

Contemplative Noonday Prayer & Scriptural Reflection

Nov 26, 2025

St. Columba's Episcopal Church, Inverness, CA

St. Tugdual of Brittany



Died c. 564.

Mother Teri: *O God, make speed to save us.*
Assistant: *O Lord, make haste to help us.*

+ Glory to You O Eternal Source,
Divine Savior, and Holy Spirit:

***As it was in the beginning is now
and will be forever. Amen***

THE COLLECT

O God who is both ever-present and waiting to be born;
we seek your grace and ask that you bring
silence and calm to the frantic noise of the season
so that we can know, feel, and express your love
and give hope and comfort to those
among us who are powerless and lonely. In your Name we pray,
Amen (11/24/21 Noonday Prayer Group)

Psalm 90 v.1-8, 11-14 NRSV

Mother Teri: Lord, you have been our dwelling-place
in all generations.

***Assistant: Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.***

You turn us back to dust,
and say, ‘Turn back, you mortals.’

***For a thousand years in your sight
are like yesterday when it is past,
or like a watch in the night.***

You sweep them away; they are like a dream,
like grass that is renewed in the morning;
***in the morning it flourishes and is renewed;
in the evening it fades and withers.***

For we are consumed by your anger;
by your wrath we are overwhelmed.
***You have set our iniquities before you,
our secret sins in the light of your countenance..***

Who considers the power of your anger?
Your wrath is as great as the fear that is due to you.
***So teach us to count our days
that we may gain a wise heart.***

Turn, O LORD! How long?
Have compassion on your servants!
***Satisfy us in the morning with your steadfast love,
so that we may rejoice and be glad all our days.***

Mother Teri + Glory to You O Eternal Source,
Divine Savior, and Holy Spirit:

***Assistant: As it was in the beginning is now
and will be forever. Amen***

Mother Teri

A reading from the Gospel according to St. Luke 11:29-32 NRSV

When the crowds were increasing, he began to say, ‘This generation is an evil generation; it asks for a sign, but no sign will be given to it except the sign of Jonah. For just as Jonah became a sign to the people of Nineveh, so the Son of Man will be to this generation. The queen of the South will rise at the judgement with the people of this generation and condemn them, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here! The people of Nineveh will rise up at the judgement with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here.

Mother Teri: Hear what the Spirit is saying.

Assistant: Thanks be to God.

Celtic Contemplation: 15 minutes

Please sit comfortably and close your eyes for 15 minutes of silent meditation. Chimes will sound to begin and end the time. For today's reflection:

**"GOD guide me with Thy wisdom."
(Carmina Gadelica)**

(Reader 3 please unmute)

Mother Teri: Kyrie Eleison

Assistant: Christe Eleison

Mother Teri: Kyrie Eleison

Lord, hear our prayer;

And let our cry come to you.

God of compassion,

teach us how to embody your love

God of faithfulness

help us to be constant in service

God of creation

give us compassion for all your children

God of blessing

hear our prayers¹

Please offer your intercessions here, aloud or silently.

¹ Daily Prayer for All Seasons, p. 13

Prayers given aloud are followed with:

Mother Teri: We pray to the Lord

Assistant: **Lord, hear our prayer**

Continue after personal intercessions with...

Mother Teri: God of love

Assistant: **draw our hearts to you²**

Be their light in darkness.

Be their hope in distress.

Be their calm in anxiety.

Be strength in their weakness.

Be their comfort in pain.

Be their song in the night.³

Mother Teri: Please join now in praying as Jesus taught...

Our Father who art in heaven,

**hallowed be thy Name, Thy kingdom come, Thy will
be done, on earth as it is in heaven. Give us today our
daily bread, and forgive us our trespasses as we
forgive those who trespass against us. Lead us not
into temptation but deliver us from evil. For thine is
the kingdom, and the power, and the glory,**

for ever and ever.

Amen.

² Daily Prayer for All Seasons, p. 13

³ excerpted from the Ita Compline, Northumbria Community.

Mother Teri: Let us bless the Lord.

Assistant: **Thanks be to God.**

Please remain for discussion on today's topic and scriptural reading.

St. Tugdual of Brittany

Tugdual - pron. TOO-dwahl

Died c. 564. One of the Seven Patron Saints of Brittany. The Welsh monk Tugdual was one of the sons of King Hoel I Mawr (the Great). He travelled to Ireland from his father's home in Britain to learn the scriptures before becoming a hermit on Ynys Tudwal (St. Tudwal's Isle East) off the Llyn Peninsula in North Wales. He later emigrated to Leon in Brittany and settled at Lan Pabu with some seventy-two followers. Here he established a large monastery under the patronage of his cousin, King Deroch of Domnonee. From here, Tugdual travelled throughout Brittany evangelising the local population. He founded the Monastery of Val Trechor at Treguier and had the foresight to go to Paris and have his land grants ratified by King Childebert of the Franks. The monarch insisted that Tugdual be made Bishop of Treguier where he is still venerated, especially around Leon. It was at Treguier that he died in 564. His shrine can still be seen in the Cathedral. In art, Saint Tudwal is depicted as a bishop holding a dragon with his stole. <https://celticsaints.org/2021/1130a.html>

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Luke 11:29-32

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