Celtic Spirituality II



Old Graveyard, Kenmare, Ireland

The Rev. Jennifer King Daugherty
August 2, 2026

1

Opening Prayer



Inishbofin, West Quarter

I arise today
embraced in the arms
of God the Father,
empowered by the strength
of God the Spirit,
immersed in the love
of God the Son.

I arise today
in the company
of the Trinity,
Father, Spirit and Son.

I arise today.

-- Source unknown

2

Review: Celtic Spirituality

- Rooted in rural, kinship, oral culture
- 4th-8th C, outside of Roman influence
- Founded on monastic life
- Integration of pre-Christian spiritual traditions and practices

- God's saturating presence in the world
- Unity and revelation of creation
- Holiness of daily life
- Prayer as daily rhythm

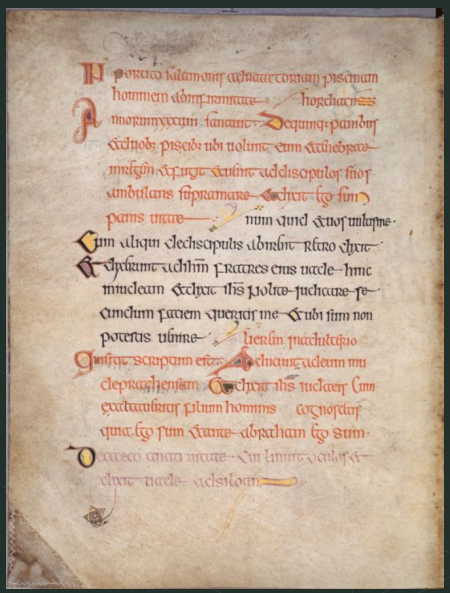


3

Celtic Spiritual Practices

Notice thresholds throughout the day: physical, emotional, life journey

Memorize passages of scripture or short prayers to repeat at thresholds



Book of Kells

4

Constant Companions: The Trinity and the Saints



Trinity icon, Rublev



St. Finnian's well, Kenmare

- Interweaving of worlds
- Trinity
  - Constant invocation
  - Close at hand
  - Harmony, interdependence
- Saints
  - Approachable, member of extended family
  - Landscape as living relic

5

Discussion

- How do you imagine the Trinity? What do you think of the Celtic understanding?
- Do the saints play a part in your spirituality? In what way?



Iona Abbey

6

Tradition of Asceticism

- Influence of Egyptian desert tradition
- Hermits and anchorites
- "Cave of the heart"
- Self-denial, seeking, freedom





Top: Hermit's Cell, Iona
Bottom: Skellig Michael

7

Sin, Sorrow, Soul Friendship



View from ferry to Iona

- Sin and sorrow alongside grace and joy
- Compunction
- Penitence and repentance
- God's protection and mercy
- Importance of *Anam cara*

If anybody enters the path of repentance
It is sufficient
To advance a step every day.
Do not wish to be like a charioteer
-- Rule of Comgall

8

Pilgrims and Exiles



- *Peregrinatio*
- Exile with mission
- "Seeking the place of their resurrection"
- Pilgrimage to holy places

9

Discussion

- Have you ever had a soul friend? What was that relationship like?
- Have you ever experienced a pilgrimage? What did you discover?



Grunwald Guild, Leavenworth, WA

10

Jennifer's Shawl



I wrap around myself today
The full name of the Trinity
Its truth, its strength, its lively grace
Our God is One and known in Three

I wrap this day 'round me forever
The gift of faith, Christ's human birth
His teaching, healing, wisdom giving
His laying down his life on earth
His turning death into rich life
His forging a new community
His Holy Spirit to cure our strife
I wrap around myself today

I wrap around myself today
God's steadfast love and righteous mind
God's call of justice, lavish mercy
God's heartbeat and my own entwined
The Spirit's ear to hear my prayer
Angelic host to light my way
God's bracing arm to stand me up
And witness to the Word today

(After St. Patrick's Breastplate)

I wrap around myself today
God's image in creation's mirror
The roots of trees that feed each other
The birds' sure call, quick, brave, and clear
The warm earth's tender, supple shoots
The mighty waves' eternal roar
The joyful dance of sun and moon
The brilliant stars at heaven's door

Christ be with me, Christ within me,
Christ beneath me, Christ above me,
Christ beside me, Christ to guide me,
Christ in hearts of all that love me

Brigid before, Columba behind
Clare on my left, Patrick my right
Joseph, Lizzie, the cloud of saints,
Christ be our shield, Christ be our light

I wrap around myself today
The full name of the Trinity
Its truth, its strength, its lively grace
Our God is One and known in Three
From whom all birth and being flows
Creator, Savior, Spirit True
My love and life belong to God
Oh Christ, I give myself to you.

11

A Prayer for Leaving

God, bless to me this day,
God, bless to me this night;
Bless, O Bless, Thou God of grace,
Each day and hour of my life;
Bless, O Bless, Thou God of grace,
Each day and hour of my life.



God, bless the pathway on which I go,
God, bless the earth that is beneath my sole;
Bless, O God, and give to me Thy love,
O God of gods, bless my rest and my repose;
Bless, O God and give to me Thy love,
And bless, O God of gods, my repose.

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