

THE STORY OF THE HYMN

Soul of My Saviour is a verse translation of a Latin prayer that is usually known from its opening words as Anima Christi ('Soul of Christ'). Its exact origins are uncertain. We do know that an indulgence was attached to its recitation by Pope John XXII in 1330, so it is older than that. Copies of it, either in Latin or in the language of the people, have been discovered throughout Europe.

It acquired a new popularity when St Ignatius Loyola included it in his Spiritual Exercises and recommended that it be prayed by those making a retreat. He suggested it as an example of his 'second method of prayer' in which a person takes up a familiar prayer and prays each word or phrase of it with special attention, repeating them for as long as they find spiritual nourishment in them. The rhythms and repetitions of the Anima Christi make it ideal for this type of prayer.

The translator who has given us the verse form of the hymn is uncertain. It is sometime ascribed to Edward Caswall (1814-1878). He was originally an Anglican priest who was influenced by the Oxford Movement to become a Catholic. On the death of his wife from cholera, he joined the Oratory under St John Henry Newman and was ordained to the priesthood. Fr Caswall was a prolific writer of hymns, many of which are still sung. It was set to music about 1863 by an English Jesuit, Fr William J. Maher. It was a popular benediction and communion hymn.

THE MEANING OF THE HYMN

The hymn has three verses, each of four lines, in a series of petitions addressed to Jesus in his Passion. The first verse is clearly eucharistic. It

addresses the soul, body, blood and water from the side of Jesus which was opened with the lance during his Passion. It prays that our reception of the body of Christ will lead us to greater sanctification:

"Soul of my Saviour, sanctify my breast,
body of Christ, be thou my saving guest,
blood of my Saviour, bathe me in thy tide,
wash me with water flowing from thy side."

The second verse deepens our meditation on the Passion of the Lord. It prays that we be strengthened by his Passion, and also that we be hidden from danger, sheltered within his five wounds, and that we never be separated from him by sin:

"Strength and protection may thy Passion be,
O blessed Jesus, hear and answer me.
Deep in thy wounds, Lord, hide and shelter me,
so shall I never, never part from thee."

The third verse prays for protection from the Evil One, "the foe malign" (wicked). It looks especially towards the last moments of our earthly life and prays with confidence that in death, we will hear the welcome of God as the good thief heard it, and that we shall be with him in paradise:

"Guard and defend me from the foe malign,
in death's dread moments make me only thine;
call me and bid me come to thee on high
where I may praise thee with thy saints for ay
[for ever]."

GOD'S WORD TODAY

Deut 18:15-20
1 Cor 7:32-35
Mk 1:22-29

spirits. Exorcism is often presented in the Gospel as a contest between Jesus and the demonic powers that threaten human well-being. Jesus meets the challenge of the evil one calmly, but without flinching. His ability to calm the possessed person is proof of his authority, and the story causes his fame to be known around the lakeside towns and villages.

31 January 2021 – 4th Sunday in Ordinary Time Year II

Psalter Week 4

SoulSpace

SERIES: SING ONCE. PRAY TWICE

Season colour: GREEN

Hymns are an important part of Catholic worship. We will look at some of our familiar hymns. Musical versions are available on YouTube.



SOUL OF MY SAVIOUR

Like many Catholic hymns in English, 'Soul of My Saviour' dates in its present form to what might be called the Catholic Revival in the middle of the 19th century. As Catholic churches and their congregations got larger, they were able to make better arrangements for music, such as the provision of organs. This hymn, however, has a longer history as a prayer that was widely known throughout Europe.

Parishes of Dromara and Drumgooland

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4th Sunday in Ordinary Time – 31st January 2021

St Brigid's Day Mon 1st Feb

St Brigid's Blessing

*May Brigid bless the house wherein we dwell.
Bless every fireside, every wall and door.
Bless every heart that beats beneath it's roof.
Bless every hand that toils to bring it's joy.
Bless every foot that walks portals through.
May Brigid bless the house that shelters us.*

Blessing of St Brigid's Cross

Father of all creation and Lord of Light, you have given us life and entrusted your creation to us to use it and to care for it. We ask you to bless these crosses made of green rushes in memory of holy Brigid, who used the cross to recall and to teach your Son's life, death and resurrection.

May these crosses be a sign of our sharing in the Paschal Mystery of your Son and a sign of your protection of our lives, our land and its creatures, through Brigid's intercession during the coming year and always. We ask this through Christ our Lord.

Prayer to St Brigid

You were a woman of peace. You brought harmony where there was conflict. You brought light to the darkness. You brought hope to the downcast. May the mantle of your peace cover those who are troubled and anxious, and may peace be firmly rooted in our hearts and in our world. Inspire us to act justly and to reverence all God has made. Brigid you were a voice for the wounded and the weary. Strengthen what is weak within us. Calm us into a quietness that heals and listens. May we grow each day into greater wholeness in mind, body and spirit. Amen

Please remember these anniversaries in your prayers

Sat 30th Frank and Patrick Galbraith
Sun 31st Kathleen O'Hare
Wed 3rd Fr Jim Mooney
Fri 5th Winnie and Gerry Dunniece
Sat 6th Teresa McAvoy
Mick Murphy
Patsy McGlue
Sun 7th Peter McEvoy
Martin Doyle
Daniel and Liam Marmium and Deceased Family Members

Drumgooland SVP

Our helpline number is 07586447427. Please contact us, in strict confidence, if you would need help or support at any time, we are here to alleviate the struggle and worry of meeting household bills or worries. Many thanks for all the support we received throughout 2020. Our usual red box collections outside church has not been available, but our work is ongoing. Anyone wishing to make a one off or regular donation can do so to our bank account:

First Trust Bank Newcastle
Account Name: Drumgooland SVP
Sort Code: 938351
Account Number: 07440031

Your support is very much appreciated and will go some way to helping others in our locality in these challenging times.
Thanks and God bless.



Masses: Sat 6:00pm Sun 9:00am
Mon 9:00am Tues 9:00am
Wed 7:30pm Fri 7:30am

Mass will be streamed until at least 5th Mar.
This may continue longer but hopefully any announcements will be made well in advance.

Leitrim Chapel

The chapel will not be open for private prayer on Mon 1st and Tues 2nd Feb due to work on the tile floor. The company has other jobs at the moment so the work on the chapel will be spread over a few weeks. I apologise for the inconvenience but it is safer to close the church while work is ongoing.

A few days off

I will go to my own house from Sun 7th to Sat 13th Feb. No masses will be streamed from Mon 8th to Fri 12th. If I am needed for an emergency sick call or funeral I will return.

Donations to the Parishes

If anyone is passing the parochial house and wishes to leave their envelopes in the letterbox, please do so. I will be in Dromara on Sun 14th Feb from 10am to 11am if anyone wishes to bring their envelopes.