

# Saint Brigid of Ireland

feast day: February 1



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.

- **patron saint:** Ireland, dairymaids, cattle, midwives, Irish nuns, and newborn babies
- **Born:** 451
- **Death:** 525

