



*A*  
**Small Book  
of Hours**

*O Sacred Three, Encircle me...*

## ***A Caim Prayer***

The caim of God be on me,

The caim of the God of life.

The caim of Christ be on me,

The caim of the Christ of love.

The caim of Spirit be on me,

The caim of the Spirit of Grace.

The caim of the Three be on me,

The caim of the Three preserve me,

The caim of the Three preserve me.

(You may substitute “me” with another person, a family, a faith community, a home, a farm or garden, or other intention.)

## ***In the Morning***

May the yoke of the Law of God be on this shoulder,  
May the coming of the Holy Spirit be on this head,  
May the sign of Christ be on this forehead,  
May the hearing of the Holy Spirit be in these ears,  
May the smelling of the Holy Spirit be in this nose,  
May the vision of the People of Heaven be in these eyes,  
May the speech of the People of Heaven be in this  
mouth,  
May the work of the Church of God be in these hands,  
May the good of God and the neighbor be in these feet,  
May God be dwelling in this heart,  
My whole being belong entirely to the Sacred Three.

(Daphne Pochin Mould)

God has not forbidden us to love the world,  
And to love it with all the naked senses together,  
Every shape and color, every voice and every sound,  
There is a shudder in our blood when we see  
The traces of God's craftsman's hand upon the world...

(Gwenallt Jones)

Lord, Christ,  
Enable me to place my trust in you,  
And so to live in the present moment.  
So often I forget that you long for peace  
and healing in my mind.  
Your song pierces even my darkest days,  
And your hands are always, and everywhere  
the source of my journey into wholeness,  
and that inner springtime,  
which is your gift alone.  
Jesus the Risen One.

(Peter Millar – The Iona Community)

## At Noon

The eye of the great God,  
The eye of the God of glory,  
The eye of the Sovereign of hosts,  
The eye of the Sovereign of the living.

Pouring upon me  
At each time and season,  
Pouring upon me  
Gently and generously.

Glory be to thee, thou glorious sun,  
Glory to thee, in whom is present  
The face and warmth and light of the God of life.

### Christ's Body

Hands like these  
Were hammered on the Tree:  
Feet like these  
Were pierced: a head like our head  
Bore the shameful thorns.

What an honor, what a joy it was, O flesh  
To give the son of God a body;  
A Jew's body at Bethlehem,  
The mortal body of humanity:  
The body that was transformed in the grave  
Into a living catholic Body.

(Gwenallt Jones)

God, kindle in my heart within  
A flame of love to my neighbor,  
To my foe, to my friend, to my kindred all,  
O Son of the loveliest Mary,  
From the lowliest thing that lives,  
To the Name that is highest of all. (Ancient Gaelic)

## ***In the Evening***

When the sun is setting the old men of the village  
would go to the beach, take off their hats and bow  
their heads to the ground, saying,

I am in hope, in its proper time,  
That the great and gracious God  
Will not put out for me the light of grace  
Even as you leave me this night.

I offer to You, O God, the troubles of this day;  
I lay down my burdens at your feet.  
Forgive my sins;  
Give me your peace, which I need not understand;  
And help me receive your Word.

Into your hands I commend my family, my neighbors,  
My brothers and sisters in Christ,  
And every person I have met today.

Into your hands I place all who are victims of prejudice,  
oppression or neglect; the sick, the fearful,  
The frail, the unwanted, the hungry, the homeless, the  
misunderstood;  
May everyone be cherished and honored.

(Continued...)

I give you thanks, Sacred Three, that you are always  
present,  
In all things, each day and each night;  
For the gifts I have seen today in creation;  
For my life and what you have made possible in me;  
For the blessing I have experienced today.

May that part of me that did not grow this day,  
Grow at nightfall.  
You are my Savior and God,  
In my stumbling be my shield,  
In my tiredness be my rest,  
In my darkness be my light.

As the hand is made for holding and the eye for seeing,  
You have made me for joy.  
Share with me the vision that shall find it everywhere:  
In the wild violet's beauty; in the lark's melody;  
In the face of a steadfast person;  
In a child's smile and in a mother's love.  
In the purity of Jesus. (Ancient Gaelic)

### A Blessing

The guarding of the God of life be on me,  
The guarding of loving Christ be on me,  
The guarding of sheltering Spirit be on me,  
Every night of my life,  
    To aid and enfold me  
    Each day and night of my life.

## *At Bedtime*

I lie down this night with God,  
And God will lie down with me;  
I lie down this night with Christ,  
And Christ will lie down with me;  
I lie down this night with Spirit,  
And Spirit will lie down with me;  
God and Christ and Spirit  
Be lying down with me.

O Christ, may the men and women of heaven  
Guard my sleep,  
and reveal to me in my dreams  
visions of your glorious truth.

I make the sign of the Cross of Christ:  
My Christ,  
My Shield,  
My Encircler,  
Each day,  
Each night,  
In light,  
In dark,  
Be my treasure, my dear One.



**2003**

Celtic knotwork by David Keller.  
Compiled by David Keller.  
for use at retreats and on pilgrimage.

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