

Read Irish Blessings Then Write Your Own!

You can celebrate St. Patrick's Day all month long by learning more about Irish culture and traditions. One way to do this is to highlight Irish Blessings and then to write your own.

9 Irish Blessings

Here are some great Irish Blessings your residents may enjoy. Read these before morning exercise group or before lunch. You can also post them in your monthly newsletter or on your weekly activity recap.

- May the saddest day of your future be no worse than the happiest day of your past.
- May the Lord keep you in His hand and never close His fist too tight.
- May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you evermore!
- May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, may God hold you in the palm of his hand.
- May you have the hindsight to know where you've been, the foresight to know where you're going, and the insight to know when you're going too far.
- May you have love that never ends, lots of money and lots of friends. Health be yours, whatever you do, and may God send many blessings to you!
- May the good Lord take a liking to you...but not too soon!
- May you be a half hour in heaven before the Devil knows you're dead.
- May you live to be 100 years, with an extra year to repent.

How to Write Your Own Irish Blessings

Irish blessings can be serious or funny, which means your residents can try their hand at writing their own blessings to share with the community. Read your group some traditional Irish blessings and then let them write their own individually or as a group. A few things to remember as they get started that could help them get going creatively:

- Irish blessings start with "may you..."
- The blessings wishes nice things upon the person they are saying it to.
- Irish blessings traditionally fall into categories like Travel, Wedding, Parenting, Aging, Health, Happiness, and Money.
- They can rhyme...but they don't have to!

Once your residents work on their own blessings, consider using these as a highlight on your

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newsletter or your Activity Room door. You may even find a few “welcome” blessings to print on nice paper and give to new residents.