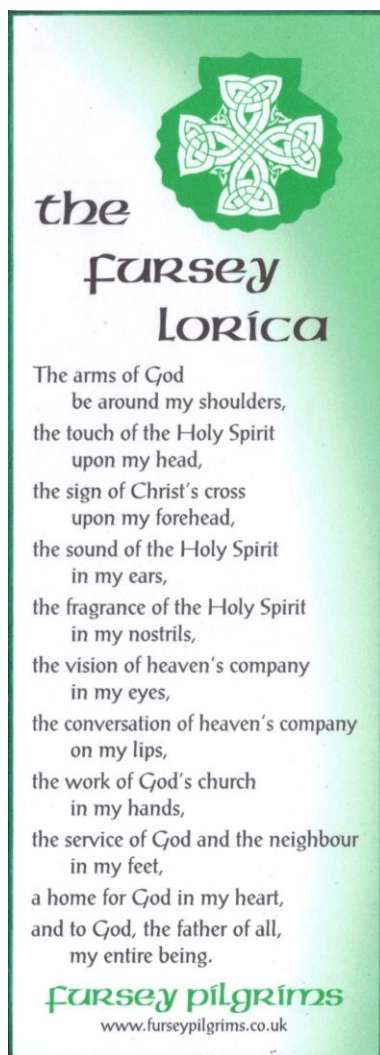


fursey pilgrims

The Fursey Lorica



Fursey Lorica Bookmark
(available free from the
[Fursey Pilgrims](http://www.furseypilgrims.co.uk))

The Lorica (attributed to Fursey)

The arms of God be around my shoulders
The touch of the Holy Spirit upon my head,
The sign of Christ's cross upon my forehead,
The sound of the Holy Spirit in my ears,
The fragrance of the Holy Spirit in my nostrils,
The vision of heaven's company in my eyes,
The conversation of heaven's company on my lips,
The work of God's church in my hands,
The service of God and the neighbour in my feet,
A home for God in my heart,
And to God, the Father of all, my entire being.

A Lorica, or Breastplate prayer, is essentially a 'protection prayer' in which the petitioner invokes all the power of God as a safeguard against evil in its many forms.

The Lorica of St Fursa dates from the early seventh century and is still a popular prayer in Ireland. The translation, from Old Irish and German, was made by Fr Francis Mullaghy CSSR and Fr Richard Tobin CSSR, for use in St Joseph's Monastery, Dundalk, Co Louth.

The British Library reference to the original text of the Lorica is: Add MS 30512 folio.35v

This Lorica translation is quoted by
John Ó Ríordáin in his book:
'The Music of What Happens'
1996. pp.46-47
The Columba Press
Dublin

Fursey Pilgrims seek to encourage renewed interest in the life and times of St Fursey
and a deeper understanding of the spirituality of his era

[Back to Homepage](#)