the law, true piety, fortitude in time of trial; chaste love for the Blessed Virgin Mary, a dutiful exercise of his paternal authority, and fruitful reticence.*

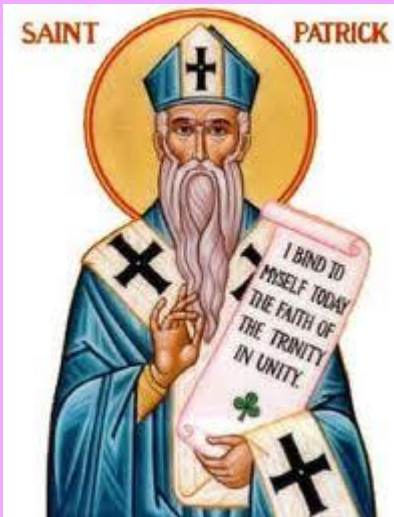
***St. Enda** is considered to be one of the three great late vocations of Ireland. His sister, Faenche, a nun, set his thoughts on a religious vocation. He made a small foundation in Cill Aine, Co. Louth, and after studies in Scotland under Ninian, he set up several foundations in the Boyne Valley. He founded a monastery on Inis Mor. He died around 520 and is considered one of the early models of ascetic monasticism in Ireland.*

***St. Cuthbert of Lindisfarne**, 634 - 687, monk and hermit was familiar with the monks Eata (abbot) and Boisil (prior) of the monastery of Melrose. He spent some years as a soldier, until one day in 651 he had decided to become a monk. Cuthbert's fame for piety, diligence & obedience quickly grew. When Alchfrith, King of Deira, founded a new monastery at Ripon he brought Eata from Melrose as prior and Cuthbert went with him. When Roman usage was being imposed in place of Celtic practice at Ripon, through the influence of St. Wilfrid. Cuthbert and the monks who followed the Celtic tradition, returned to Melrose in 661. While back in Melrose, Cuthbert travelled, preaching the gospel among the people from Berwick to Galloway and he had a reputation for working miracles. Illness struck the monastery in 664. Both Boisil and Cuthbert suffered from the plague and Boisil died. Cuthbert recovered and became prior at Melrose in his place. After the Synod of Whitby, Cuthbert reluctantly accepted the Roman customs and his old abbot, Eata, called on him to become his prior and introduce the new customs at Lindisfarne. In 676 he resigned as prior and became a hermit on Inner Farne. At first, he received visitors and washed their feet, but later he confined himself to his cell and gave his blessing to the visitors. In 684, Cuthbert was elected bishop of Lindisfarne. After two years, however, he returned to his cell on Inner Farne, where he died. He was buried at Lindisfarne. Eleven years later his body was found incorrupt and put in a shrine in the Church. When Vikings invaded in 875, the monks fled carrying Cuthbert's body with them. His final resting place is Durham Cathedral. He is patron of Northumbria.*



Early life: St. Patrick probably originated from a clerical family in the Carlisle district of north-west England, Patrick's father was a deacon & his grandfather a priest. Captured by Irish invaders, he became a slave, herding sheep on Slemish mountain in Co Antrim. This changed his personality & through the power of prayer ("100 times a day and 100 times at night") he became totally devoted to God & trusting in His providence.

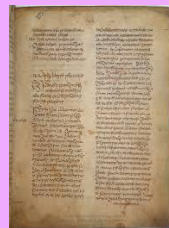
Escape and mission: After seven years Patrick escaped back to his family. But he felt called to go back on a mission to Ireland. He trained as a monk and a priest, probably first in Britain and then in Gaul. He possibly sold his patrimony to finance his mission and gain access to Irish chiefs.



Success and influence: Patrick probably wandered from place to place in a rural setting especially in the northern half of the country and was highly successful in encouraging young converts to follow him as monks and nuns.

Probably not the first missionary: Patrick probably wasn't the first missionary to Ireland. Others who possibly had contact with Christianity in the South of Wales were Kieran of Seir, Ailbe of Emly, Declan of the Déise in Waterford and Ibar or Iberius in Wexford. Places of pilgrimage like Lough Derg in Co Donegal and Croagh Patrick in Co Mayo are traditionally associated with him, as is the Celtic prayer, The Breastplate of St Patrick.

Patrick's writings: Two of St Patrick's own writings have come down to us. Patrick's Confession and his Letter to the soldiers of Coroticus are a completely different literary genre from the various lives of Irish saints that were written in subsequent centuries. Stung by criticisms of him and his mission to preach the gospel in Ireland, Patrick wrote his Confession as a kind of apologia pro vita sua to praise God for the wonderful works that he saw done through him and to defend his methods of evangelisation. When some of his converts were kidnapped by Coroticus's soldiers, he excommunicated those responsible. This the context of the second document that survives, his Letter to Coroticus.



<http://www.catholicireland.net/saintoftheday/st-patrick-390-461-patron-of-ireland/>

St. Patrick: http://www.catholic.org/saints/saint.php?saint_id=89

During his captivity, he turned to God in prayer. He wrote "The love of God and his fear grew in me more and more, as did the faith, and my soul was rosed, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same." "I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."

Patrick preached and converted all of Ireland for 40 years. He worked many miracles and wrote of his love for God in Confessions. After years of living in poverty, traveling and enduring much suffering he died March 17, 461 at Saul, where he had built the first church.

Why a shamrock? Patrick used the shamrock to explain the Trinity, and it has been associated with him and the Irish since that time.

In His Footsteps: Patrick was a humble, pious, gentle man, whose love and total devotion to and trust in God should be a shining example to each of us. He feared nothing, not even death, so complete was his trust in God, and of the importance of his mission.

St. Patrick's Breastplate: is a popular prayer attributed to one of Ireland's most beloved patron saints. According to tradition, St. Patrick wrote it in 433 A.D. for divine protection before successfully converting the Irish King Leoghaire and his subjects from paganism to Christianity. (The term breastplate refers to a piece of armour worn in battle.)

More recent scholarship suggests its author was anonymous. In any case, this prayer certainly reflects the spirit with which St. Patrick brought our faith to Ireland! St. Patrick's Breastplate, also known as The Lorica (the cry of the deer), was popular enough to inspire a hymn based on this text as well.

When St. Paul referred to putting on the "Armour of God" in his letter to the Ephesians (6:11) to fight sin and evil inclinations, he could have been thinking of prayers just like this one! We may not wear combat gear in our daily lives, but St. Patrick's Breastplate can function as divine armour for protection against spiritual adversity.

<http://www.ourcatholicprayers.com/st-patricks-breastplate.html>



St. Patrick's Breastplate:

I arise today

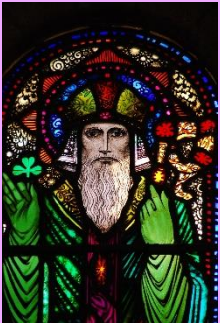
*Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.*

I arise today

*Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of doom.*

I arise today

*Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.*



*I arise today, through
The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.*

I arise today, through

*God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,*

*God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill,
afar and near.*

I summon today

*All these powers between me and those evils,
Against every cruel and merciless power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an abundance of reward.*

*Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.*



[Note that people sometimes pray a shorter version of this prayer just with these 15 lines about Christ above. The conclusion follows below.]

I arise today

*Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.*