

Leaflet

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Greenbank Parish Church
Braidburn Terrace, EH10 6ES
No 615 March 2012

Pulpit Diary

March 2012

Mar 2 (Friday)

9.15am Pram Praise
7.30pm Pre-communion Service

Mar 4 Second Sunday in Lent

9.00am Communion
10.30am Communion (Creche, Spectrum and Springboard meet as usual)
3.00pm Communion (Braid Room)

Mar 11 Third Sunday in Lent (Lent/ Easter Appeal begins)

10.30am Morning Worship with Annual Meeting

Mar 18 Fourth Sunday in Lent

10.30am Morning Worship
5.30pm Worship with Young People followed by supper

Mar 25 Fifth Sunday in Lent

10.30am Morning Worship followed by Spectrum lunch (End of Second Term for Springboard and Spectrum)

Apr 1 Palm Sunday

9.30am First Sunday Service led by World Mission
10.30am Morning Worship (Special activity for children)

For information about church organisations, please contact the Church Office (Mon-Fri, 9.00am-12.00pm, 1.30pm-3.30pm):
Mrs Charlotte McCaulay
tel and fax: 0131 447 9969
e-mail: greenbankchurch@btconnect.com
The pastoral team can be contacted through the Church Office:
Rev Alison Swindells
tel and fax: 0131 447 4032
email: alisonswindells@blueyonder.co.uk
Rev W. Peter Graham
tel: 0131 445 5763

To make contact with any of the organisations described in this Leaflet, please use the telephone number given, if there is one; otherwise contact the Church Office.

Minister's Letter

Dear Friends

This week a court in England ruled that it was unlawful for councils to open their meetings with prayer. This decision was the result of a court action brought by a former councillor who was a member of the National Secular Society. The councillor claimed that his human rights were being breached by a requirement placed upon him to attend



prayers. The case was not entirely straightforward. As I understand it, the court did not rule that saying a prayer was in breach of anyone's human rights. What the court did say was that councils in England and Wales have no legal authority to include prayers in their business agendas.

It would appear that this whole matter could have been resolved quite simply by the council holding prayers, (which they had debated and voted in favour of not once but twice), before commencing their business agenda. That would have meant that councillors could attend all the business without necessarily having to attend prayers. Instead we end up with a court case consuming time, money and energy which could have been used elsewhere.

But even if the matter could have been resolved in this way, this case brings to our attention some other issues that are worth considering. First of all Britain, with its Christian heritage, has a reputation for being a tolerant country where individual freedom is respected and there is a recognition that it is wrong to attempt to force people to confess any one faith or to worship in a particular way. Yet it seems that we now have a small minority, the National Secular Society determined to impose their views on others. They are according to one spokesperson "monitoring" the situation vis a vis the conduct of prayers in Scottish councils. Where does their authority come from to do this? And where does respect for others and tolerance of a world view different from their own, fit into this picture?

This case also raises the whole question of human rights. Of course the rights of the frail and vulnerable in our midst have to be protected. Yet sometimes it seems that the more rights we claim, the less free we become. What happens when the assertion of the rights of an individual conflicts with the freedoms of a society? And surely rights bring with them responsibilities?

This case has indeed brought to the fore some of the big questions that confront us today.

It is against this background that we enter the Christian season of Lent. This is a time when we focus on the journey made by the one who, as we read in the bible, "though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross."

I don't know what a Court of Human Rights would have made of the treatment Jesus received in his lifetime. But I do know that the one who did not insist on his own rights, the one who in love gave up everything for the life of the world, offers us a different kind of freedom. And still today through his Spirit, Jesus invites us to follow his example of self-giving love, as he challenges our perceptions, and teaches us to view the world through the eyes of another.

Let us make the most of the opportunity which Lent brings, to reflect in the light of the Gospel, on some of the big questions that face our society today.

With warmest wishes

Alison I Swindells
Minister

Friendship Club

Despite having no pictures to show us as her memory stick proved incompatible with Greenbank's laptop and projector, Rosemary Pipes still gave us a very detailed and interesting history of the Edinburgh 'Colonies'. February's speakers inadvertently gave us a somewhat warlike aspect with the finding of a Dutch warplane in Borneo and the history of a gunpowder mill near Roslin.

We look forward in March to more peaceful subjects with a talk on the 7th from David Mieras about the 'Seagull Trust' - a group of enthusiastic volunteers who man the three Trust barges on the Union Canal. This will give us the background for our Outing on May 9th on the Canal.

Kathleen's last musical afternoon of the session on the 14th has the almost inevitable title of 'Conclusions', but is not our final meeting. That, on March 21st, will be given by one of our own members, Maggie Shearer on her 'Orkney Roots'. For those who know Maggie, and for those who don't, we look forward to a not-to-be-missed afternoon.

Val Smart

Board Notes

At its meeting on 24th January the Board noted that:

The new notice board had been erected at the office entrance and the lighting to the Main Notice Board had been replaced

The font cover was being treated to restore it to a similar condition to that of the other wood in the Sanctuary, the cost being met by a kind donation from a member of the congregation

The lighting in the Sanctuary had been adjusted to illuminate the lectern area

A permanent solution to the slippery surface of the decking at the Fire Exit from the Lower Hall would be sought and in the meantime a mat would be provided to place on it when the Exit required to be used.

Forms for reporting faults requiring repair are normally available in the office

corridor and the church vestibule and should be put into the office on completion so that appropriate action can be taken.

The Treasurer reported upon the financial position at 31st December 2011 and the budget for 2012 was approved. The Financial statements for 2011 with budget for 2012 are enclosed with this edition of the Leaflet. Mr Michael Struthers has been appointed Assistant Treasurer in succession to Mr Tom Inglis. The Edinburgh Headway Group was selected as the beneficiary of the Lent/Easter Appeal 2012.

Lent/Easter Appeal 2012

The Edinburgh Headway Group

This charity, which was founded in 1982, has been selected by the Board as the beneficiary of our annual Lent/Easter Appeal. It provides "help and support to the traumatically head injured, and people who have suffered certain other traumatic forms of acquired brain injury (ABI), their families and carers". Based at the Astley Ainslie Hospital, it offers a range of therapeutic and rehabilitative therapies that include fitness, art and music therapy, reflexology and social activities. It also provides information, advocacy, peer counselling and support to brain-injured members and their caring relatives as well as a befriending service that matches trained volunteers with members. It aims to ensure development of comprehensive services and support for this particular group of people. Envelopes for donations will be in the pews on the five Sundays commencing 11th March and ending on 8th April. Envelopes will also be available in the church vestibule on Communion Sunday (4th March) for anyone wishing to donate on that Sunday.

Holy Week Services

Holy Week Services united with Morningside Parish Church to be held in Greenbank at 7.30pm

Monday 2nd April – Wednesday 4th April - Braid Room

Thursday 5 April - Communion - Church

Friday 6 April - Good Friday Service – Church

Lent Studies

These will be held on Sunday evenings commencing at 7.30pm (coffee from 7.00pm). We will be studying the biblical Letters to Timothy, which raise some controversial questions. We are taking a thematic approach and you may find it helpful to have read these two brief letters in advance of the meetings.

Sunday 26 February

Background and Ethics led by Rev Alison Swindells

Sunday 4 March

Hymns, creeds and confessions led by Rev Prof David Fergusson

Sunday 11 March

Politics and wealth led by Rev Alison Swindells

Sunday 18 March

Bishops, women and leadership led by Rev Peter Graham

Sunday 25 March

Suffering for the Gospel led by Rev Bill Stone



The next collection dates are 18th March and 22nd April, at the Sunday service (table set up in main hall).

Thanks to everyone who has responded to my request for donations to this worthwhile cause. The need for good quality donations to the starter pack scheme, is as great as ever.

A full list of the items wanted, was in last month's Leaflet.

Pick up a leaflet from me, see www.freshstartweb.org.uk or phone 476 7741, for more information about the work of Fresh Start.

Alison Ambler



Farewell

At the end of this month we are losing our Church Administrator, Mrs Charlotte McCaulay, who is moving to Canterbury. We will be sorry to lose Charlotte, who has served this congregation well, as the first person to fill the post of Church Administrator. There will be an opportunity to say farewell to Charlotte at our service on Sunday 25th March 2012.

Book Review

Extreme Rambling : Walking Israel's Barrier. For Fun

Mark Thomas, Ebury Press, £11.99, ISBN 0780091927806

This title caught my eye last autumn when we were browsing in the Cornerstone Bookshop, but before we committed to joining Rev Clarence Musgrave on a tour of Israel/Palestine.

Mark Thomas loves to ramble, and in 2009 decided to hike the West Bank, from its start in the north-east through Jerusalem to finish at Beit Yatir, using the concrete and wire of the barrier as a route map. The barrier virtually encircles the West Bank and is intended to surround the Palestinian territory and its population completely. The length of the barrier is over twice as long as the boundary of the West Bank as the barrier snakes in and out of the West Bank, tak-

ing in Palestinian land. It was erected by the Israelis in response to the continued perceived threat of Palestinian suicide bombers, but has had the effect of cutting off many Palestinians from their land and work, children in some villages from their schools, and has facilitated the continuing practice of Israeli settlers moving into areas which were previously Arab.

Mark and his friend and cameraman Phil Stebbing had help from many Israelis and Palestinians to prepare for their ramble which they split into two sections, staying in villages along the route and meeting many local people. Some of these meetings were arranged, but the most poignant stories in the narrative come from chance encounters. Throughout the walk they are accompanied by local guides/translators, few of whom are prepared for a hike over rough terrain. Most days they walk on the Palestinian side of the barrier, at times a 3-4 metre

high electric fence with a sand track, trenches, barbed wire on both sides and a parallel military road. One day they find themselves inadvertently in a military zone– they are caught on security cameras, arrested and only released after the intervention of their Israeli fixer. During the ramble they pass through Jayyous (the village where the Guild support a crèche so Palestinian women can work) and they witness the work of the Ecumenical Accompaniment Programme. Towards the end they have both Hebrew and Arabic speaking guides who spend the day learning about each other. Mark Thomas presents a very readable account of their adventures and the stories of people he meets. Despite his occasional use of an expletive I found myself drawn into his story. He concludes with a helpful appendix of references including the online newspaper- www.haaretz.com

Joan Ritchie

Greenbank Scouts

Be prepared for "probably the best..."

JUMBLE sale
...in Edinburgh"

SATURDAY 14TH APRIL 2012 : 9.30am – 12 noon
GREENBANK CHURCH, BRAIDBURN TERRACE, EH10 6ES

4th Morningside Scout Group is registered as a Charity, number CR43781.

Admission £2

Annual Jumble Sale

4TH MORNINGSIDE SCOUT GROUP
Saturday 14th April 9.30am-12noon

During the week Monday 9th - Friday 13th April (evenings only 6.30 – 8.30pm) our Scouts will be calling on houses in this area to collect items to sell such as: Books and toys; Clothing; Crockery; Working electrical goods; Small items of furniture; Glassware; Hardware; Pictures and mirrors; Records, DVDs and CDs; Soft furnishings; and any other **saleable** items. Unsold items will be offered to charities before disposal.

Do come along on Saturday 14th April – Tea/Coffee and Home Baking on sale

WORLD MISSION

I am sure that many of you, like me, were appalled by the description by Alison Swindells in a recent sermon of the plight of children in the Ivory Coast who work on cocoa farms.

A recent report commissioned by the US government found that more than 1.8 million children in West Africa were involved in growing cocoa. Many were at risk of being injured by machetes, pesticides or through other hazards. The sight of children carrying machetes or pesticide equipment is common throughout Ivory Coast's cocoa belt and the BBC news report that highlighted these problems recently shows distressing photographs of children employed in the trade.

The Ivory Coast grows something like 40% of the world's cocoa production and it is hugely important to the economy of that country through exports to the rest of the world.

Ten years ago, under international pressure, chocolate companies signed an international protocol to stop the practice of dangerous child labour. They promised to "commit significant resources" and act "as a matter of urgency." Since then there has been great turmoil in the country including civil war which inevitably makes change difficult. There are differences of opinions over how much progress has been made but even allowing for the different views of the Government on the one hand and the chocolate companies on the other, it is clear that we cannot possibly be complacent about the current position. It is indeed ironic that the founders of many of the famous names in the chocolate industry in the United Kingdom were Quakers who were at the forefront of attempts to improve conditions for workers.

It is very difficult for us as consumers to understand fully the complexities of issues such as this. That does not mean we should do nothing, however, and one way we can help is to continue and expand our support of the Fair Trade movement.

Coopérative Agricole Kavokiva de Daloa, known as Kavokiva, was founded by 600 farmers in 1999. It is located

in the Daloa department in the south-east of the Ivory Coast. Kavokiva's mission is to improve the social and economic position of its members by supporting the production and marketing of their cocoa and coffee. This includes paying a higher price for members' beans than local traders and providing credit for farm inputs such as fertilizers and pesticides, school fees, and medical expenses.

Of the 800 or so co-operatives in the country's cocoa and coffee sectors, Kavokiva has a reputation with the government and others as one of the strongest in terms of its administrative structure, the quantity and quality of its cocoa, and the support and services provided to members.

Fairtrade certified producers must meet standards which prohibit child labour and include procedures to identify and rectify non-compliance. Kavokiva had a Child Labour Charter in place for its members prior to receiving Fairtrade certification. The Charter clarifies the difference between children helping on the family farm in their spare time and exploitative, illegal practices. It includes guidelines for members on identifying child labour and what action they should take if they come across it.

We should not underestimate our power as consumers to change the practices of international companies.

WAGS

SPRING COFFEE MORNING

Saturday 17th March, 10am - 12pm, Greenbank Parish Church

HOMEBAKING • TOMBOLA • FACE-PAINTING

ENJOY-A-BALL TASTER • CRAFTS AND MORE

Tickets - £2.50 for an adult, £1 for a child,
under 2s free (includes a cream tea!)

ALL WELCOME

Raising money for:
Richmond's Hope, Garvald Edinburgh, Streetwork, Simpson House Sunflower Garden

QII New Year Family Ceilidh

Over a hundred people representing all generations danced a cold January night away in total abandonment . The balloons were blown, the tray bakes unveiled and our guests began to arrive to the brave pipes and drums of Kirsty Dunbar and her friend, Christie outside the church. A short parade into the warmth of the church and the girls handed over the musical baton to Hazel Macaulay and the Ceilidh band to kick off the dancing. After a short (and well earned) interval we were introduced to the inaugural performance of the Greenbank Ceilidh Band who professionally rounded off a great evening. A huge thank you to all the support we received. In addition to having a great time we raised over £360 to support Scottish Love in Action and Edinburgh City Mission.

ST PATRICK'S NIGHT CEILIDH

Dress with a touch of green
Saturday 17th March, 7.30 pm
in **Greenbank Parish Church**

Hall in aid of

Scottish Love in Action

www.sla-india.org

Musicians/Storytellers/Dancing
Irish Dancers from the Ward School



Refreshments available Tickets £7

Alan Ramage New Clerk to the Board

Following Kathleen Patrick's retirement after 16 years as Clerk to the Board, Alan Ramage has recently been appointed to this post.



Audio Version of Leaflet

An audio version of the Leaflet is produced monthly on CD. To be on the distribution for this version please contact David Ferguson 445 2838.



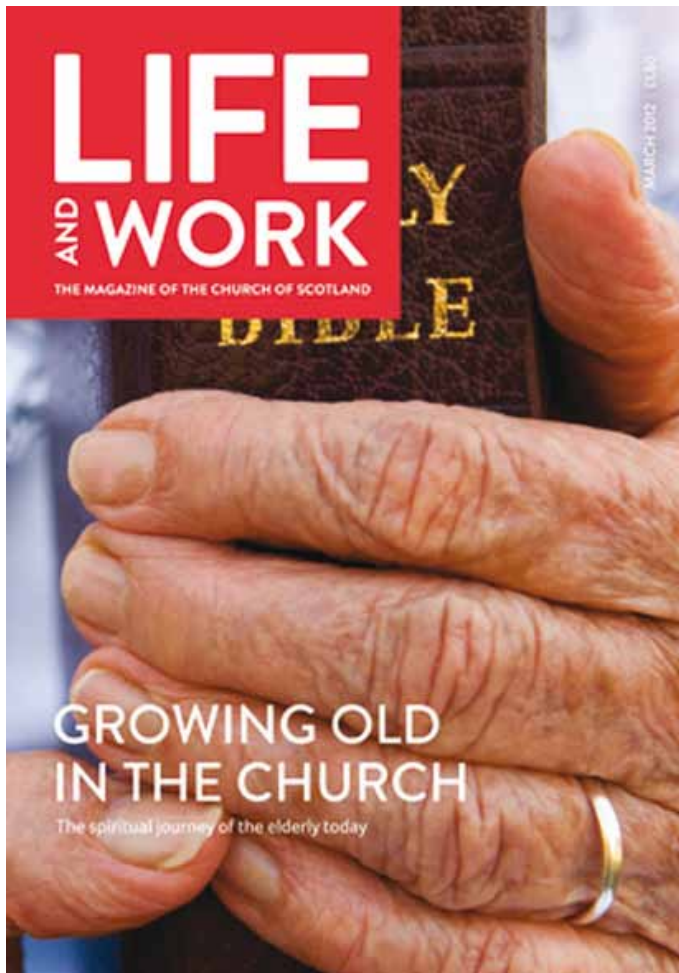
Morningside Parish Church Halls.

Saturday 26 May 2012. 10am-2pm

**Stalls; Nearly New, Baking & Preserves,
Books, Plants, Fairtrade, Tombola.**

Refreshments.

**Contributions to the Stalls and Prizes for the
Tombola will be very much appreciated !**



Life and Work MARCH ISSUE

Growing Old in the Church

Jackie Macadam examines the spiritual journey facing the increasing numbers of elderly people in the church and the latest research into links between spirituality and health.

A Bright Star in the Sky

The Moderator describes his visit to the Holy Land.

“And David Danced Before the Lord”

Major Roy Robertson appeals to reader to take part in a record-breaking dance event to raise funds for charity.

Changing Church

A church project connecting with young people in one of the most deprived parishes in Scotland.

A Fascinating Building

John R Hume reflects on the beauty of Penicuik South Church in Midlothian.

View from the Pew

Graham Armstrong looks to the church of the future.

A Pilgrim Way

The Rev Dr Robin Hill meets a minister who believes there is still space for pilgrimage in our lives.

The Gift of Story

Dr Donald Smith highlights the importance of storytelling in worship.

Isaiah the Second

The Very Rev Gillesbuig Macmillan examines the contribution of the ‘fifth evangelist’.

Plus all the regular columnists, letters, reviews and cross-words – all for just £1.80

Life and Work needs you

Please send submissions for parish news, View from the Pew and The Big Picture to Life and Work, 121 George Street, Edinburgh EH2 4YN or magazine@lifeandwork.org

The Guild

March is the last month of meetings for this session and I can hardly believe it has come round so fast. Our next meeting is actually on the 28th of February when Ivor Clarke will be talking about The Open Door a subject very dear to many of you. On 13th March Tommy Steele is coming to talk about Greyfriar’s Wood - a great recycling of old church pews etc into beautiful objects, and on 27th March we have our ABM at which Val Smart and Edith Armit will tell us about their trip to Tuni last year.

Don’t forget the World Day of Prayer service on Friday 2nd March in St Peter’s at 10.30 am.

Ann Pirie

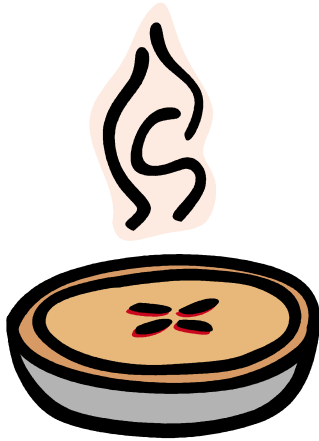
Stop Press. The sum of £550 was raised at our Film Night and will be sent to our Project for this year “Interfaith Action in Israel and Palestine”. Many thanks to all of you who contributed.



BAGS

Pie and Ale Tasting Night

A fantastic night was had at the inaugural BAGS (Blokets at Greenbank) event aimed at men aged 18 -100. A great turnout enjoyed a tremendously knowledgeable talk from David Henderson of Henderson Wines whilst our less knowledgeable tastebuds sampled a variety of ales culminating in a challenging smoked German beer which left tastebuds dazed and confused. Thankfully a selection of prize winning pies provided by Saundersons Butchers helped remove any aftertaste. With thanks to all the men who supported the night which provided a chance for fellowship and to meet others with a connection with Greenbank Church. Given the success of the evening further events are planned and will be publicised on the Church Notice board. We are very grateful for the ideas suggested for future events which we will try to incorporate in any programme. Kenny Htet-Khin (khh_13@yahoo.com)



Duty Teams

March

- 4th** Roger Bland, Eileen Campbell, Richard Dunbar, Clifford Hastings, Chris Horne, Doris Laing, Enid Mowat, Robert Nimmo, Keith Winton
 - 11th** Rosemary McCulloch, Frank Hutson, Alison Murison, Malcolm Reid, Joan Ritchie, Rona Ferguson Bill Frazer, Fiona Grant, Leslie Stokoe
 - 18th** Alan Armit, Edith Armit, Louise Coghill, Iain Davidson, David Ferguson, Michael Pearson, Malcolm Watters, Nora Kellock, Elizabeth Mackay
 - 25th** John George, Kenneth Aitken, Alistair Hunter, Hazel Macaulay, Kathleen Patrick, Jill Powlett-Brown, Dorothy Whitehead, Tony Foster
- April**
1st Ian Thom, Keith Clark, Ray Dely, Catherine Hardie, Elizabeth Htet-Khin, Anne Oxbrow, Isobel Thom, Kay Ellis, Charles Black, Greig Scott

Coffee Rota

March

- 4th** Communion
 - 11th** David and Janet Allen
 - 18th** Monday House Group
 - 25th** Spectrum Lunch
- April**
1st Hazel Macaulay



Creche Rota

March

- | | | |
|-------------|-----------------|----------------|
| 4th | Eileen McKinnon | Liz Foster |
| 11th | Shona Murray | Grace Pollock |
| 18th | Cathie McLennan | Fenella Murray |
| 25th | Isobel Thom | Carrie Reid |

April

- | | | |
|------------|------------------|---------------|
| 1st | Rosemary Collier | Grace Pollock |
|------------|------------------|---------------|



Flower Rota

provided by / delivered by

March

- | | | |
|-------------|------------------|-------------------|
| 4th | Isobel Aitchison | Fiona Connal |
| 11th | Hazel Macaulay | Ruth Ray |
| 18th | Doreen Milliken | Jean Roynon-Jones |
| 25th | Liz Gordon | Pauline Walker |

April

- | | | |
|------------|------------------|--------------|
| 1st | Margot Fergusson | Isobel Brown |
|------------|------------------|--------------|



Material for the April Leaflet should be delivered to the Church Office or to the Editors' pigeon-hole in the Main Hall by Sunday March 11th or sent by e-mail by 9am on Tuesday 13th to greenbankleaflet@googlemail.com

PEOPLE WHO PRAYED: ST PATRICK

St Patrick's Day is celebrated on 17 March, the anniversary of his death in the 5th century. For over a thousand years the Irish have observed this as a religious holiday. On St Patrick's Day, which always falls during the season of Lent, Irish families would attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—very often on a traditional meal of bacon and cabbage. To this day salt-cured beef (used by Irish immigrants instead of pork) remains central to St Patrick's Day celebrations across the Atlantic. Although a public holiday in just Ireland, Northern Ireland, the Canadian province of Newfoundland & Labrador and Montserrat, it is marked in many places all over the world as a secular celebration of Irish culture.

Patrick, the patron saint of Ireland, may have been born in Scotland. At one time it was commonly accepted that he was born and brought up on the banks of the Clyde, perhaps near Dumbarton Rock. However, it is now agreed that his home was further south, near Carlisle, or even in South Wales. At the age of sixteen, while working on his father's farm, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity. During this time, he was put to work, herding cattle, outdoors and away from people, probably in County Antrim near modern Ballymena. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian.

Patrick became a man of prayer. In his own writings he tells us: *But after I had arrived in Ireland, I found myself pasturing flocks daily, and I prayed a number of times each day. More and more the love and fear of God came to me, and faith grew and my spirit was exercised, until I was praying up to a hundred times everyday — and in the night nearly as often. So that I would even remain in the woods and on the mountain in snow, frost and rain, waking to pray before first light. And I felt no ill effect, nor was I in any way sluggish — because as I now realise, the Spirit was seething within me.*

One night Patrick had a dream that he would return home. After more than six years as a prisoner, Patrick escaped. He went to France where he trained as a priest before returning to Britain. In a further dream a voice, which he believed to be God's, spoke to him in a dream, telling him it was time to go back to Ireland as a missionary. From 432 to his death in 461 he devoted himself to ministering to Christians already living in Ireland and to converting the Irish. Much of his life is shrouded in mystery and historians differ on the probable chronology of the saint's life. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland and his adoption of the shamrock as a symbol of the Holy Trinity may be the products of hundreds of years of exaggerated storytelling. Spinning exciting tales to remember history has always been a part of the Irish way of life.

One of the best-known stories about Patrick tells of his decisive encounter with the Druids who at that time dominated the religious life of Ireland. The Hill of Tara was the seat of the High King of Ireland. One year, as Easter approached, Patrick decided to celebrate it at Tara. That Easter coincided with a great pagan festival: all lights were to be extinguished and all fires were to be put out; only the king would provide people with light and fire. Patrick and

his companions lit a great fire on the nearby Hill of Slane. When the druid priests at Tara saw the light from Slane, they warned the king that he must extinguish it or it would flood Ireland with its light and burn forever. Patrick was summoned to Tara, where after a confrontation with the pagan priests, he was granted permission by the High King to preach the Faith throughout the length and breadth of Ireland. It was while on the way to Tara that Patrick and his followers are supposed to have chanted the beautiful hymn known as St Patrick's Breastplate. The prayer as we know it may belong to three centuries after the time of Patrick, but that does not matter.

St Patrick's Breastplate expresses so well much of the early Celtic Christian faith. Its opening section affirms the central truths of God as Trinity and of Christ's Incarnation:

*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...*

With these ancient words it is as if we are binding God to ourselves, just as we might fasten a coat or lace our shoes. With such a prayer we put our trust in a power beyond ourselves, the power of the living God. This is not a God of the remote past, a historical God, nor a God of the distant future, but the God who is near at hand ready to help. God is our God today. It is today that we are able to meet God.

Patrick lived in an awareness of the divine presence, sure that Christ was with him and in him. Nowhere is this more clearly expressed than in these short affirmations:

*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.*

Here we have not just one prayer but many little prayers, prayers which are not so much requests as statements. Each one reminds us of our Lord's promise to be with us always. The repeated use of these words may assist us not only to be more aware of Christ in our own lives but also to see Christ in the lives of others. And as we pray that we may glimpse the living Christ in other people, so may we become the hands, the feet, the lips and the mind of Christ for them.

For further reading:

Hymn 639 I bind unto myself today

Hymn 577 Christ be beside me

Ephesians 6, verses 10-18 *The whole armour of Christ*

David Adam's book, *The Cry of the Deer (Meditations on the Hymn of St Patrick)*, first published in 1987, is still available and provides much food for thought.