Contemplative Noonday Prayer & Scriptural Reflection Nov 18, 2026

St.Columba's Episcopal Church, Inverness, CA

The Venerable Bede



672-735 AD

*We will need **3 readers** for today…*

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

Assistant: **The Collect**

O God our Shepherd, we ask your comforting presence and strength so that we may set aside striving and worry to relax in your green pastures with still, plentiful water; in your name we pray, Amen.

(5/04/22), Noonday Prayer Group)



Psalm 93 NRSV

Please join by repeating lines in ***bold italics*** *at home on mute.*

Mother Teri: The Lord is king, he is robed in majesty;
Assistant: the Lord is robed, he is girded with strength. He has established the world; it shall never be moved;
your throne is established from of old;
you are from everlasting.
The floods have lifted up, O Lord,
the floods have lifted up their voice;
the floods lift up their roaring.
More majestic than the thunders of mighty waters,
more majestic than the waves of the sea
majestic on high is the Lord!

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 of Luke 2:25-38 NRSV

Now there was a man in Jerusalem whose name was
Simeon; this man was righteous and devout, looking forward to
the consolation of Israel, and the Holy Spirit rested on him. It
had been revealed to him by the Holy Spirit that he would not
see death before he had seen the Lord's Messiah. Guided by the
Spirit, Simeon came into the temple; and when the parents
brought in the child Jesus, to do for him what was customary
under the law, Simeon took him in his arms and praised God,
saying,
'Master, now you are dismissing your servant in peace,
according to your word;
for my eyes have seen your salvation,
which you have prepared in the presence of all peoples,
a light for revelation to the Gentiles
and for glory to your people Israel.'

And the child's father and mother were amazed at what was
being said about him. Then Simeon blessed them and said to his
mother Mary, 'This child is destined for the falling and the rising
of many in Israel, and to be a sign that will be opposed so that
the inner thoughts of many will be revealed—and a sword will
pierce your own soul too.'

There was also a prophet, Anna the daughter of Phanuel, of the

There was also a prophet, Anna the daughter of Phanuel, of tribe of Asher. She was of a great age, having lived with her husband for seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem.

Mother Teri: **Hear what the Spirit is saying.**

Assistant: Thanks be to God.

Celtic Contemplation: 15 minutes

"Unfurl the sails, and let God steer us where He will."

--The Venerable Bede

Please follow along and chant the Kyrie with us while on mute.
We will chant 3x through.

Assistant / ***Mother Teri & All***

Kyrie Eleison (***Kyrie Eleison***)
Christe Eleison (***Christe Eleison***)
Kyrie (***Kyrie),*** Christe (***Christe)***
Eleison (***Eleison)***



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

(***ALL***) **Our Father in heaven,**
hallowed be your Name, Your kingdom come, Your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

Mother Teri Lord, hear our prayer;
Assistant: ***And let our cry come to you.***

Let us pray, using words from the *Ita Compline*[1]

Search me, O God, and know my heart.
Test me and know my thoughts.

Keep Your people, Lord, in the arms of Your embrace.
Shelter them under Your wings.

Deacon Ari: For whom and what else do we pray?

Please offer your intercessions here, aloud or silently.
Prayers given aloud are followed with:

Deacon Ari: We pray to the Lord
Reader 3 & All: ***Lord, hear our prayer***

Continuing after personal intercessions with…

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.

Let us bless the Lord.
Thanks be to God.

[1] *excerpted from* the Ita Compline, *Northumbria Community.*



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

THE VENERABLE BEDE

672/3 – 26 May 735), also known as **Saint Bede**, and **Bede the Venerable** was an English monk at the monastery of St. Peter and its companion monastery of St.Paul in the Kingdom of (contemporarily Monkwearmouth–Jarrow Abbey in Tyne and Wear, England).

Born on lands belonging to the twin monastery of Monkwearmouth–Jarrow in present-day Tyne and Wear, Bede was sent to Monkwearmouth at the age of seven and later joined Abbot Ceolfrith at Jarrow. Both of them survived a plague that struck in 686 and killed a majority of the population there. While Bede spent most of his life in the monastery, he travelled to several abbeys and monasteries across the British Isles, even visiting the archbishop of York and King Ceolwulf of Northumbria.

He was an author, teacher (Alcuin was a student of one of his pupils), and scholar, and his most famous work, *Ecclesiastical History of the English People*, gained him the title "The Father of English History". His ecumenical writings were extensive and included a number of Biblical commentaries and other theological works of exegetical erudition. Another important area of study for Bede was the academic discipline of *computus*, otherwise known to his contemporaries as the science of calculating calendar dates. One of the more important dates Bede tried to compute was Easter, an effort that was mired in

controversy. He also helped popularize the practice of dating forward from the birth of Christ (*Anno Domini* – in the year of our Lord), a practice which eventually became commonplace in medieval Europe. Bede was one of the greatest teachers and writers of the Early Middle Ages and is considered by many historians to be the most important scholar of antiquity for the period between the death of Pope Gregory I in 604 and the coronation of Charlemagne in 800.

In 1899, Pope Leo XIII declared him a Doctor of the Church. He is the only native of Great Britain to achieve this designation; Anselm of Canterbury, also a Doctor of the Church, was originally from Italy. Bede was moreover a skilled linguist and translator, and his work made the Latin and Greek writings of the early Church Fathers much more accessible to his fellow Anglo-Saxons, which contributed significantly to English Christianity. Bede's monastery had access to an impressive library which included works by Eusebius, Orosius, and many others.

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Scriptural Study

Psalm 93

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