

*Contemplative Noonday Prayer & Scriptural  
Reflection Dec 11, 24*

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St. Columba's Episcopal Church, Inverness, CA



**St. Frideswide of Oxford, Virgin**

**Died c. 735**

*Please respond to any parts labeled “& All” on mute*

Assistant: O God, make speed to save us.

***Mother Teri & ALL: 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***

***[Reader 1] The Collect***

O God who walks with us even in the darkness of night; we ask for patience and compassion, and to feel your presence with us in this dark time of pandemic and political division, so that we may all join together in the safety of your Spirit; In your Name we pray, Amen. (10/6/21, Noonday Prayer Group)



PSALM 37:23-34a NRSV

[Deacon Ari] Our steps are made firm by the LORD,  
when he delights in our way;

*[Reader 2 & All    though we stumble, we shall not fall  
headlong,  
for the LORD holds us by the hand.*

Our steps are made firm by the LORD,  
when he delights in our way;  
*though we stumble, we shall not fall headlong,  
for the LORD holds us by the hand.*

I have been young, and now am old,  
yet I have not seen the righteous forsaken  
or their children begging bread.

*They are ever giving liberally and lending,  
and their children become a blessing.*

Depart from evil, and do good;  
so you shall abide for ever.

*For the LORD loves justice;  
he will not forsake his faithful ones.*

The righteous shall be kept safe for ever,  
but the children of the wicked shall be cut off.

*The righteous shall inherit the land,  
and live in it for ever.*

The mouths of the righteous utter wisdom,  
and their tongues speak justice.

*The law of their God is in their hearts;  
their steps do not slip.*

The wicked watch for the righteous,  
and seek to kill them.

***The LORD will not abandon them to their power,  
or let them be condemned when they are brought to  
trial.***

Wait for the LORD, and keep to his way,  
and he will exalt you to inherit the land;

+ 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:*

**A reading from *the Holy Gospel of St. John 13:1-17***  
**NRSV**

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going

to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

*Assistant:* Hear what the Spirit is saying.

Rev. Teri & People ***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's eyes to watch over me;  
God's ear to hear me”  
(Brigid of Kildare)

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

Assistant / **People**

Kyrie Eleison (***Kyrie Eleison***)

Christe Eleison (***Christe Eleison***)

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



## **THE PRAYERS**

*Reader 3, please unmute*

Deacon Ari: Lord, hear our prayer;

*[Reader 3 & All]: 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 prayers<sup>1</sup>**

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

Assistant: We pray to the Lord [Mother Teri]: **Lord, hear our prayer**

*Continue after personal intercessions with...*

Assistant: God of love

*[Reader 3 & All]: draw our hearts to you<sup>2</sup>*

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.***

<sup>1</sup>Daily Prayer for All Seasons, p. 13

<sup>2</sup>Daily Prayer for All Seasons, p. 13

<sup>3</sup>excerpted from the Ita Compline, Northumbria Community.

[Mother Teri] Please join now in praying as Jesus taught...

Our Father who art in heaven,

[Mother Teri & All]: , ***hallowed be thy Name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day 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.***

Assistant: Let us bless the Lord. [Mother Teri & All] ***Thanks be to God.***

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



## **St. Frideswide of Oxford, Virgin**

**Died c. 735**

Died c. 735; second feast day is February 12. Her maxim from childhood is said to be: Whatsoever is not God is nothing.

Little can be said for certain about Frideswide because the earliest written account dates only from the 12th century, when her abbey became an Augustinian foundation. William of Malmesbury recorded the legend from a version attributed to Prior Robert of Cricklade. Nevertheless, recent historical and archaeological research has clarified the background and some of the details of the saint's traditional legend.

This account follows the archetypical miracles of God preserving His holy virgins. The story goes that Frideswide was a Mercian princess, the daughter of Didian (or Dida) of Eynsham, whose lands included the upper reaches of the River Thames. Her father, a sub-king under the Mercian overlordship, endowed minster churches at Bampton and Oxford.

Frideswide took a vow of perpetual virginity, but Algar, a local prince, (or Aethelbald of Mercia) could not believe

that she would not marry him. Desiring to fulfil her vow, she fled into hiding at Binsey (near the current Oxford), where she remained for three years as Algar continued to search for her. Then Algar was struck blind. When he renounced his desire to marry her, his sight was restored at Bampton upon Frideswide's intercession.

Eventually, Frideswide was appointed the first abbess of Saint Mary's double monastery at Oxford, where she peacefully lived out the balance of her life. The convent flourished becoming the site of Christ Church and her name was not forgotten as the town of Oxford arose around the abbey.

It may be assumed that Frideswide was foundress and abbess of a religious house at Oxford in the 8th century; her shrine was in the church of a monastery there in 1004, on the site of Christ Church. It is unexplained how this obscure saint, under the name of Frevisse, came to have a cultus at the village of Bomy in the middle of Artois (Attwater, Benedictines, Bentley, Farmer, Stenton).

In art she is a crowned abbess with an ox near her. Sometimes she is shown being rowed down the Thames by an angel with her two sisters. Frideswide is the patroness of Oxford and Oxford University.

<https://celticsaints.org/2021/1019b.html>

## SCRIPTURE DISCUSSION

PSALM 37:23-34a NRSV

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when he delights in our way;  
***though we stumble, we shall not fall headlong,  
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***They are ever giving liberally and lending,  
and their children become a blessing.***

Depart from evil, and do good;  
so you shall abide for ever.

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but the children of the wicked shall be cut off.

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and their tongues speak justice.

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their steps do not slip.***

The wicked watch for the righteous,  
and seek to kill them.

***The LORD will not abandon them to their power,***

*or let them be condemned when they are brought to trial.*

Wait for the LORD, and keep to his way,  
and he will exalt you to inherit the land;

### **John 13:1-17 NRSV**

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.