

*Christ* beside me,  
 Christ before me,  
 Christ behind me,  
 Christ within 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 every  
 one who speaks of me,  
 Christ in every eye that sees me,  
 Christ in every ear that hears me.

*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.

*Written by St. Patrick,  
 the Enlightener of the Irish,  
 in 433 A.D.*

introduction and commentary  
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The deeply Trinitarian Celtic Christianity of St. Patrick and his spiritual children has many traits which have faded or vanished from most modern churches: a poetic love of creation; a deep sense of mystical connectedness between this world and the unseen; a delight in experiencing life rather than analyzing it; a sober recognition that, while salvation cannot be earned, it still must be won.

Fortunately, the spirituality which inspired Celtic Christians is not just a page out of history. It can be experienced directly and personally, through the worship and prayer of the Orthodox Church. Just as in St. Patrick's time, Orthodox Christians today live out our "belief in the Threeness" and "confession of the Oneness of the Creator of creation."

You are welcome to join us on the journey.

To learn more about Orthodox Christianity, contact:



**St. Herman of Alaska**  
**Orthodox Church**

*A parish of the Russian Orthodox Church Abroad*

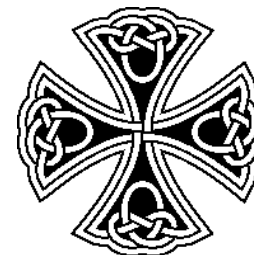
126 Reese St.

Lake Odessa/Woodbury, MI 48849

Phone: (616) 374-8596

E-mail: [Omishenka@att.net](mailto:Omishenka@att.net)

[www.stherman.net](http://www.stherman.net)



**The Breastplate of St. Patrick**

This remarkable prayer (also known as *The Deer's Cry* or *Lorica*) was composed by St. Patrick in the year 433. He and his monks chanted it for protection while en route to the king's court, having learned that the Druids lay in ambush along the way to kill him. As the Druids waited in hiding for the saint to pass, they saw - not Patrick and his men - but instead a gentle doe followed by twenty fawns.

Patrick's druidic would-be murderers, like neo-pagans today, held to what they called "the old ways", an earth spirituality in tune with the primal forces of nature. Like them, Patrick invokes natural forces: "the radiance of moon, the splendor of fire", but with a vital difference. Unlike them, Patrick affirms a *yet older* way. He worships nature's Creator, rather than creation itself, and summons creation's forces as fellow servants with him of the Holy Trinity revealed in Jesus Christ.

As once this prayer protected Saint Patrick on his journey, so may the "mighty strength" of the Holy Trinity it invokes also protect and guide you on all of yours. Even more importantly, may it plant and increase in you a desire to become a dwelling place of the Holy Trinity, as did St. Patrick himself.

*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.



early Celtic cross with runic  
inscription: "Hold Fast"

*"The word of the Cross is foolishness  
to those who are perishing,  
but to us who are being saved  
it is the power of God."  
(I Cor. 1:16)*

*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 pagans,  
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.