

The Lakeside



Message in a bottle

Verse of the day for Monday March 17, 2025 - Psalm 37: 8-9

8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

**9 For those who are evil will be destroyed, but those who hope in the LORD
will inherit the land.**

Read Psalm 37 for meditation and inspiration.



Dear Lakesiders and Friends,

THE PRAYER OF ST PATRICK

HAPPY ST. PATRICK'S DAY!! I am deeply moved by the power and comfort of invoking St. Patrick's prayer as he faces aging and mortality. He shares how through the prayer, we can experience a spiritual center that enables us to face our anxieties and helps us to know that we are not alone.

*I arise today
Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through confession of the Oneness
Of the Creator of creation...
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in the eye that sees me,*

Christ in the ear that hears me.

As we age, we discover mortality and fragility. We also may discover new wellsprings of creativity, resilience, and relationship with God and our neighbors, the same power to live with courage and grace that inspired St. Patrick. According to legend, Patrick uttered this prayer in a time of crisis, when the assassins of a local chieftain were pursuing him on a lonely road. Without defense, Patrick invoked God's presence, power, and love. Baffled, all his pursuers heard was the cry of a deer bounding across the road.

This is a great reminder that God created us to be companions to Him. We are not and never can be fulfilled unless we are centered in Him. We are designed to be God's responsive child. St. Patrick's prayer draws us back to the knowledge that we are not alone but providentially at the very center of God's loving care.

As I face aging and mortality, I find comfort in Patrick's affirmation: "*Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left.*" It recalls my childhood sense that Jesus was my constant companion wherever I went. Jesus "walks with me and He talks with me, and He tells me I am His own," whether I am in a garden, leading worship, attending a church meeting, studying, offering grace with my family as we sit to share a meal, or taking a walk. I am in a circle of love that is unconditional and non-negotiable, and that when my own resources fail, I have the unlimited resources and inspirations of God and the gifts of those around me.

WOW! Is not the love of God absolutely awesome.

In God's grip, I am

A handwritten signature in cursive script, appearing to read "Roger".

Roger