

Sharing
the Spirit
of Love

Catholic Church Community of

St. Thomas More

115 Kings Highway, Hauppauge NY 11788

www.stmli.org | (631) 234-5551

March 16th, 2025



This is my
chosen son;
listen to Him.

This Week's Readings

Genesis 15:5-12,17-18

Psalms 27:1,7-9,13-14

Philippians 3:17-4:1

Luke 9:28b-36

2nd Sunday of Lent

Religious Ed

631-234-0397 (call)

reled@stmli.org (email)

Rectory

631-234-5551 (call)

631-213-6882 (text)

rectory@stmli.org (email)

Outreach

631-234-3149 (call)

outreach@stmli.org (email)

This Week's Masses

Saturday, March 15th

5pm Michael Ferrante

Sunday, March 16th

Second Sunday of Lent

8am Vasco Tapada

9:30am Maria Martins
Peggy Stepanek

11:30pm Janet Johnson
Andrew John Kiss

Monday, March 17th

9am Arputha Mary Asir

Tuesday, March 18th

9am Chet Kalenty

Wednesday, March 19th

9am Lisa Leib

Thursday, March 20th

9am Elizabeth Helen Walls

Friday, March 21st

9am Joseph Wilk

Saturday, March 22nd

5pm Michael Ferrante
Ellen Cleary

Sunday, March 23rd

Third Sunday of Lent

8am Evelyn Scollon

9:30am Arputha Mary Asir
Anthony Hoyos (healing)

11:30pm John Murray
Deacon Thomas Samson



Parish Mission

St. Thomas More Roman Catholic Church is a parish community striving to share the Spirit of Love through Prayer, Worship, the Sacraments, the Teachings of the Church, and our concern for others, through Christian Stewardship.

Saints of the Week

St. Clement Mary Hofbauer (3/15)

St. Patrick (3/17)

St. Cyril of Jerusalem (3/18)

Joseph, Husband of the BVM (3/19)

St. Turibius of Mogrovejo (3/23)

Saints in heaven,
pray for us

Prepare for Next Weekend

Third Sunday of Lent
March 23rd 2025

Readings

Exodus 3:1-8a,13-15

Psalms 103: 1-4,6-8,11

1 Corinthians 10:1-6,10-12

Luke 13:1-9

Focus Questions

1: Describe a time when someone talked you out of doing something rash.

2: Recall a time when you were about to give up on someone or something but didn't and there was a good outcome.

3: How does hearing about many people getting hurt by man or nature affect your faith?

Families: Talk about a time when you stood up for someone else.

Gospel of Luke

Some people told Jesus about the Galileans whose blood Pilate had mingled with the blood of their sacrifices. Jesus said to them in reply, "Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did! Or those eighteen people who were killed when the tower at Siloam fell on them— do you think they were more guilty than everyone else who lived in Jerusalem? By no means! But I tell you, if you do not repent, you will all perish as they did!"

And he told them this parable: "There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, 'For three years now I have come in search of fruit on this fig tree but have found none. So cut it down. Why should it exhaust the soil?' He said to him in reply, 'Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.'"

our
daily bread

Mon-Fri

9am

Sat

5pm

Sun

8am

9:30am

11:30am



From the Pastor

First mother of a teenager: "My daughter doesn't tell me anything. I'm nervous wreck!"

Second mother of a teenager: "My daughter tells me everything and I am nervous wreck"

Human life is so mysterious that no words can explain it fully well, nor any silent observation can grasp it totally. Every moment is lived with the hope that tomorrow will be a better day than today. Likewise, every relationship is cherished with the hope that it will grow a bit deeper and better every day.

In the readings of the Second week of Lent God invites us to believe and experience His promise. In the first reading God showed the innumerable stars to the aged and childless Abram and his wife Sarai. God invited them to believe that his descendants would be as many as the stars. In the second reading, Paul instructed his church to see themselves not as citizens of the passing world but that of eternal heaven. In both readings what was promised to them was not seen but projected as a future reality.

As a future reality, they have to wait for it to happen, but as it is God's promise it would not disappoint them. It will certainly come to pass. So, the promise has started in them with its first step marching towards its fulfillment. The promise of God was beginning in them and would steadily grow towards its fulfillment in every generation.

In the Gospel Jesus takes with him Peter, James, and John, and showed them His heavenly Glory. The person of Jesus whom they had seen before the transfiguration was just earthly and totally different from this transfigured person. Now they saw Him in dazzling white, conversing with two of the holiest people, Moses and Elijah - Moses representing the Law, and Elijah representing prophecy with Jesus, representing the Word of God in flesh. Thus, God's revelation in the past (Law and Prophecy) is seen along with Jesus who is God's revelation in flesh in its fullness, in human flesh and bone.

We read that three of them spoke of Jesus' exodus that he was going to accomplish in Jerusalem. They were conversing about Jesus's exodus, the great journey from his painful and shameful death on the cross to His glorious Resurrection. Peter, John, and James saw just the glorious transfiguration in Jesus on that mount, but had no idea of Jesus's exodus that was soon going to take place in Him. But seeing this would help them to believe in Jesus when they would later witness the start of His exodus in His shameful death on the Cross towards His Resurrection on the third day. Later Peter would recall in his letter how it was a slow revelation for them, "For he received honor and glory from God the Father", when that unique declaration came to him from the majestic glory, "This is my Son, my beloved, with whom I am well pleased". We ourselves heard this voice come from heaven while we were with him on the holy mountain. (2 Peter 1:17-18)

Our Life is a slow revelation of our identity as the image of God. As bearers of God's image, we are chosen by God to be God's children in our Baptism. This is our true identity which can neither be explained adequately in words, nor can be ignored or silenced. Lent invites us to see this true identity both in us and others, to believe it and to live it. The more we live this identity of being God's image we will experience that it is revealed to us a bit more every day.

Our spiritual identity is the spiritual truth which can neither be analyzed nor be demonstrated with any instrument or theorem as science would do. We are called to see it in ourselves, believe it and experience it. We don't prove our truth but we become the truth. Our truth is not an object to be proved but to be experienced and believed by others. Lent is the time when we live in such a way that others can see in us and experience in us the image of God.

This Friday the 21st at 7:00pm, we will pray the Stations of the Cross on for those who are impacted by unforeseen events like accidents, house fires, debt, misunderstanding in the family, and other challenges in life. Please come and pray with us.

With love and prayers,
Father Antony



Our Staff

Rectory

Theresa Recce (sacraments)
theresa@stmli.org

Dottie Castaldo (finance)
finance@stmli.org

Alex White (operations)
rectory@stmli.org

Clergy

Father Antony Asir, Pastor
pastor@stmli.org

Matthew T.J. Surico, Deacon
deacon.matt@stmli.org

Edward Vigneaux, Deacon (Ret)
Robert D. Weisz, Deacon (Ret)

Religious Ed

Mary Ellen Carrol, DRE
mearroll@optonline.net

Linda Ronning
reled@stmli.org

Joanne Anelli

Youth Ministry

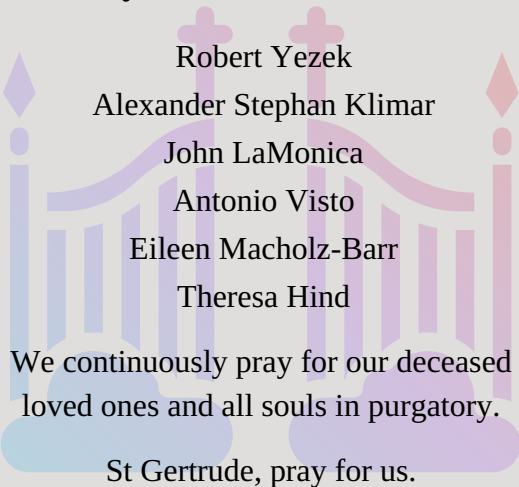
Noelle White
youthgroup@stmli.org

Music Ministry

Emilia Savarese, Director
(631) 724-8820

Prayers & Petitions

Pray for the Deceased



Robert Yezek
Alexander Stephan Klimar
John LaMonica
Antonio Visto
Eileen Macholz-Barr
Theresa Hind

We continuously pray for our deceased loved ones and all souls in purgatory.

St Gertrude, pray for us.

Pray for the Sick

Eddie & Meggie Adams	Brian Fagioli	Carol Persan
Maria U Albada	Shane Farmer	Renee Prince
Joseph Barrett	Barbara Foberg	Nunzio Puleo
Gregory Bennett	Brendan Gallagher	Tim Ryan
Karen Benson	Connie Giunta	Sinead Rodgers
Marie Bracco	Rick Goodhart	Angelo Santangelo
Peter Cappisillo	Stephanie Goodhart	Rita Schug
Vincent Carlino	Linda Heller	Noah Simonetti
Tom Carroll	Nancy Itterly	Louise Soldo
Lillian Catalano	Pat Kinney	Kevin Spence Sr
Fran Cooke	Maryann Landi	Christy Torkelsen
Patricia Culbert	Richard Landi	Joseph Tuffarelli
Grayson Danielski	Marge McGowan	Andrew Valentine
Michael Davis	Meagan	Janet Ward
Victor DiPalma	Kevin Morrissey	Lorraine White
Arline DiSalvo	Ellen Murphy	Larry Wilson
		Denise Zappia

Altar Bread & Wine Memorial

In memory of

March 17-March 23

William & Michael Lovelock

by Tom Lovelock

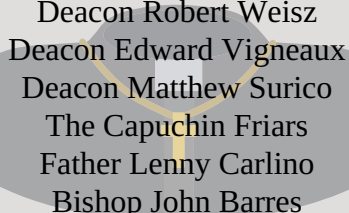


Contact the Rectory to arrange a memorial for the Altar Bread & Wine. Requested donation for the week is \$50

*This listing will reset on March 31st, 2025

To add a name to the sick list, please fill out a card from the literature rack place it in the collection basket, or contact the Rectory by phone or email.

Pray for our Clergy



Father Antony Asir
Deacon Robert Weisz
Deacon Edward Vigneaux
Deacon Matthew Surico
The Capuchin Friars
Father Lenny Carlino
Bishop John Barres
Pope Francis

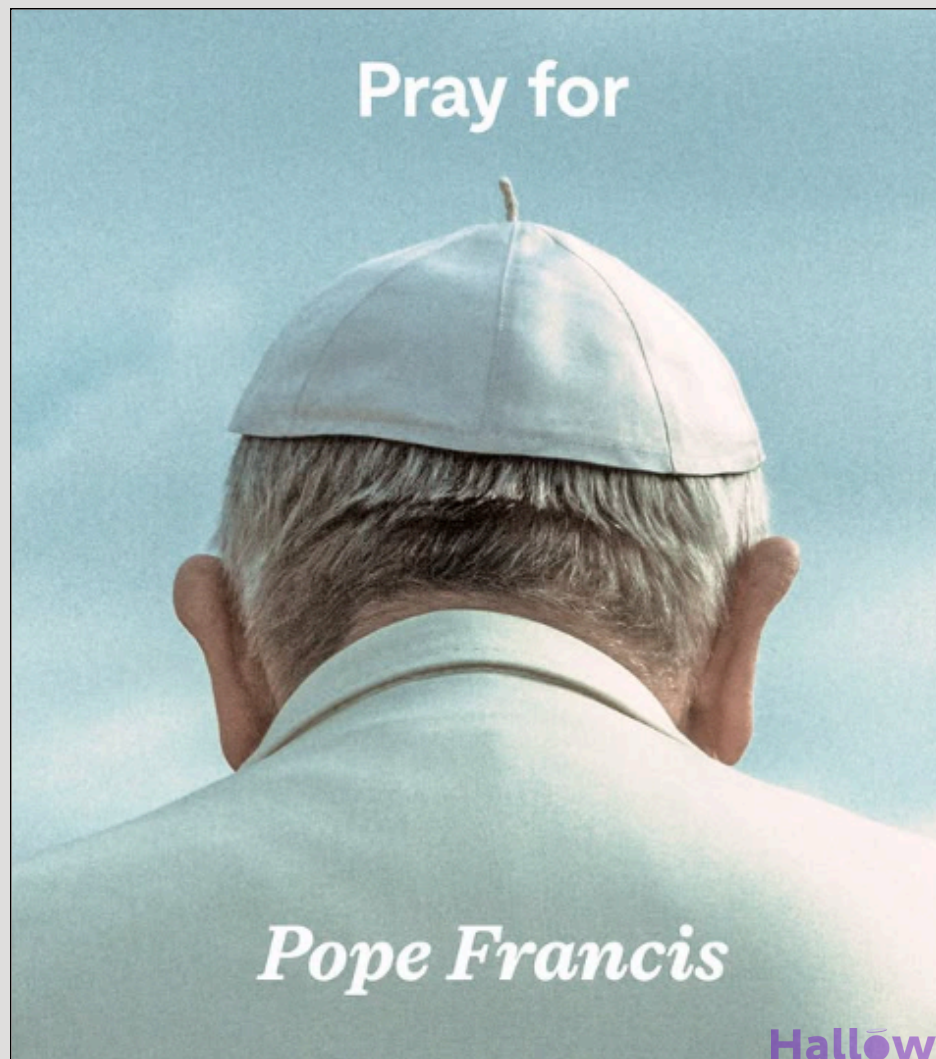
Pray for our Military

Please continue to pray for the brave members of our Parish Family who serve our country:



Troy A Maida	Joseph Kirsch
Connor Hendrickson	Allen Kirsch
Evan Hendrickson	Nicholas Gajda
Ryan Smith	Alexandria Feys Gajda
Will Maley	Andrew Lynch

We also pray for our deceased service members, and for our veterans, in gratitude for their service, and in hope that they will find the support they need here at home.



Pray for

Pope Francis

Hallow

Support our Parish

Financial Support

Collection from:
March 8th & 9th
First Sunday in Lent

\$7129

Please consider supporting St. Thomas More. We encourage all parishioners to try electronic giving through Faith Direct. It is both convenient and secure. For more information on Faith Direct, check the literature rack in the Narthex, or visit us online at stmli.org

Physical Support

There are many different ways to support the St. Thomas More Parish Community! Whether you are 4 or 40, 8 or 80, there are ways for everyone to be involved.

Eucharistic Ministers

Patty Citro
pcitro78@yahoo.com

Altar Servers

Deacon Matt
altarservers@stmli.org

Consolation Ministry

Eileen Weidig
631-724-2462

Parish Outreach

Marti White
outreach@stmli.org

Lector Ministry

Mike Petagna
mpetagna22@gmail.com

OCIA

Ann Russo
redaa@aol.com

Pastoral Council

Joe Fraticamo
bjfrat1@gmail.com

Hospitality Ministry

Ellie Stout
gram11@optonline.net

Young at Heart

Anna Beltrani
631-234-0714

Whether giving money, time, or labor, all your support is appreciated. St. Thomas More would not exist as it does without the generosity of our Parish Family.

Parish Social Ministry

Contact Parish Outreach

631-234-3149

outreach@stmli.org

Mon-Thur 10AM to 2PM

Please reach out to Parish Outreach if you are, or know of someone, in need of support. Keep our elderly neighbors in mind and let us know if there is anyone you would like us to reach out to.

"When you find yourself in the position to help someone, be happy and feel blessed because God is answering that person's prayer through you."

EASTER

Easter will be here in a few short weeks. Outreach is collecting food for our Easter meals (broth, cranberry sauce, canned produce, yams, stuffing mix, coffee) as well as candy Easter baskets (NO TOYS PLEASE).

We ask all donations be in **NO LATER THAN SUN APR 6.**

CATHOLIC SOCIAL TEACHING



COMMON GOOD
(Thinking of everyone)



DISTRIBUTIVE JUSTICE
(Sharing fairly)



HUMAN DIGNITY
(Everyone is special)



PARTICIPATION
(Taking part)



PREFERENTIAL OPTION FOR THE POOR
(Putting people in most need first)



PROMOTING PEACE
(Being peacemakers)



SOLIDARITY
(Showing we care by working together)



STEWARDSHIP
(Caring for God's Creation)



SUBSIDIARITY
(Everyone should have a say)



OUR SHELVES ARE VERY LOW ON...

Canned Fruit
Canned Vegetables
Jelly
Rice
Canned/Boxed Meals
Drinks
Shampoo
Toilet Paper
Paper Towels

WE APPRECIATE ALL OF YOUR DONATIONS!

Please remember that it is difficult for us to use large cans, bottles, bags of rice, etc. as many of our neighbors do not have the ability to store extra food. Packages for 2-4 people are ideal.



Society of St. Vincent de Paul

Lent is a call not just to "give up something" but more important to "give something for the poor".

Wherever you live in the parish, there are poor families within walking distance of your home. When in need, they call on us; which in effect is calling on you.



If you know someone in need, please call!
To contact us, call 631-248-6760 or email svdp.stm@aol.com



QUESTION OF THE WEEK

Who was NOT a witness to the transfiguration?

- a: Peter
- b: Philip
- c: James
- d: John



Answer: B (Philip). Just 10 verses later in Luke (9:46), the disciples get into an argument over who is the greatest, perhaps because only 3 of them got to witness the Transfiguration.

Don't forget to



SUBSCRIBE

to Deacon Matt's new YouTube channel!

Deacon Matt has created a new YouTube channel where you can find his homilies, past to present, from Sundays and Adoration and everything in between!

Check it out and subscribe!



www.youtube.com/@dcnmattsurico



CONNECTING SENIOR ADULTS
NEW MEMBERS ALWAYS WELCOME!

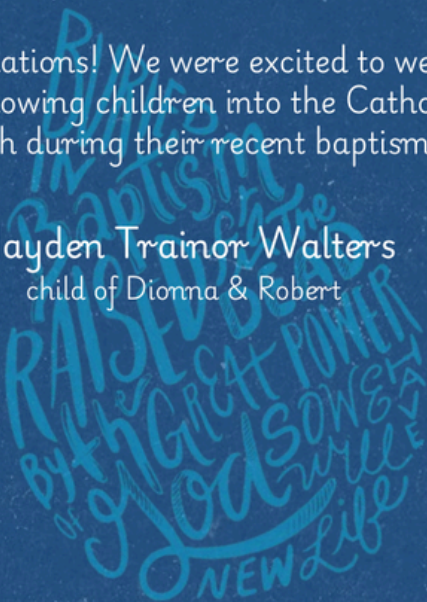
NEXT MEETING: MARCH 28TH

CALL ANNA
631-234-0714

Baptisms in our church

Congratulations! We were excited to welcome the following children into the Catholic Church during their recent baptisms:

Hayden Trainor Walters
child of Dionna & Robert



BANNS OF Marriage

THIRD ANNOUNCEMENT

PATRICIA SKRZYPEK
St. Thomas More
Hauppauge



VINCENT RADZIUL
St. Thomas More
Hauppauge

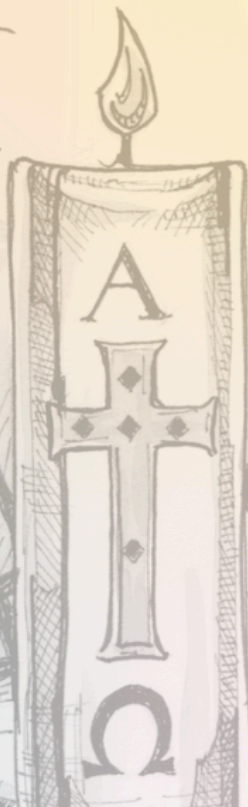


Paschal Candle 2025

As Lent begins, the Parish is looking for sponsors for our 2025 Paschal Candle.

Sponsorships can be *in memoriam* or on behalf of your family. Contact the Rectory for more information!

Fun Fact: The Paschal Candle is lit for all of Easter, as well as at all Baptisms and Funeral.



Gluten Free Eucharist



Gluten Free* hosts are available at all Masses, upon request.

Before Mass, speak with the priest or deacon and request a GF host.

The GF host will be placed in a GF pyx (container for holding the Blessed Sacrament) and will be consecrated on the altar alongside the other hosts in the ciboria.

Go to the communion line of the clergy you spoke to before Mass. They will get the GF pyx for you.

They will open the pyx for you, but not touch the host to avoid contamination.

Receive the Blessed Sacrament!

*Please note that while we refer to these as being GF, they are actually "Low Gluten". The Catholic Church requires that all bread used for communion must be made from wheat. The hosts we use for gluten intolerant persons are certified to have "less than 0.001% gluten content".

Bereavement Group

for anyone whose life has been affected by suicide.

Starting Wednesday April 23rd
6pm to 7:30pm for six weeks

St. Raphael's

600 Newbridge Rd
East Meadow

Call for more info
516-308-3808

*Remember, you
are not alone.*

Children's Liturgy Crew

Sundays @ 9:30



*Children ages 4-8 are invited to join
our team to learn all about our faith
during the 9:30 Mass on Sundays*

Join us weekly!

OUR LADY QUEEN OF PEACE

ruega por nosotros

pray for us

ora pro nobis

молися за нас

ادعو لنا

St. Thomas More Lenten Project 2025



Catholic
Charities
USA®

Those impacted by **CALIFORNIA WILDFIRES**



The devastating wildfires burning out of control in the greater Los Angeles area resulted in 29 deaths and have forced nearly 180,000 people to evacuate, leaving their homes just carrying whatever belongings they could. The rapid, raging fires, sparked by dry conditions and powerful winds, in Pacific Palisades, Pasadena, Sylmar, and Hollywood Hills have destroyed countless homes and businesses and caused thousands of men, women, and children to be displaced and in need. Many Angelenos are without shelter, food, and critical necessities, leaving communities in desperate need of support. A city official in Los Angeles described the night of Jan. 7 as “one of the most devastating and terrifying” that she had seen in her corner of the city.

During this trying time, Catholic Charities’ Disaster Relief Fund is providing clients with essential needs, such as food, water, toiletries, and hotel vouchers. Disaster Relief funds go directly to support displaced residents.

We continue to keep those impacted by the wildfires in our prayers and invite you to make a donation to Catholic Charities’ Disaster Relief Fund. Any donation amount will be greatly appreciated. Checks can be made out to St. Thomas More and placed in the little house by the bulletin board, in the collection basket, or dropped off at the Rectory. Please note “Lenten Project” in the memo line.

EASTER

• 2025 •

EASTER DINNER

WE ARE IN NEED OF FOOD ITEMS!
SWEET POTATOES, VEGETABLES, CRANBERRY
SAUCE, CANNED FRUIT, STUFFING MIX,
DESSERTS, COFFEE, DRINKS, AND GOCERY
STORE GIFT CARDS (\$25)

EASTER BASKETS

WE ARE ALSO COLLECTING CANDY
EASTER BASKETS FOR OUR CHILDREN!
CHOCOLATE BUNNIES OR CROSSES,
MARSHMALLOW PEEPS, MINI EGGS, JELLY
BEANS, SNACK PACKS, COOKIE PACKS.

WE RESPECTFULLY REQUEST NO TOYS
AS THIS MAKES DISTRIBUTION MORE
DIFFICULT!



Fasting & Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

See the guidelines below!

- Fasting is obligatory for ages 18-59 inclusive.
- Fasting constitutes no more than one full meal, as well as two smaller meals that together are less than a full meal.
- Abstinence is obligatory for all Catholics aged 14 or older.
- Abstinence is to avoid eating meat (chicken, pork, beef, etc). Fish is allowed.
- Please remember to drink lots of water!



If possible, the fast on Good Friday can be continued until the Easter Vigil as the "paschal fast" to honor the suffering and death of our Lord Jesus and to prepare more fully for his Resurrection.

MON 4/14 RECONCILIATION DAY

Confession available from 3:00pm-9:00pm at St Thomas More, as well as all parishes in the Diocese.

WED 4/16

Choir Cantata at 7:30pm in the Church. *No Stone Could Hold Him* composed by Larry Larson.

THUR 4/17 MAUNDY THURSDAY

Morning Prayer (no mass) at 9:00am

Mass of the Lord's Supper at 7:30pm in the Church. This mass is always followed by the Solemn Procession to the Altar of Repose. Adoration of the Blessed Sacrament in Repository will be available until 10:00pm, ending with Night Prayer from the Liturgy of Hours.

HOLY

AT ST T

For God so loved the world that he gave his only Son, who believes in him may have eternal life.



2025 Parish Lenten Project



SUPPORT

L.A. Wildfire Relief



Catholic Charities USA.

2025 PARISH LENTEN RETREAT Homecoming

PRESENTED BY
MSGR JERRY RINGENBACK



We need to come home to that place in our heart where God dwells, and where we are loved by God and others. This Parish Lenten Mission will take us on a journey - a Homecoming - which will bring us closer to ourselves, our God, and our Church.

7pm
IN THE
CHURCH

MON APRIL 7TH
COMING HOME TO ONESELF

TUES APRIL 8TH
COMING HOME TO GOD

WED APRIL 9TH
COMING HOME TO THE CHURCH

The St. Thomas More parish presents

No Stone Could Hold Him

A Dynamic Vocal Performance
Living Rock of the Church
Wednesday, April 17th
7:30pm



Y WEEK

THOMAS MORE

ved the world that he
Son, so that everyone
him may not perish but
e eternal life.

JOHN 3:16

FRI 4/18 GOOD FRIDAY

Morning Prayer (no mass) at 9:00am

Stations of the Cross at 12:00pm

Stations of the Cross for Young
People at 1:30pm

Liturgy of the Lord's Passion and
Death at 3:00pm in the Church

Tenebrae at 7:30pm in the Church. A
presentation of the Lord's Passion
with neotraditional Chant

SAT 4/19 HOLY SATURDAY

Morning Prayer (no mass) at 9:00am

Blessing of the Easter Food at
10:00am in Walden Hall

*NO 5:00pm MASS

Mass of the Easter Vigil at 7:30pm in
the Church

LENT 2025

TENEBRAE

GOOD FRIDAY, 7:30PM

JOIN US FOR A READING OF
THE LORD'S PASSION WITH
NEOTRADITIONAL CHANTING

LED BY DEACON MATT
COMPOSED BY ALEX WHITE
SUNG BY NOELLE WHITE



LENTEN MASS OF HEALING

Sunday, April 6th at 11:30am
anointing of the sick to follow



More Choir
ts...

NE Hold IM

Witness to the
Our Salvation

April 16th
m

THOMAS MORE
CHURCH

Stations of the Cross Every Friday at 7pm

3/7: for the Sick and the Disabled, and
those who help ease their burden.

3/14: for the Addicted, and those
struggling with Temptation.

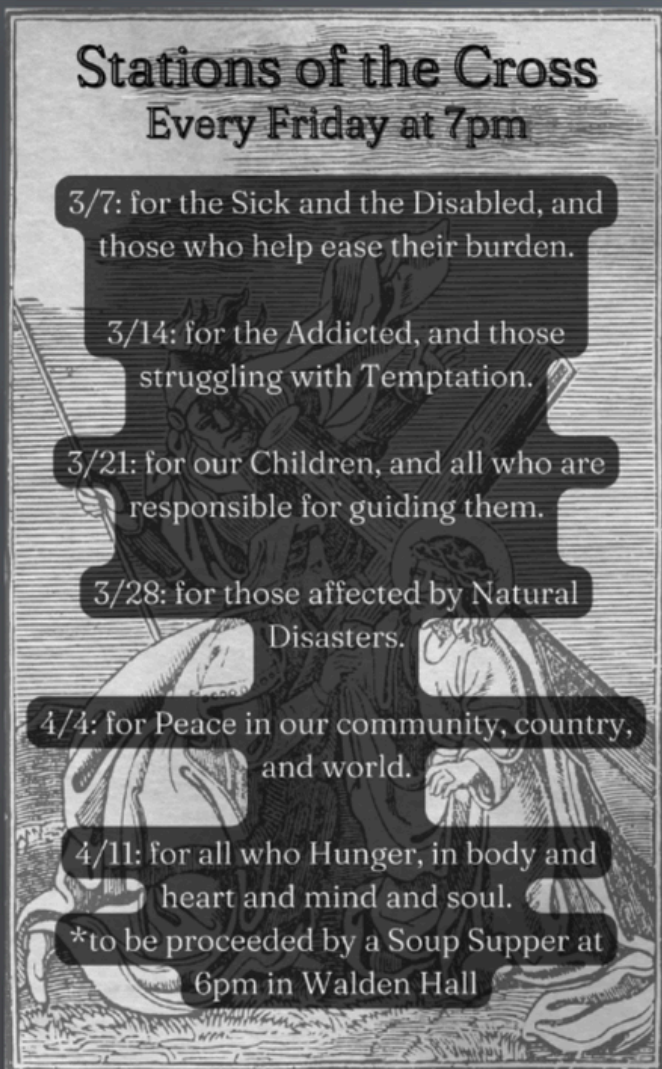
3/21: for our Children, and all who are
responsible for guiding them.

3/28: for those affected by Natural
Disasters.

4/4: for Peace in our community, country,
and world.

4/11: for all who Hunger, in body and
heart and mind and soul.

*to be preceded by a Soup Supper at
6pm in Walden Hall



Easter Sunday

Masses at:

8:00am

9:30am

11:30am

And suddenly there was a great earthquake, for
an angel of the Lord, descending from heaven,
came and rolled back the stone and sat on it.

-Matthew 28:2

WHAT'S BEEN HAPPENING AT STM



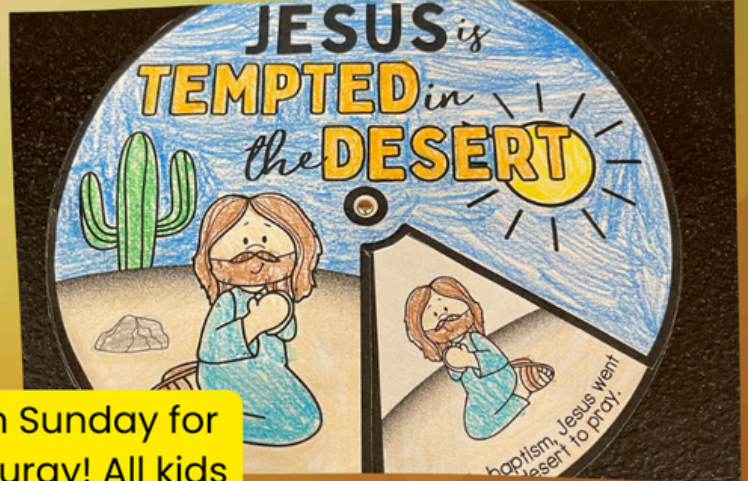
One of our Girl Scouts reading the word of God!



A bushel of babies being blessed by Bob before Baptisms! Pray for these families and future Catholics!



Join us each Sunday for Children's Liturgy! All kids ages 4-8 are welcome!





We loved having the local Girl Scouts at the 9:30 Mass to celebrate Girl Scout Sunday. They were able to participate and celebrate with us!



2025

Catholic Ministries Appeal
DIOCESE OF ROCKVILLE CENTRE

*Renewed by the Eucharist
Sent on Mission*



Dear Friends:

In announcing the Jubilee Year, Pope Francis asked us to celebrate, “with deep faith, lively hope and active charity.” During this most holy season of Lent, let us be reminded that we are called to discover hope in current times and to be the instruments of hope for others.

One tangible way to accomplish this is by giving to the Catholic Ministries Appeal. Through our shared support of our pastoral, educational and charitable ministries, we are assisting those most in need and spreading the message of hope in the Lord.

Your gifts to the Appeal support the education of our seminarians and priests who are dedicating their lives to serving Christ and His Church; assist college students and our young people to grow in their faith and relationship with the Lord; and ensure that vital resources are made available for children and families through Catholic Charities, Respect Life, and our Parish Outreach programs.

During this time of Jubilee in the life of our Church, I ask you to consider contributing to the 2025 Catholic Ministries Appeal so that we can enrich the lives of others and that the hope of Christ may abound more fruitfully throughout our diocese.

Thank you for your support and prayers.

Sincerely in Christ,

Most Reverend John O. Barres
Bishop of Rockville Centre



PRAYER OF SPIRITUAL PROTECTION

THE BREASTPLATE OF ST. PATRICK

I arise today,
Through a mighty strength,
the invocation of the Trinity,
Through belief in the threeness.
Through confession of the Oneness
Towards the creator.

I arise today,
Through the strength of Christ 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 decent
for the Judgement of doom.

I arise today,
Through the strength of the love of Cherubim,
In obedience to the Angels,
In the service of the Archangels,
In hope of resurrection to meet with reward,
In prayers of patriarchs, In predictions of prophets,
In preaching of Apostles,
In faiths of confessors,
In innocence of Holy Virgins,
In deeds of righteous men.

I arise today,
Through the strength of heaven:
Light of sun Brilliance of moon,
Splendor of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise today,
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's host to secure me,
against snares of devils,
against temptations of vices,
against inclinations of nature,

against everyone who shall wish me ill,
afar and anear,
alone and in a crowd.

I summon today all these powers,
between me and these evils:
Against every cruel and merciless power,
that may oppose my body and my soul,
Against incantations of false prophets,
Against black laws of heathenry,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and wizards,
Against every knowledge that endangers
man's body and soul.
Christ to protect me today against poison,
against burning,
against drowning,
against wounding,
so that there may come abundance of reward.

**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 where I lie,
Christ where I sit,
Christ where I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.**

I arise today,
Through a mighty strength,
the invocation of the Trinity,
Through belief in the Thrones,
Through confession of the Oneness
Towards the Creator.
Salvation is of the Lord.
Salvation is of the Lord.
Salvation is of Christ.
May thy salvation, O Lord,
be ever with us.
Amen.