

PRAYER | *Caim Prayer of Protection*

Caim (or Circle) Prayer is an ancient Celtic Christian practice intended to evoke the blessing and protection of the Trinity over the circle of one's friends, family and self. ("The Trinity" refers to our God who is three persons in One – Father, Son, and Holy Spirit; in the prayer called the "Mighty/Sacred Three.")

To practice a Caim prayer, traditionally you would stand up, point your right index finger at the ground, and turn in a clockwise circle as you recite the words of a prescribed prayer – often praying specific things at each of the 12, 3, 6, and 9 positions.

Feel free to engage this prayer in the traditional way, or if you are sitting you can simply extend your arms in front of you and link your fingers together to form a circle in front of your chest, or of course you can simply envision or imagine the circle of God's love and light that you are certainly enveloped in – regardless of what you do or don't do with your body.

Below is a modern version of a Caim prayer:

**Circle me O God
Keep hope within
Despair without**

**Circle me O God
Keep peace within
Keep turmoil out**

**Circle me O God
Keep calm within
Keep storms without**

**Circle me O God
Keep strength within
Keep weakness out**

**The Mighty Three
My protection be
Encircling me
You are around
My life, my home
Encircling me
O Sacred Three**

- David Adam, St. Mary's Church, Holy Island, U.K.