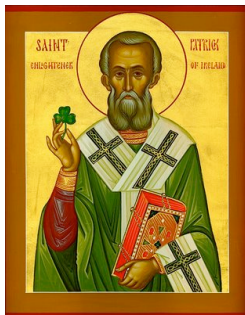


I bind unto myself today
The power of heaven,
The light of the sun,
The brightness of the moon,
The splendor of fire,
The flashing of lightning,
The swiftness of wind,
The depth of sea,
The stability of earth,
The compactness of rocks.

I bind unto myself today
God's Power to guide me,
God's Might to uphold me,
God's Wisdom to teach me,
God's eye to watch over me,
God's Ear to hear me,
God's Word to give me
speech,
God's Hand to guide me
God's Way to lie before me,
God's Shield to shelter me,
God's Host to secure me.

I invoke today
all these virtues
Against every hostile
merciless power
Which may assail
my body and my soul,
Against the false
laws of heresy,
Against the deceits
of idolatry,
Against every knowledge
that binds the human soul.

~Saint Patrick's breastplate

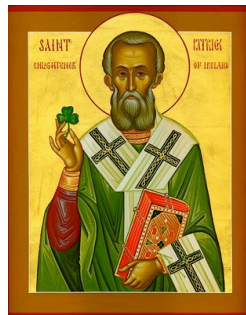


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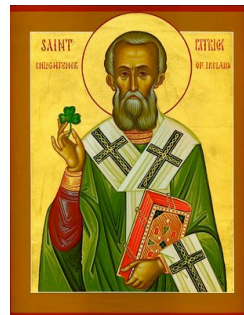


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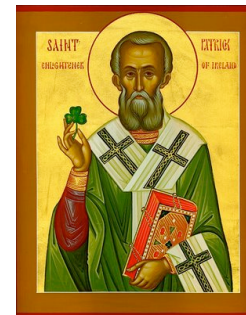


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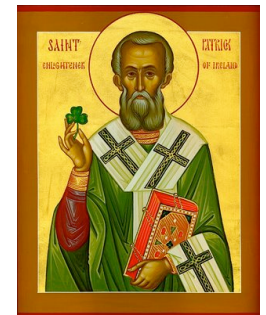


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The spirit
of the Lord God
is upon me,
because the Lord
has anointed me;
he has sent me
to bring good news
to the oppressed,
to bind up
the brokenhearted,
to proclaim liberty
to the captives,
and release to the
prisoners;
to proclaim the year
of the Lord's favor.

~Isaiah 61:1-2a



Get involved:

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www.amnesty.org

Human Rights Watch
www.hrw.org

Global Exchange
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