Reflection for the Week: 30th May – 6th June 2021-05-28
St Patrick (390-460 AD).

Patrick was born in Celtic Cornwall. As a teenager he was kidnapped and taken as a slave to Ireland. At some point Patrick escaped and went to Gaul to train as a priest. In his early forties he was sent again to Ireland, hence the title, 'Apostle to Ireland'. He was known for walking the length and breadth of the island, gently evangelising the people, destroying paganism and exalting the name of the Triune God. Patrick faced persecution but nevertheless managed to establish the Christian faith through laying firm monastic foundations.

Why are we discussing this?
Because next Sunday Diana will be giving a talk on the Trinity using the image of a shamrock – which was purportedly used by Patrick to explain the concept of the Three-in-One God.

Below is part of the prayer commonly known as St. Patrick's Breastplate. It is a prayer which continues to be used today, either for protection or to remind us that Christ goes with us wherever we venture. Tradition has it that Patrick wrote this prayer in c. 433 for divine protection before successfully converting the Irish King Leoghaire and his subjects from paganism to Christianity.

We may not wear combat gear in our daily lives, but St. Patrick's Breastplate can function as divine armour for protection against adversity.

To reflect: Read this prayer, consider the words and think about when and where it might be useful to use.
Christ with 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 person 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.

The prayer concludes—
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.