

*And may the blessing of the earth be on you,
soft under your feet as you pass along the roads,
soft under you as you lie out on it, tired at the end of day;
and may it rest easy over you when, at last, you lie out under it.*

*May it rest so lightly over you
that your soul may be out from under it quickly;
up and off and on its way to God.*

**All: And now may the Lord bless you,
and bless you kindly. Amen.**



Breastplate Spirituality



Introductory Reading

The Breastplate calls on us to see 'Christ' in each other, and through the sense of welcome and hospitality, serving the needs of the less fortunate; and realizing the importance of prayer life, we are able to reach out to others and accept each person for who they are. (By Michael Kelleher, REC Fairfield Patrician Brothers, 2005)

I have found in the Celtic a worldview that touches on much that is common, shared, perhaps archetypal, in all human experience . . . [T]his way of seeing the world is common to all . . . traditional and aboriginal peoples throughout the world . . . Here, instead, everyone sees themselves in relation to one another; and that extends beyond human beings to the wild creatures, the birds and the animals, the earth itself. . . . Here is the promise of a more holistic approach to the world, of healing of the many fractures that maim and corrupt each of us and the world in which we live. (By Esther DeWaal, author, 1997.)

Pause briefly to reflect on these readings.

A Gathering Prayer

Stephen: Lord, from age to age gather a people to yourself, so that from North to South, and East to West, a perfect offering may be made to the glory of your name.

ALL: In the presence of this gathering, Lord, we give you thanks and praise.

Stephen: Be with us in this gathering, Lord. Make us one as we proclaim your wondrous deeds and magnificent love.

ALL: We ask this in the name of our Lord Jesus Christ, who lives and reigns forever. Amen.

A Reflective Prayer on the Breastplate

Aengus & Bernard:

Together: Christ in the heart of everyone who speaks to me

A. Christ, make me attentive to the word,

B. that I may hear the word.

A. Christ, make me listen to the other,

B. that I may hear the other.

A. Christ when words fail and communication breaks down,

B. You are still there to keep us together.

*ALL: Christ, let me hear you
in the voice of a friend,
in the chatter of a child,
in the utterances of the mute,
in the words of a stranger.*



Bernard & Patrick:

Together: Christ in the eyes of everyone that sees me

B. Christ, let me see You in others. Christ, let others see You in me.

P. Christ, let me see You: as the caller, as the poor, as the stranger.

B. You are the wanderer, the unfed.

P. You are the homeless, with no bed.

B. You are the other who comes to me

P. Open my eyes that I may see.

*ALL: Christ, grant that in me others may see:
Your glory, Your grace, Your goodness, Your presence.
We have been created in the image of God.*

Patrick & Mark:

Together: Christ in the ear that hears me

P. Christ, You are there before I speak,

M. Help me to respect You.

P. Christ, You are present in the listener,

M. Let me reveal You.

P. Christ, may my words not hide

M. You the Word.

*ALL: Christ is here, Christ is there,
Christ is everywhere.
Christ above, Christ below,
Christ along the path I go.*



Time for a thought and/or prayer.

Intercessions from the day.

A Final Blessing (ABP & MS)

*May the blessing of light be on you -
light without and light within.*

*May the blessed sunlight shine on you like a great peat fire,
so that stranger and friend may come and warm himself at it.*

*And may light shine out of the two eyes of you,
like a candle set in the window of a house,
bidding the wanderer come in out of the storm.*

*And may the blessing of the rain be on you,
may it beat upon your Spirit and wash it fair and clean,
and leave there a shining pool
where the blue of Heaven shines, and sometimes a star.*