

## Celtic Mid-Day Prayer

### Opening Sentence

The praise of Christ is illustrious speech,  
The worship of God's Son is an art full of virtue.  
May everyone who has sung it or heard it  
Belong to God's kingdom without rejection.

*from Broccain's Hymn to Saint Brigit (17)*

### Invocation

O God come to my aid  
O Lord make haste to help me.

**Glory be to the Father, and to the Son:  
And to the Holy Spirit;  
As it was in the beginning, is now:  
And shall be for ever.  
Amen.**

Let us worship the Lord.  
**All praise to his name.**

### Antiphon

Help me keep my flesh chaste for love of the Lord,  
Flesh which He has prepared as a temple for the Holy Spirit.

### Hymn

**His left hand, in heat of noonday,  
Lovingly my head upholds,  
And his right hand, filled with blessings,  
Tenderly my soul enfolds.  
I adjure you, nature's darlings,  
Beautiful in field and grove,  
Stir not up, till he be willing,  
Him who is my glorious Love.**

*Ann Griffiths (trans. H. A. Hodges) (24)*

### Invocation to Bride

The genealogy of the holy maiden Bride,  
Radiant flame of gold, noble foster-mother of Christ.  
Bride the daughter of Dugall the brown,  
Son of Aodh, son of Art, son of Conn,

Son of Crearar, son of Cis, son of Carmac, son of Carruin.

Every day and every night  
That I say the genealogy of Bride,  
I shall not be killed, I shall not be harried,  
I shall not be put in cell, I shall not be wounded,  
Neither shall Christ leave me in forgetfulness.  
No fire, no sun, no moon shall burn me,  
No lake, no water, nor sea shall drown me,  
No arrow of fairy nor dart of fay shall wound me,  
And I under the protection of my Holy Mary,  
And my gentle foster-mother is my beloved Bride.

*Carmina Gadelica (13)*

### Psalm 133

O how good and pleasant it is, when a family lives together in unity!  
**It is like fine oil upon the head, that runs down upon the beard,**  
Upon the beard of Aaron, and runs down upon the collar of his robe.  
**It is like the dew of Hermon that falls upon the hills of Zion.**  
**For there the Lord has ordained the blessing: life for evermore.**

### Reading

Seek good, and not evil,  
That you may live,  
That the Lord, the God of Hosts,  
May be with you, as you claim He is.  
Hate evil and love good;  
Establish justice in the courts;  
It may be that the Lord, the God of Hosts,  
Will show favour to the survivors of Joseph.

*Amos 5.14ff.*

### Collect

**Dear, chaste Christ,  
Who can see into every heart and read every mind,  
Take hold of my thoughts.  
Bring my thoughts back to me  
And clasp me to yourself.**

*Irish, eighth century*

Let us bless the Lord  
**Thanks be to God.**