



SIEBENQUELL

»I arise today«



All of Ireland is celebrating St. Patrick's Day today, and wherever Irish people live, the world will shine with the bright Irish green, and people will call out to each other again this year: »Happy St. Patrick's Day!«

What do we know about this person who lived in the 5th century? He was the son of a devout official of the Roman occupation forces in Britain, was kidnapped as a very young man and taken to Ireland as a slave. A dream encouraged him to escape after a few years. He became a priest and later a dream drove him to return to Ireland, which he did with companions. He understood in an extraordinary way how to combine the ancient Celtic piety, in its deep connection to the nature of life, with the message of Christianity. Because of his former imprisonment, he mastered the Irish language and was accepted by the people as one of their own.

A powerful prayer has been handed down from him, a morning prayer, which is also referred to as »Lorica«, »the Breast-plate«. Patrick is said to have prayed it when he was on his way with his companions to the king at Tara. This prayer is great, because it takes the life of the person praying it seriously, with all the challenges that each day brings, and because it takes God seriously. In view of the war that is now so close to us with its horrors, I perceive it as a gift, even more as an armoury that helps us to stand upright and to make sure that we are rooted in God - at home on earth and in heaven, as it were. They

are words that we can wrap around us anew every day. Because every day, at every time, wants to be well endured. Every day, at every time, requires strength and fortitude and the renewal of faith in Jesus Christ at our side and in our hearts. Every day, at every time, we need the reminder of God's great story with us human beings, in which each of us stands.

So today let us celebrate St. Patrick with his great prayer:

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 prayers of patriarchs,
In the predictions of prophets,
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 and the radiance of the moon,
The splendor of fire, The speed of lightning,
The swiftness of wind, The depth of the sea.

I arise today, through
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 protect me this day
Against every cruel and merciless power
that may oppose my body and soul, against incantations of false prophets.

Christ be the strength, Christ be my peace.
Christ be with me, Christ be in me,,
Christ before me, Christ behind me,

Christ beneath me, Christ above me,
Christ to my left, Christ to my right.

Christ when I lie down, Christ where I stand,
Christ where I sit, Christ where I walk,
Christ in the depths, Christ in the Heights, Christ in the breadths.

Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
Christ, my Lord, Christ my Redeemer.

Rosemarie Monnerjahn

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