

Post-Primary Diocesan Adviser R.E. News Blog

May 2020/Bealtaine 2020

Dear R.E Teacher/Chaplain,

I am sharing with you the final blog of the school year as we continue through these challenging times. I am also writing my final blog as Post-Primary Diocesan Adviser – I will be finishing up in this role at the end of May. I would like to thank you – individuals and schools - who have supported me over the past three and a half years. Those who offered encouragement, those who thanked me, those who shared their resources for other schools, those who welcomed me into their school communities - Míle, míle buíochas! I will continue to hold you all in my prayers and I encourage you to continue the wonderful work you are doing in guiding our young people in faith. Never underestimate the impact you have on the students in your care!

May is traditionally a month devoted to Our Lady. With her quiet reflection on God's promises, her faithfulness and her submission, Mary was a model of godly womanhood, full of wisdom, joy, and obedience. Mary's effect on the people around her and on the very course of history makes her an inspiration to everyone. As we journey through May we pray that through Mary's intercession, we can help bring the 'Gospel of peace and life to our peers, who are often distracted, caught up in material interests or surrounded by a spiritual desert... There is a need for people who are simple and wise, humble, and courageous, poor, and generous' (Pope Francis).

I have included a selection of resources for the month of May, linked to important dates from international justice, peace, and environmental calendars as well as important dates/feast days from the liturgical calendar. There is also a variety of further resources on this website http://education.dublindiocese.ie/post-primary/ under classroom and general resources. I would encourage you to download the blog and share it with other teachers and chaplains.



Once again, thank you. I have been privileged to be part of many special occasions over the course of my time as Diocesan Adviser. I would particularly like to thank the Ember teams and teachers for their continued work and as they witness to their faith in our school communities.

I hope that we will return to some normality in the new academic year and look forward to meeting you in other walks of life as we continue our work to promote the faith of the young people in our care. Finally, my sincerest thank you to Sr. Mairéad Ni

Finally, my sincerest thank you to Sr. Mairéad Ni Bhuachalla who gave so freely of her time and talents

to offer us resources as Gaeilge – we end the year on a high note with the re-publication of her 2009 book 'Slí Chun Dé'. A fabulous resource of Irish prayer services – see information at end. Le gach dea-ghuí,

Lily Barry, Post-Primary Diocesan Adviser.

May 1st / Lá Bealtaine

Month of Mary the Mother of our Lord / Mí na Maighdine Muire

Dear Mary,
Like a woeful child,
I am in need
of your motherly care.
Wrap your arms around me for
comfort,
dry my tears,
take me by the hand,
and lead me to your Son,
the source of
all that is good.
For only he
can cast out the shadows
of my troubled heart.
Amen.



Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. Mary's profound Prayer, her "Fiat" (Let it be done) in response to the visitation from the messenger of heaven, the angel, provides a pattern of prayer and a way to live for every Christian. It issues forth in her song of praise, her "Magnificat." This song begins with the words "Magnificat anima mea Dominum" "My soul doth magnify the Lord" (Luke 1:46-55). However, the "Fiat" is more than a prayer and the "Magnificat" more than a hymn of praise. Together they reveal the Way of the first disciple, Mary, and together they constitute a guide, for this journey of life that we all walk. https://www.catholic.org/mary/disc.php

For further resources on Our Lady see http://education.dublindiocese.ie/may-the-month-of-mary-resources/

The Holy Father's Intentions for the Month of May 2021:

The world of finance

Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers. http://popesprayerusa.net/popes-intentions/

May 1st

Feast of Saint Joseph the Worker / Naomh Iosef, Oibrí

May is the Feast of St Joseph the Worker, a day on which the Church encourages us to celebrate the value of work, and the dignity and rights of workers. "May Day" has long been dedicated to labour and the working man. It falls on the first day of the month that is dedicated to the Blessed Virgin Mary. Pope Pius XII expressed the hope that this feast would accentuate the dignity of labour and would bring a spiritual dimension to labour unions. It is eminently fitting that St. Joseph, a working man who

became the foster-father of Christ and patron of the universal Church, should be honoured on this day.

Reflection:



On March 20, 2013, during the Mass for the beginning of his Petrine ministry, Pope Francis asked: "How does Joseph exercise his role as protector? Discreetly, humbly, and silently, but with an unfailing presence and utter fidelity, even when he finds it hard to understand. From the time of his betrothal to Mary until the finding of the 12-year-old Jesus in the Temple of Jerusalem, he is there at every moment with loving care.

"As the spouse of Mary, he is at her side in good times and bad, on the journey to Bethlehem for the census and in the anxious and joyful hours when she gave birth; amid the drama of the flight into Egypt and during the frantic search for their child in the Temple; and later in the day-to-day life of the home of Nazareth, in the workshop where

he taught his trade to Jesus."

Later the pope added: "Caring, protecting, demands goodness; it calls for a certain tenderness. In the Gospels, St. Joseph appears as a strong and courageous man, a working man, yet in his heart we see great tenderness, which is not the virtue of the weak but rather a sign of strength of spirit and a capacity for concern, for compassion, for genuine openness to others, capacity for love. We must not be afraid of goodness, of tenderness!"

This is also the year which the Holy Father has proclaimed a "Year of Saint Joseph". Pope Francis recalls the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. In his Apostolic Letter *-Patris corde* - the Holy Father highlights "the creative courage" of St. Joseph, which "emerges especially in the way we deal with difficulties."

https://www.franciscanmedia.org/st-anthony-messenger/two-feasts-for-st-joseph For more resources see:

http://education.dublindiocese.ie/2014/04/22/may-1st-feast-of-saint-joseph-the-worker/

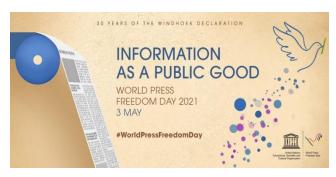
May 3rd

Feast of Saint Philip and James, Apostles / Naomh Philib agus Naomh Séamus, Aspail

We celebrate both saints on the same day because their relics were brought to Rome together on the same day in early May. They rest there still, in the Basilica of the Holy Apostles. They are considered two of the favoured witnesses of our Beloved Jesus' Resurrection. Saints' Philip and James, bear testimony to us that their Master is truly risen from the dead, that they have seen Him, that they have touched Him, that they have conversed with Him (1 John 1: 1), during these forty days.

https://www.catholicireland.net/saintoftheday/saints-philip-and-jamesapostles/

World Press Freedom Day / Lá Domhanda Saoirse na Meán Cumarsáide



May 3rd acts as a reminder to governments of the need to respect their commitment to press freedom and is also a day of reflection among media professionals about issues of press freedom and professional ethics. Just as importantly, World Press Freedom Day is a day of support for media which are targets for the restraint, or abolition, of press freedom. It is also a day of remembrance for journalists

who lost their lives in the pursuit of a story.

https://en.unesco.org/commemorations/worldpressfreedomday

May 5th

Blessed Edmund Ignatius Rice / Naomh Iognáid Rís Beannaithe

Edmund Rice played a significant role during the time period of the French revolution to the First World War. He changed Ireland in many ways as he responded to the community by showing many leadership skills and qualities. He also made an impact on society as he was the leader of the organisation known as the 'Christian Brothers'.

Edmund Rice had a substantial impact on society because of his organisation and what he believed in. So many people were interested they became willing to follow his ways. In 1835 a community of brothers were established in Gibraltar. Later the brothers began moving on to countries like Australia, New Zealand America, South Africa, and Newfoundland (Study Guide on Edmund Rice, 2014). Although Edmund Rice passed away in 1844 his legacy has lived on for generations and now there are around



2000 brothers, inspired by Edmund Rice, all around the world. These brothers have spread out over 28 different countries (Edmund Rice Businessman Thirsting for Justice, 2014). His organisation since then has changed many people's lives from all around the world. His organisation provides free education, clothing, and food. He is still remembered today as a leader and role model to many since he and his organisation have done marvellous things for the poor.

http://edmundricemsm.weebly.com/legacy-of-edmund-rice.html

May 13th

Our Lady of Fatima / Féile Mhuire Fatima

Today, the 13th day of May, is the feast day of Our Lady of Fatima. It was on this day that the Blessed Virgin Mary started her series of apparition to three shepherd children in the small village of Fatima in Portugal in 1917.

Between May 13 and October 13, 1917, three Portuguese children—Francisco and Jacinta Marto and their cousin Lucia dos Santos—received apparitions of Our Lady at Cova da Iria near Fatima, a city 110

miles north of Lisbon. Mary asked the children to pray the rosary for world peace, for the end of World War I, for sinners, and for the conversion of Russia.

Mary gave the children three secrets. Following the deaths of Francisco and Jacinta in 1919 and 1920



respectively, Lucia revealed the first secret in 1927. It concerned devotion to the Immaculate Heart of Mary. The second secret was a vision of hell. When Lucia grew up, she became a Carmelite nun and died in 2005 at the age of 97.

Pope John Paul II directed the Holy See's Secretary of

State to reveal the third secret in 2000; it spoke of a "bishop in white" who was shot by a group of soldiers who fired bullets and arrows into him. Many people linked this vision to the assassination attempt against Pope John Paul II in St. Peter's Square on May 13, 1981. The feast of Our Lady of Fatima was approved by the local bishop in 1930; it was added to the Church's worldwide calendar in 2002.

https://www.franciscanmedia.org/our-lady-of-fatima/

May 14th

Feast of St. Matthias, Apostle and Martyr / Féile Naomh Maitias

Saint Matthias' Story

According to Acts 1:15-26, during the days after the Ascension Peter stood up in the midst of the brothers—about 120 of Jesus' followers. Now that Judas had betrayed his ministry, it was necessary, Peter said, to fulfil the scriptural recommendation that another should take his office. "Therefore, it is necessary that one of the men who accompanied us the whole time the Lord Jesus came and went among us, beginning from the baptism of John until the day on which he was taken up from us, become with us a witness to his resurrection" (Acts 1:21-22).

They nominated two men: Joseph Barsabbas and Matthias. They prayed and drew lots. The choice fell upon Matthias, who was added to the Eleven. Matthias is not mentioned by name anywhere else in the New Testament.

https://www.franciscanmedia.org/saint-of-the-day/saint-matthias

May 16th

The Ascension of the Lord / Déardaoin Deascabhála

The Ascension does not mark the end of Jesus' relationship with His Church but the beginning of a new way of His relating to the world - in and through His Church. This way includes every one of us who now bear His name. When viewed with the eyes of living faith the Ascension can begin to change the way we view ourselves and live our daily lives.

The Ascension invites us to reflect on who Jesus is - and who we are empowered to become in Him, beginning now and opening up into the life to come. He is indeed the Way, the Truth, and the Life. (John 14:6) The Feast of the Ascension of the Lord Jesus helps to explain the Christian vocation and unveils the horizon which opens before us as we continue to live our lives now in this Way called

Christianity. (Acts 9:2, 11:26) It points to the ongoing plan of redemption for each of us. It gives us a glimpse of the loving plan of God for the whole of creation. This Feast also points us toward a deeper understanding of the Feast of Pentecost which we will soon celebrate. The very Breath of God, His Holy Spirit, has been breathed into the Body of Christ, the Church - and into each one of us as members of that Body.

https://www.catholic.org/news/hf/faith/story.php?id=60433



May 22nd

St. Rita / Naomh Ríta

Saint Rita of Cascia's Story

Rita of Cascia was a wife, mother, widow, and member of a religious community. Her holiness was reflected in each phase of her life.

Born at Roccaporena in central Italy, Rita wanted to become a nun but was pressured at a young age into marrying a harsh and cruel man. During her 18-year marriage, she bore and raised two sons. After her husband was killed in a brawl and her sons had died, Rita tried to join the Augustinian nuns in Cascia. Unsuccessful at first because she was a widow, Rita eventually succeeded.

Over the years, her austerity, prayerfulness, and charity became legendary. When she developed wounds on her forehead, people



quickly associated them with the wounds from Christ's crown of thorns. She meditated frequently on Christ's passion. Her care for the sick nuns was especially loving. She also counselled lay people who came to her monastery.

Beatified in 1626, Rita was not canonized until 1900. She has acquired the reputation, together with Saint Jude, as a saint of impossible cases. Many people visit her tomb each year.

https://www.franciscanmedia.org/saint-of-the-day/saint-rita-of-cascia

Pentecost Sunday / Domhnach Cincíse

And when the days of Pentecost were drawing to a close, they were all together in one place. And suddenly there came a sound from heaven, as of a violent wind coming, and it filled the whole house where they were sitting. And there appeared to them parted tongues as of fire, which settled upon each of them. And they were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak (Acts 2, 1-4).



Today is the birthday of the Church, of all those who have been reborn into His Mystical Body.

How did the first Christians prepare? They were all "in prayer" with Mary; and they were "all of one mind," under the leadership of Peter, making ready to tell "men from every nation under heaven. . .of the wonderful works of God". Yes, prayer and action are the marks of the true Christian.

https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2021-05-23

May 26th

The Festival of Wesak / Féile Wesak

Wesak/Vesak (Vesakha) is an annual holiday observed traditionally by Buddhists and sometimes informally called "Buddha's Birthday". It is the most important festival for Buddhists and actually encompasses the birth, enlightenment and passing away of Gautama Buddha, the founder of Buddhism. It is based on the full moon day of the Vaisakha month of the Buddhist calendar, meaning it lands on different days depending on where you live in the world. During this festival, Buddhists pay tribute to Buddha's life and reflect on his teachings. People often prepare for the holiday by cleaning and decorating their homes. Temples are also decorated with flowers and offerings of food and flowers are made to the monks. A special ritual takes place in which people pour fragrant water over a statue of Buddha to symbolize inner purification. Why not discuss other religions and cultures with your class? Our related resources are great for helping you teach religious topics to your class.



St. Augustine of Canterbury / Agaistín Canterbury

St. Augustine was born in Rome and died in Canterbury, England, in 604. When Pope Gregory I heard that the pagans of Britain were disposed to accept the Christian Faith, he sent the prior of St. Andrew, Augustine, and forty of his Benedictine brethren to England. Despite the great difficulties involved in the task assigned to him, Augustine and his monks obeyed. The success of their preaching was immediate. King Ethelbert was baptized on Pentecost Sunday, 596, and the greater part of the nobles and people soon followed his example. St. Augustine died as the first Archbishop of Canterbury.

https://www.franciscanmedia.org/saint-augustine-of-canterbury/

May 30th

St. Joan of Arc

Saint Joan of Arc's Story

Burned at the stake as a heretic after a politically motivated trial, Joan was beatified in 1909 and canonized in 1920.

Born of a fairly well-to-do peasant couple in Domremy-Greux southeast of Paris, Joan was only 12 when she experienced a vision and heard voices that she later identified as Saints Michael the Archangel, Catherine of Alexandria, and Margaret of Antioch. During the Hundred Years War, Joan led French troops against the English and recaptured the cities of Orléans and Troyes. This enabled Charles VII to be crowned as king in Reims in 1429. Captured near Compiegne the following year, Joan was sold to the English and placed on trial for heresy and witchcraft. Professors at the University of Paris supported Bishop Pierre Cauchon of Beauvis, the judge at her trial; Cardinal Henry Beaufort of Winchester, England, participated in the questioning of Joan in prison. In the end, she was condemned for wearing men's clothes. The English resented France's military success—to which Joan contributed. On this day in 1431, Joan was burned at the stake in Rouen, and her ashes were scattered in the Seine River. A second Church trial 25 years later nullified the earlier verdict, which was reached under political pressure.

Remembered by most people for her military exploits, Joan had a great love for the sacraments, which strengthened her compassion toward the poor. Popular devotion to her increased greatly in 19th-century France and later among French soldiers during World War I. Theologian George Tavard writes that her life "offers a perfect example of the conjunction of contemplation and action" because her spiritual insight is that there should be a "unity of heaven and earth."

https://www.franciscanmedia.org/saint-of-the-day/saint-joan-of-arc

Trinity Sunday

The fundamental dogma, on which everything in Christianity is based, is that of the Blessed Trinity in whose name all Christians are baptized. The feast of the Blessed Trinity needs to be understood and celebrated as a prolongation of the mysteries of Christ and as the solemn expression of our faith in this triune life of the Divine Persons, to which we have been given access by Baptism and by the Redemption won for us by Christ. Only in heaven shall we properly understand what it means, in union with Christ, to share as sons in the very life of God.

https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2021-05-28

May 31st

Visitation of the Blessed Virgin Mary

The Story of the Visitation of the Blessed Virgin Mary

This is a fairly late feast, going back only to the 13th or 14th century. It was established widely throughout the Church to pray for unity. The present date of celebration was set in 1969, in order to follow the Annunciation of the Lord and precede the Nativity of Saint John the Baptist.

Like most feasts of Mary, it is closely connected with Jesus and his saving work. The more visible actors in the visitation drama (see Luke 1:39-45) are Mary and Elizabeth. However, Jesus and John the Baptist steal the scene in a hidden way. Jesus makes John leap with joy—the joy of messianic salvation. Elizabeth, in turn, is filled with the Holy Spirit and addresses words of praise to Mary—words that echo down through the ages.

It is helpful to recall that we do not have a journalist's account of this meeting. Rather Luke, speaking for the Church, gives a prayerful poet's rendition of the scene. Elizabeth's praise of Mary as "the mother of my Lord" can be viewed as the earliest Church's devotion to Mary. As with all authentic devotion to Mary, Elizabeth's (the Church's) words first praise God for what God has done to Mary. Only secondly does she praise Mary for trusting God's words.

Then comes the *Magnificat* (Luke 1:46-55). Here, Mary herself—like the Church—traces all her greatness to God.

https://www.franciscanmedia.org/saint-of-the-day/visitation-of-the-blessed-virgin-mary



Other Dates/Information (Dataí Eile/Eolas):

Archdiocese of Dublin/Ard-Dheoise Bhaile Átha Cliath

See the Archdiocese of Dublin website for information on events, which take place throughout the diocese. http://www.dublindiocese.ie/ or follow the Diocese on Facebook.

https://www.facebook.com/DublinDiocese/photos/a.336758473023201/2786129244752766/?type =3

And resources for graduations are available on:

http://education.dublindiocese.ie/2012/06/22/graduation-resources/

Resources as Gaeilge

If you require any resources in Irish, please contact me and I will access them with the help of Sr. Mairéad Ni Bhuachalla.

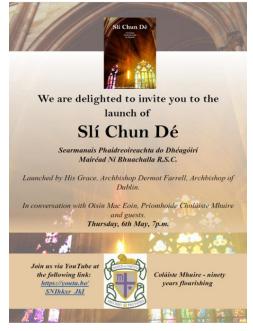
Nutrition for the Soul / Cothú don Anam

Excellent resources available from Pat Murphy, including reflections, posters, and badges for your students. See https://patsnutritionforthesoul.blogspot.com/

Combined Parishes of Clondalkin / Frank Brown

Frank Brown, Parish Pastoral Worker from the Combined Catholic Parishes of Clondalkin has excellent resources for each month. See https://www.facebook.com/TheCCPCDublin/ and www.clondalkinparish.com @TheCCPCDublin 086 101817.

Finally...Share the good news of this book launch!



The republication of **Slí Chun Dé** by Sr. Mairéad Ni Bhuachalla will be officially launched by His Grace Archbishop Dermot Farrell On May 6th at 7.P.M.

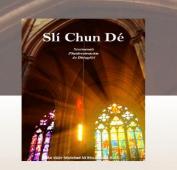
The book of Irish prayer services for our young people is a wonderful resource for schools and parishes.

The ebook will be available in hardcopy or by e-book, and Sr. Mairéad has given the book as a gift to schools throughout the country.

Please join us as we go live on Youtube.

Join us via YouTube at the following link:

https://youtu.be/SNIhkxr_Jkl



Tá an-áthas orainn cuireadh a thabhairt duit chuig seoladh

Slí Chun Dé

Searmanais Phaidreoireachta do Dhéagóirí Mairéad Ní Bhuachalla R.S.C.

A Shoilse, Diarmuid Ó Fearghail, Ardeaspag Bhaile Átha Cliath a dhéanfaidh an seoladh.

Rachaidh Oisín Mac Eoin Príomhoide Choláiste Mhuire agus aíonna i mbun comhrá.

Déardaoin, 6ú Bealtaine 7.00 i.n.



Bígí linn ar YouTube tríd an nasc seo:

> https://youtu.be/ SNIhkxr_JkI



Coláiste Mhuire - nócha bliain faoi bhláth

"Is Maith an Bhean Muire Mhór"

Trí phictiúr de Mhuire: (1)Teachtaireacht an Aingil, (2) An "Pietà"(trua) (3) Muire ag Lourdes/Cnoc Mhuire nó... agus trí choinneal

Is Maith an Bhean Muire Mhór

Is maith an bhean Muire Mhór, Máthair Ard-Rí na slógh síor; Is iad a grásta is gnáth lán, Bean do chuir fál fó gach tír.

Traidisiúnta, Veritas Hymnal 124



Cinnire: Tugaimid onóir do Mhuire mar gheall ar an mbaint a bhí aici lena mac, Íosa. Déanfaimid machnamh ar a saol agus ar an mbaint atá aici linn-ne.

Muire Déagóir

Nuair a bhí Muire ina déagóir, chuir Dia aingeal chuici chun cuireadh a thabhairt di a bheith mar mháthair ag Íosa, Slánaitheoir an domhain. Léiríonn sé sin go bhfuil meas ag Dia ar dhéagóirí agus go bhfuil muinín ag Dia astu.

Lastar coinneal ag pictiúr a haon.

Guímis le chéile:

'Sé do bheatha, a Mhuire, atá lán de ghrásta; tá an Tiarna leat. Is beannaithe tú idir mhná agus is beannaithe toradh do bhroinne, Íosa.'

Guth 1: A Mhuire, tuigeann tú saol an déagóra mar bhí tú féin i do dhéagóir tráth. Tuigeann tú na dea-rudaí agus na deacrachtaí a bhaineann leis. Taispeáin dúinn conas leas a bhaint as an ré iontach seo dár saol.

A Mhuire na nGrást

A Mhuire na ngrást, a mháthair Mhic Dé, Go dtreoraí tú mise go deireadh mo ré. Tabhair cuidiú is cabhair dom in aghaidh chathú an tsaoil, Agus tabhair mé i gcónaí leat saor as gach baol.

Traidisiúnta, Veritas Hymnal 123

Muire, Máthair Íosa

Cinnire: Bhí sé de phribhléid ag Muire gur roghnaigh Dia í mar mháthair dá mhac, Íosa. Bhí sí páirteach i ngach sólás agus dólás ina shaol agus ba mhór an dúshlán é sin. D'éirigh léi mar chuir sí a muinín i nDia.

Lastar coinneal ag pictiúr a dó.

Guth 2: A Mhuire, cuir i gcuimhne dúinn ár muinín a chur i nDia nuair a bhíonn deacrachtaí le sárú againn

Rug Muire Mac do Dhia

Rug Muire mac do Dhia, Íosa Críost, triath na reann; Maireann dá éis 'na hóigh, An bhean is dóigh do gach dall.

Buime is máthair Mhic Dé bhí, Bean mar í ní fhaca súil; Bean ler osclaíodh flaitheas Dé, A mholfas mé os gach dúil.

Ní cosúil í le mnáibh, Muire mhór, an bláth nach críon; Ní cosúil balsam le moirt, Le lionn goirt ní cosúil fíon.



Focail: Traidisiúnta Ceol: Seán Óg Ó Tuama, Veritas Hymnal 71

Muire ár Máthair

Cinnire: Nuair a bhí Íosa ag fáil bháis ar an gcrois, d'iarr sé ar Mhuire a bheith mar mháthair againn-ne. Thaispeáin sí í féin do pháistí i Lourdes agus do dhaoine fásta ar Chnoc Mhuire i gCo. Mhaigh Eo, chun a chur i gcuimhne dúinn go mbíonn sí ag guí ar ár son i gcónaí.

Lastar coinneal ag pictiúr a trí.

Guímis le chéile:

A Naomh Mhuire, a Mháthair Dé, guigh orainn-ne, peacaigh anois agus ar uair ár mbáis, Áiméan.

Áivé Máiria

A Mhuire Mháthair, 'sé seo mo ghuí go maire Íosa go deo inár gcroí. Ave Máiria, mo ghrá Ave, is tusa mo mháthair, is máthair Dé.

A Mhuire Mháthair, i rith mo shaoil bí liom mar dhídean ar gach aon bhaol. Ave Máiria, mo ghrá Ave, is tusa mo mháthair, is máthair Dé.

A Mhuire Mháthair, tá lán de ghrás' go raibh tú taobh liom ar uair mo bháis. Ave Máiria, mo ghrá Ave, is tusa mo mháthair, is máthair Dé.

Traidisiúnta

Céad Moladh le Muire Bheannaithe

Céad moladh le Muire bheannaithe atá sna flaithis os cionn na naomh.
Céad moladh leatsa a bhanaltra an Mhic sin d'fhulaing pian.
De ghnáth i ndéanamh caradais do chaithis ar fad do shaol.
A Mhaighdean ghlégeal gheanúil dár n-anamacha guighse féin.

Faoi mar'gheall an tAthair neamhaí dúinn do chabhairse i dtús an tsaoil, nuair a caitheadh Ádhamh is Éabha leis as an ngairdín de bharr a ngnímh, is mar gheall an tAonMhac beannaithe, uair duitse 's do d'aspal caoin;

A Mhaighdean ghlórmhar cheannasach, dár n-anamacha déanse díon.

Traidisiúnta, Veritas Hymnal, 122