

# Interlude: Laa le Padraig (Saint Patrick's Day)

In honour of Saint Patrick, and the holy land of Ireland; and especially for any of our readers who live in Ireland, and those who can claim an Irish ancestry.

A gentle folkloric rendition of Cecil Francis Alexander's familiar Englishing of the traditional Irish hymn often called "Saint Patrick's Breastplate", also known in Irish as "The Deer's Cry".

And for those who have the Gaelic, here are the opening three stanzas, in the Old Irish original and then in a fairly literal English translation.

"Atomriug indiu niurt tréun: ?togairm Trindóit?

faístin Oendatad, ?i nDúlemon dáil.

Atomriug indiu? niurt gene Críst cona bathius,

?niurt a chrochtho cona adnacul,

?niurt a essérgi cona fhresgabáil,?

niurt a thoíniudo fri brithemnas mbrátho.??

"Atomriug indiu?niurt gráid hiruphin,

?i n-aurlataid aingel,

?i frestul inna n-archaingel,

?i freiscisin esséirgi?ar chiunn fochraicce,

?i n-ernaighthib uasalathrach,

?i tairchetlaib fáithe,?

i preceptaib apstal,  
?i n-iresaib foísmédach,  
?i n-enccai noebingen,  
?i ngnímaib fer firén.??

“Atomriug indiu?

niurt nime,?

soilsi gréne,?

étrochtai éscái,?

áni thened,?

déni lóchet,?

luaithi gaíthe,?

fudomnai mara,

tairismigi thalman,?

cobsaídi ailech.??

“I arise today

Through a mighty strength, the invocation of the Trinity

Through belief in the three-ness

Through confession of the oneness

Of the Creator of Creation.

I arise today

Through the strength of Christ’s birth with his baptism

Through the strength of his crucifixion with his burial

Through the strength of his resurrection with his ascension  
Through the strength of his descent for the judgment of Doom.

“I arise today

Through the strength of the love of Cherubim

In obedience of angels

In the service of archangels

In hope of resurrection to meet with reward,

In prayers of patriarchs

In prediction of prophets

In preaching of apostles

In faith of confessors

In innocence of holy virgins

In deeds of righteous men.

“I arise today

Through the strength of heaven:

Light of sun

Radiance of moon

Splendor of fire

Speed of lightning

Swiftness of wind

Depth of sea

Stability of earth

Firmness of rock...".

And the final verses, Irish and Latin.

"Críst limm, Críst reum, ?

"Críst im degaid,?Críst indium,

"Críst ísum, ?Críst uasum,

?Críst desum, Críst tuathum,?

"Críst i llius, Críst i sius, ?

"Críst i n-erus,?

"Críst i cridiu cech duini immumrorda,?

"Críst i ngin cech oín rodom-labrathar,?

Críst i cech rusc nonom-dercathar,?

"Críst i cech cluais rodom-chloathar.

"Atomriug indiu niurt tréun:?

"togairm Trindóit,?

"cretim Treodatad,?

"faístin Oendatad,?i nDúlemon dáil.??

"Domini est salus,?Domini est salus,?Christi est salus

?salus tua, Domine, sit semper nobiscum."

"I bind myself today to a strong virtue, an invocation of the Trinity.?"

"I believe in a Threeness with confession of a Oneness, in the Creator of [the universe.

"Salvation is the Lord's, salvation is the Lord's, salvation

is Christ's?.

May Thy salvation, O Lord, be always with us."

Or as the Alexander version resoundingly concludes:

"I bind unto myself the name, 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."