

## Hymn to St Bega

Salu Bega come to bring comfort  
Salu Bega come to bring strength  
Salu Bega honoured with glory  
Hailed with everlasting life

Left the chamber with no key  
Marked out by your precious ring  
Rejected the royal gifts  
Cast aside all earthly things

Healed the sick and sheltered the poor  
Planted the garden with healing herbs  
Tended bees for healing honey  
Never did you ask for money

Sailed the ocean with no crew  
Washed up on fair Cumbria's shore  
Made a home beside the cliffs  
Which bears your name for evermore

Blessed by those who sought to harm  
Protected by shroud of snow  
Now at peace beside the lake  
Where the deeper waters flow