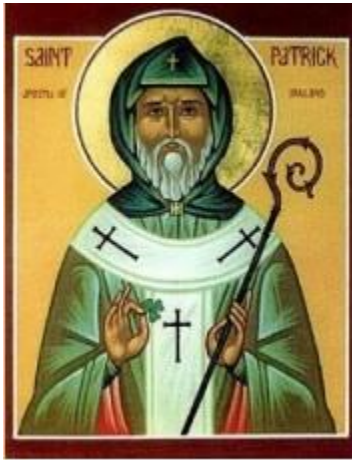


## St. Patrick Day – Every Day!



The celebration of St. Patrick Day came and was gone without much fanfare or even notice. The pub crawls, overindulgence and debauchery was practically absent from the usual celebrations due to the “social distancing” from the COVID-19 virus precautions. Believe me when I say that St. Patrick would not be disappointed. In fact, he “turns over in his grave” every year when such secular celebrations are centered around his name. Actually, he was legitimate Saint who served as a missionary and Bishop to northern and western Ireland. He has been revered as the Patron Saint of Ireland. Of his historical writings, I particularly love his “Morning Prayer” or “Lorica Prayer” (Lorica was a spiritual breastplate or garment to protect the wearer from danger, harm, or illness.) This prayer is especially helpful in our current times. The ending paragraph of this prayer or Litany is a personal favorite that I usually recite every day:

### **Morning prayer by St. Patrick:**

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in 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 everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.