



### St Patrick's Breastplate

Christ be with me, Christ within me  
Christ behind me, Christ before me  
Christ beside me, Christ to win me  
Christ to comfort me 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 or stranger.  
St Patrick, pray for us. Amen

St. Patrick's Breastplate is a popular prayer attributed to one of Ireland's most beloved patron saints. According to tradition, St. Patrick wrote it in 433 A.D. for divine protection before successfully converting the Irish King Leoghaire and his subjects from paganism to Christianity. (The term breastplate refers to a piece of armour worn in battle.) When St. Paul referred to putting on the "Armor of God" in his letter to the Ephesians (6:11) to fight sin and evil inclinations, he could have been thinking of prayers just like this one! We may not wear combat gear in our daily lives, but St. Patrick's Breastplate can function as divine armour for protection against spiritual adversity.

### Special Dates leading up to Easter 2024

14 February - Ash Wednesday	18 February - 1 <sup>st</sup> Sunday of Lent
25 February - 2 <sup>nd</sup> Sunday of Lent	3 March - 3 <sup>rd</sup> Sunday of Lent
10 March - 4 <sup>th</sup> Sunday of Lent	17 March - 5 <sup>th</sup> Sunday of Lent
24 March - Palm Sunday of the Passion of the Lord – Holy Week	
28 March - Holy Thursday	29 March - Good Friday
30 March - Holy Saturday – Easter Vigil	31 March - Easter Sunday
7 April - 2 <sup>nd</sup> Sunday of Easter – Divine Mercy Sunday	8 April - The Annunciation of the Lord

### A New Years Blessing

*May God* make your year a happy one,

Not be shielding you from all sorrows and pain. But by strengthening you to bear it, as it comes.

Not by making your path easy, but by making you sturdy to travel any path

Not by taking hardships from you, but by taking fear from your heart;

Not by granting you unbroken sunshine, But by keeping your face bright, even in the shadows;

Not by making your life always pleasant, But by showing you when people and their causes need you most, and bby making you anxious to be there to help.

*God's love, peace, hope and joy to you for the year ahead.*

Unknown Author



### JAN – FEB 2024 - INTRODUCTORY CPE COURSE

Are you interested in growing your capacity to be fully present to others by learning how to offer effective pastoral and spiritual care?

An Introductory Clinical Pastoral Education (CPE) course is being offered online using Zoom in January/February 2024. This short 40-hour course will comprise of 6 sessions and run from 9am to 3.30pm, commencing Mon 29, then Tues 30, Wed 31 January, then Mon 5, Tues 6 and Mon 12 Feb.

Applications close on Thursday January 25, 2024. For more information please contact Barbara Hall at [barbarahall1909@gmail.com](mailto:barbarahall1909@gmail.com) or phone: 0418 413 731

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**midday on Wednesday** each week for the bulletin.