

## Irish Blessings

We have a taste of Ireland Sweets, Irish stew, and soda bread made fresh from ladies' kitchens.

We see in our mind's eye homes built of stone, bright green grasses, people praying "Bless us with good food, the gift of gab and hearty laughter."

We listen to storytelling of Ireland still heard in pubs today laughter erupting, radiating happiness.

"May the raindrops fall lightly on your brow, may the soft winds freshen your spirit may the sunshine brighten your heart."

We listen to varied music bones, spoons, accordion, guitar, hammer dulcimer, penny whistle harpsichord, and bittersweet songs

feeling the burdens of the day resting lightly upon us, and God enfolding us in the mantle of love.

## March 15, 2023

## The Breastplate of Saint Patrick

Arise today, through The strength of heaven, The light of the sun, The radiance of the moon, The splendor of fire, The speed of lightning, The swiftness of wind. The depth of the sea, The stability of the earth, The firmness of rock. I arise today, through God's strength to pilot me, 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.

## Sermon-By-Phone 402-210-2091

Each week, a timely message and scripture are available simply by making a phone call.

The spirituality that comes from Ireland and Scotland speak to my heart. There are prayers for every action of the day. Included are prayers arising from bed, cooking, cleaning, and other labor, crossing thresholds from home to the outdoors, and for different stages of life. Everyone can offer a blessing to another.

In *The Celtic Way of Seeing*, Frank Mac Eowen reflects, "The Celtic way of seeing holds music as sacred, having potent capabilities to carry us into greater connection to the spirit world, as well as healing and transformative powers ... ancient stories of music consist of three strains — laughter and joy, sadness and keening, and healing sleep."

One day I hope to connect with my ancestors while touching the stone walls and churches in gratitude, circling the holy wells in prayer, as well as dancing and breathing in the salty sea air.

Commemorating Saint Patrick's Day last Saturday, I appreciate having heard Dave Marsh adeptly play many instruments of the land while sharing history. I certainly enjoyed the company of those who attended and made the United Women of Faith's annual luncheon happen.

I leave you with one more Irish blessing that we will be inspired and motivated to help others.

May Christ be with you, before you, behind you, and within you,
May Christ be beneath you, above you, on your right and on your left.
May Christ be with you when you lie down and when you sit down.
May Christ be in the heart of everyone who thinks of you
and in the mouth of everyone who speaks of you.

Through the invocation of the Holy Trinity, we pray blessings upon you all,

Marta

Rev. Marta Wheeler