

Dear all

I have attached to this email the [Order of Service](#) for Trinity Sunday, with the usual links to recordings of the hymns.

One hymn I will not be using in the service is the wonderful St Patrick's Breastplate - I bind unto myself today. It is a bit of a 'marmite' hymn. I love it, but other don't. It is rather long, and in a minor key!

It is based on an ancient Irish poem/prayer attributed to St Patrick. It is a common Celtic theme of invoking the protection of God as Trinity (Celtic theology is very strongly Trinitarian), and the powers of heaven. It is also very evocative of the natural world, again a classic Celtic theme.

The penultimate verse stands out as being totally different, and in the hymn version, has a totally different tune (in a major key). It is in the style of a Caim, or 'Circle Prayer'. A common practise is to draw a circle on the floor, or make a circle with other people (sadly not possible at the moment) – or to trace a circle with pointed finger, turning slowly on the spot. It is a way of acting out the words of the prayer. The prayer is for protection for the one/s in the circle.

<https://www.youtube.com/watch?v=g5Hin4swdKg>

I bind unto myself today the strong Name of the Trinity,
by invocation of the same, the Three in One, and One in Three.

I bind this day to me for ever, by power of faith, Christ's Incarnation;
his baptism in Jordan river; his death on cross for my salvation;
his bursting from the spiced tomb; his riding up the heavenly way;
his coming at the day of doom: I bind unto myself today.

I bind unto myself the power of the great love of cherubim;
the sweet "Well done" in judgment hour; the service of the seraphim;
confessors' faith, apostles' word, the patriarchs' prayers, the prophets' scrolls;
all good deeds done unto the Lord, and purity of virgin souls.

I bind unto myself today the virtues of the starlit heaven
the glorious sun's life-giving ray, the whiteness of the moon at even,
the flashing of the lightning free, the whirling wind's tempestuous shocks,
the stable earth, the deep salt sea, around the old eternal rocks.

I bind unto myself today the power of God to hold and lead,
his eye to watch, his might to stay, his ear to hearken, to my need;
the wisdom of my God to teach, his hand to guide, his shield to ward;
the word of God to give me speech, his heavenly host to be my guard.

Christ be with me, Christ within me, Christ behind me, Christ before me,
Christ beside me, Christ to win me, Christ to comfort and restore me.
Christ beneath me, Christ above me, Christ in quiet, Christ in danger,
Christ in hearts of all that love me, Christ in mouth of friend and stranger.

I bind unto myself today the strong Name of the Trinity,
by invocation of the same, the Three in One, and One in Three.

Of whom all nature hath creation, eternal Father, Spirit, Word:
praise to the Lord of my salvation, salvation is of Christ the Lord.

Another Caim prayer is as follows:

Circle me Lord, Keep protection near, and danger afar.
Circle me Lord, Keep light near, and darkness afar.
Circle me Lord, Keep peace within. Keep evil out.
Circle me Lord, Keep hope within. Keep doubt without.
May you be a bright flame before me.
May you be a guiding star above me.
May you be a smooth path below me.
And a loving Guide behind me.
Today, tonight, and forever



Stay safe

Blessings and love

Mark