

Celtic Christian Spirituality  
March 17, 2021  
Chapters 5 and 6

**Opening Prayer**

Breastplate of Saint Patrick – pg 27

For my shield this day I call:

Heaven's might,  
Sun's brightness,  
Moon's whiteness,  
Fire's glory,  
Lightning's swiftness,  
Wind's wildness,  
Ocean's depth,  
Earth's solidity,  
Rock's immobility.

*Seventh century, Irish*

Happy St. Patrick's Day!

<https://www.youtube.com/watch?v=xOqWT2tk9Js>

**Chapter 5 – Soul Friends**

In the early Celtic churches, the practice of soul friendship was one of mutual encouragement, confession, and penance. A soul friend is a person who will allow you to tell the whole truth of yourself, and encourage you to seek healing and restoration. A soul friend also has the fine gift of being able to share in joy, a gift that our highly competitive culture does not call forth.

*Chapter 5 pg 103*

A soul friend will be a hearth where we may sit in silence and be warmed. A soul friend will be a place of belonging and rest. And a soul friend will help kindle the divine fire within the soul.

*Chapter 5 pg 103*

Most people look at the virtues in others, and imagine that such virtues are far beyond their reach. Yet God has implanted in every person the capacity to attain the very highest level of virtue. But people cannot grow in virtue on their own. We each need companions to guide and direct us on the way of righteousness; without such companions we are liable to stray from the firm path, and then sink into the mud of despair. *Chapter 5 pg 105*

*Pelagius, Letter to Demetrias*

<https://www.youtube.com/watch?v= ceJJVjWvPE>

### **Small Group Discussions**

Describe a time when someone helped you to see a virtue or gift residing in you that you did not recognize.

### **Chapter 6 - Pilgrimage**

This Christian way is a pilgrimage, a journey ever deeper into the virtues of faith, hope, and love. We make this pilgrimage as a company. We who travel together experience both the common journey and the singular, personal process as we practice living and praying. Our ultimate destination is the home we never leave, Jesus who walks with us and indwells us. The way becomes known to us in the daily walking of it. "Each day, each night, each light, each dark" (Carmina Gadelica, III, 77) we make our way together, that way being both shared and singular. *Introduction pg 15*

### **Group Discussion**

Describe a pilgrimage you've made...how did it impact you? Or, describe a pilgrimage you would like to make. Have you made a pilgrimage where you didn't leave home?

### **Midday Prayer**

*Said or sung all together.*  
*+ indicates that you may make the sign of the cross.*

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### **Opening Sentences**

Let the beauty of the Lord our God be upon us.  
Establish Thou the work of our hands;  
establish Thou the work of our hands.

### **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen

### **Declaration of faith**

We believe and trust in God the Father Almighty.

We believe and trust in Jesus Christ His Son.  
We believe and trust in the Holy Spirit.  
We believe and trust in the Three in One.

**Canticle**

Teach us, dear Lord, to number our days;  
that we may apply our hearts unto wisdom.  
Oh, satisfy us early with Thy mercy,  
that we may rejoice and be glad all of our days.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands, dear Lord.

**Blessing**

Let nothing disturb thee,  
nothing affright thee;  
all things are passing,  
God never changeth!  
Patient endurance attaineth to all things;  
who God possesseth  
in nothing is wanting;  
alone God sufficeth.

+ In the name of the Father, and of the Son, and of the Holy Spirit.

Amen