

Feast of St. Brigid of Ireland 01 February 2021



St. Brigid is the second patron saint of Ireland, whose feast day is her birthday ... the first day of spring in Ireland, 1st of February. Brigid is also known as Mary of the Gael, which means Our Lady of the Irish. On this special feast day, let us remember Brigid with a poem, a litany or a reflection on the cross which bears her name. Choose one of these images to centre yourself in a moment of contemplation and joy.

A poem in Brigid's honour:

Brigid, you were a woman of peace.
You brought harmony where there was conflict.
You brought light to the darkness.
You brought hope to the downcast.
May the mantle of your peace cover those who are troubled and anxious.
And may peace be firmly rooted in our hearts and in our world.
Inspire us to act justly and to reverence all God has made.

Brigid, you were a voice for the wounded and the weary.
Strengthen what is weak within us.
Calm us into a quietness that heals and listens.
May we grow each day into greater wholeness in mind, body and spirit. Amen.

A Litany of St. Brigid:

Lord, have mercy. Christ, have mercy. Lord, have mercy.
Eternal Father, have mercy on us.
Divine Son, have mercy on us.
Holy Spirit, have mercy on us.

Holy Mary,
Holy Mary, Virgin of Virgins,

pray for us.
pray for us.

Blessed St. Brigid,
Consecrated spouse of the King of Kings,
Cornerstone of the Monastic Institutes in the Island of Saints,
Patroness of Ireland,
Mother of Religious,
Mediator of the Irish people,
Protector of the faith preached by St. Patrick,
Conveyor of a clear vision of God,

pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.
pray for us.

Let us Pray: O God, the author of all sanctity, grant that we may, through the intercession of St. Brigid, walk on this earth in the footsteps of those who inhabited the Island of Saints, and so arrive with them to the possession of You in Heaven. Through Jesus Christ our Lord. Amen.

Pour forth on us, we beseech you, O lord, the spirit of wisdom and love, with which you have replenished your holy Servant, St. Brigid, that sincerely obeying you in all things, we may, by a zealous imitation of her virtues, please you in faith and works. Through Jesus Christ our Lord. Amen

Reflection on St. Brigid's Cross:



Brigid was requested to sit with a pagan chieftain Kildare, who was delirious and raging on his death bed. The Chieftain was so delirious it was impossible for Brigid to talk to him, so she just sat with and comforted him. Brigid began to weave rushes from the floor into the shape of a cross. The Chieftain quietened as he began to notice Brigid, and he asked what she was doing.

What would be your response to his question?

The quietness and gentleness of Brigid rings through in people's lives. Reflect for a few moments on the same qualities in your own life.

