



# A Journey to the Land of the Saints

---

## I • Barrind's Story

*The members of the community enter and pray in silence. After the community is fully assembled, the prelude should be presented.*

### Prelude

“Barrind’s Story”  
*(from The Voyage of Saint Brendan, translated by John J. O’Meara)*

The legendary journey of Saint Brendan, who came to be known as ‘The Navigator’, begins with an amazing story told one evening by a visitor to the saint’s abbey.

*A period of silent meditation follows the reading before the leader begins the penitential prayers.*

### Penitential Prayers

*A bell rings and the members of the community kneel. If anyone cannot kneel, they should remain seated with their head bowed.*

Leader  
All

We bend our knees  
*(making the sign of the cross)*  
**in the eye of the Father who created us,  
in the eye of the Son who purchased us,  
in the eye of the Spirit who cleansed us.**  
**Amen.**

*All stand.*  
Leader

Lord Jesus Christ,  
give us the grace of repentance;  
give us the grace of earnestness;  
give us the grace of submission.

**Give us the strength and courage to confess our guilt  
as earnestly as were this the moment of our death.**

Community  
Leader

Lord Jesus,  
you are shade to those in the heat;

|                     |   |                     |
|---------------------|---|---------------------|
| Community<br>Leader | you are shelter to those in the cold;<br>you are a well to those in the desert.<br>Lord Jesus, have mercy on us.<br><b>Lord Jesus, have mercy on us.</b><br>Christ Jesus,<br>you are eyes to those who are blind;<br>you are ears to those who are deaf;<br>you are health to those who are ailing.<br>Christ Jesus, have mercy on us.<br><b>Christ Jesus, have mercy on us.</b><br>Lord Jesus,<br>you are the joy of all joyous things;<br>you are the beam of the sun in the day;<br>you are the guiding star in the night.<br>Lord Jesus, have mercy on us.<br><b>Lord Jesus, have mercy on us.</b><br>Lord Jesus Christ,<br>with the Father who created us<br>and the Spirit that cleansed us,<br>Purify our hearts, make holy our souls<br>and confirm our faith,<br>keep safe our minds and compass our bodies all about.<br>Enfold us... | Leader              |
|                     |   |                     |
| Community<br>Leader | ... and surround us.<br>Guide our speech...<br><b>... and our thoughts.</b><br>Guard us in our sleeping...<br><b>... and in our waking.</b><br>Nurture us in our watching...<br><b>... and in our hoping.</b><br>Shield us in our lives...<br><b>... and grant us peace in eternity.</b><br>Holy God,<br>Father, Son and Spirit,<br>pour down upon us from heaven<br>the rich blessing of your forgiveness.<br>Be patient with us and grant to us<br>the fear of God, the love of God, and your affection   | Community<br>Leader |
|                     |   |                     |

|                     |  |                     |
|---------------------|--|---------------------|
| Community<br>Leader | May God our Father<br>be with you lying down,<br>be with you rising up.<br>May Christ our Brother<br>be with you sleeping,<br>be with you waking.<br>May the Spirit our Guide<br>be with you resting,<br>be with you acting.<br>May God the Father be with you, protecting;<br>may Christ our Lord be with you, directing;<br>may the Spirit of Grace be with you, strengthening.<br><b>For ever and for ever more. Amen.</b><br>Praise to the Father,<br>praise to the Son,<br>praise to the Spirit.<br><b>The three in one.</b><br><i>(making the sign of the cross)</i><br>The guarding of the God of life be on you,<br>the guarding of the loving Christ be on you,<br>the guarding of the Holy Spirit be on you,<br>aiding and enfolding you<br>each day and night of your lives.<br><b>May God, the three in one, encompass us all,<br/>shielding us on sea and on land, in day and in night,<br/>guarding each step and each path we travel. Amen.</b> | Community<br>Leader |
|                     |  |                     |
| Community<br>Leader | Hymn (optional)<br><br><i>The members of the community sit or kneel after the service concludes, as they prefer. Silence is observed to allow private prayer or meditation. Individuals should leave quietly as the Spirit moves them.</i>   | Community<br>Leader |
|                     |  |                     |

|                     |   |                     |   |
|---------------------|---|---------------------|---|
| Community<br>Leader | Help us also to remember those who are alone, without family or friends.  |                     | so we may do your will on earth at all times ...  |
|                     | <b>May we all find companionship in the fellowship of Christ.</b><br>O God, bless our words and help them bring joy and comfort to others. Help us also to remember those who are harmed by unkind words and verbal abuse.  |                     | <b>... as the angels and saints do in heaven.</b><br>Holy God,<br>Father, Son and Spirit,<br>pour down upon us from heaven<br>the rich blessing of your peace.<br>Peace between nations ...   |
| Community<br>Leader | <b>May we all hear the gentle voice welcoming us into the fellowship of Christ.</b><br>O God, bless us in our errands and protect us in our travels. Help us also to remember those who are lost, walking through life without direction or hope.   | Community<br>Leader | <b>... peace between neighbors.</b><br>Peace between kindred ...  |
| Community<br>Leader | <b>May we all be guided into the fellowship of Christ.</b><br>O God, lessen our sins and increase our trust in you. Help us also to remember those burdened by guilt and shame, especially those deep in despair.   | Community<br>Leader | <b>... peace between lovers.</b><br>Peace between persons injured ...   |
| Community<br>Leader | <b>May we all find forgiveness in the fellowship of Christ.</b><br>O God, guard us from distress and protect us from misfortune. Help us also to remember those feeling battered by the turbulence of their lives, whether through their own choices or the actions of others.  |                     | <b>... peace between foes.</b><br>Holy God,<br>Father, Son and Spirit,<br>help us to love and bless your creation,<br>all that we see, all that we hear, all that we touch.<br>Let us share your peace with our fellow creatures at all times,<br>living as signs of forgiveness and reconciliation on the earth ...  |
| Community<br>Leader | <b>May we all find consolation in the fellowship of Christ.</b><br>O God, shelter us from harm and aid us in life's struggles, protect us under your shield and guard us from harm, guide us in your ways and clear the paths before us. Be by our knees, by our backs and by our sides in every step we take in this stormy world. | All                 | <b>... as the angels and saints do in heaven:</b><br><b>without malice, without jealousy, without envy,</b><br><b>without fear, without terror of anyone under the sun.</b><br><b>And may the Father, the Son and the Spirit</b><br><b>kindle in our hearts the flame of love to our neighbors,</b><br><b>to our foes, to our friends, to our kindred all,</b><br><b>to the brave, to the knave, to the thrall.</b> |
| Community<br>Leader | <b>Amen.</b><br>In the silence of your heart,<br>bring your special needs or concerns before God.<br>If you wish us to join in your prayers for these needs, speak them aloud, saying when you are finished,<br>"For this I pray."  | Leader              | The peace of the Father of Joy,<br>the peace of Christ the Lamb,<br>the peace of the Spirit of Grace, be with you.  |
|                     | Members of the community offer their particular prayers. The community's response to these individual petitions is:   | Community           | <b>The peace of the Father of Joy,</b><br><b>of Christ the Lamb, and of the Spirit of Grace,</b><br><b>be with us all.</b><br>Let us share a sign of peace with those present here<br>as a testimony to the peace God offers to the world.  |
|                     | When these personal prayers are finished, the leader offers the final blessing.   |                     |   |

*The members of the community share a sign of peace before sitting down. A brief period of silence follows before the reader begins the Word of God.*

### The Word of God



same way he took the cup also, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.”

(1 Corinthians 11: 23-26)

O Gracious God, *(making the sign of the cross)*  
may your Spirit come upon us, and upon this bread and wine,  
so that it might illumine our understanding, kindle our will,  
incite our love, strengthen our weakness, and enfold our desires.

**O Generous Lord,**  
**cleanse our hearts, make holy our souls, confirm our faith,**  
**keep safe our minds, encompass our bodies about**  
**so that in our own hearts, we may feel your presence.**

O Holy Spirit, of greatest power,

come down upon us and subdue us;  
from your glorious mansion in the heavens.

The knee that is stiff, O healer, make pliant,  
the heart that is cold, make warm beneath your wing;  
guide the soul that is wandering from your path  
and it shall not die.

Each thing that is foul, may you cleanse,  
each thing that is hard, may you soften with your grace,  
each wound that is causing us pain,  
may you make whole.

Now to the Father who created each creature,  
now to the Son who paid ransom for his people,  
now to the Holy Spirit, comforter of might:  
shield and protect us from every wound.

**Encompass the beginning and the end of our race,**  
**give us courage to sing in glory,**  
**in peace, in rest, in reconciliation.**

Come share in the table of the Lord,  
source of love for those who cherish his kindness,  
source of solace for those who need his forgiveness,  
source of hope for those who fear his judgement.

Come share in the table of the Lord.

**Where no tear shall be shed,**  
**where death comes no more. Amen.**

we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

The gospel of Jesus Christ, source of strength,  
Source of salvation, source of healing grace.  
**May it be a mantle to our bodies.**

*A brief silence follows the reading, until the leader begins the psalm.*

Psalms 19, Verses 1 through 14.

The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.

**Day to day pours forth speech,**  
**and night to night declares knowledge.**

There is no speech, nor are there words;  
their voice is not heard;

**yet their voice goes out through all the earth,**  
**and their words to the end of the world.**

In the heavens he has set a tent for the sun,  
which comes out like a bridegroom  
from his wedding canopy,

**and like a strong man runs its course with joy.**

Its rising is from the end of the heavens,  
and its circuit to the end of them;

**and nothing is hid from its heat.**

The law of the Lord is perfect,  
reviving the soul;

**the decrees of the Lord are sure,**  
**making wise the simple.**

The precepts of the Lord are right,  
rejoicing the heart;

|           |   |
|-----------|---|
| Community | <b>the commandment of the Lord is clear, enlightening the eyes.</b>                   |
| Leader    | The fear of the Lord is pure, enduring forever;                                       |
| Community | <b>the ordinances of the Lord are true righteous altogether.</b>                      |
| Leader    | More to be desired are they than gold, even much fine gold;                           |
| Community | <b>sweeter also than honey, and drippings of the honeycomb.</b>                       |
| Leader    | Moreover by them is your servant warned; in keeping them there is great reward.       |
| Community | <b>But who can detect their errors? Clear me from hidden faults.</b>                  |
| Leader    | Keep back your servant also from the insolent; do not let them have dominion over me. |
| Community | <b>Then I shall be blameless, and innocent of great transgression.</b>                |
| Leader    | Let the words of my mouth and the meditation of my heart be acceptable to you,        |
| Community | <b>O Lord, my rock and my redeemer.</b>   |

*There is a brief silence after the psalm before reading or presenting the audio version of the following reflection.*

|            |   |
|------------|---|
| Reflection | “Walking with the Celtic Saints”<br>by Timothy J. Ray |
|------------|---|

*A period of silence is observed after the reflection for private meditation, with or without music. Afterward, the leader proceeds to the Eucharistic Prayer after the optional hymn.*

Hymn (optional)

### Eucharistic Prayer

*If the community wishes to share the Eucharist, the table is prepared during the hymn. If there is no hymn, the table should be prepared in silence — slowly and deliberately. Then, the*

*leader begins the Eucharistic Prayer.*

|           |   |
|-----------|---|
| Leader    | Thanks be to you, Holy Father of Glory, father-kind, ever-loving, ever-powerful, because of all the abundance, favor and deliverance that you bestow on us in our need.   |
| Community | <b>May your name be praised forever, in the heavens above and here on earth.</b>  |
| Leader    | Whatever Providence befalls us as your children, in our portion, in our lot, in our path, give to us with it the riches of your hand and the joyous blessing of your mouth.   |
| Community | <b>May your kingdom be seen to flourish through the joy of your people, always grateful.</b>  |
| Leader    | In the steep common path of our calling, be it easy or uneasy to our flesh, be it bright or dark for us to follow, your perfect guidance will be upon us.   |
| Community | <b>Provide for us in all our needs, material and spiritual, this day and every day.</b>   |
| Leader    | Be a shield to us from the wiles of the deceiver, from the arch-destroyer with his arrows pursuing us, and in each secret thought our minds get to weave, guide and protect us.   |
| Community | <b>Do not allow us to be tossed about by temptations and protect us from all evils that would do us harm.</b>   |
| Leader    | <div> <div>O Loving Christ, who was hanged upon a tree, each day and each night we remember your covenant; in our lying down and rising up, we yield ourselves to your cross, in our lives and our deaths, we seek in you our peace.</div> <div>Each day, may we remember the source of the mercies you bestowed on us, gently and generously; each day, may we become fuller in love with you.</div> <div>My brothers and sisters, with St. Paul, I say to you:</div> </div> <div> <div>“I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the</div> </div> |