

*Contemplative Noonday Prayer  
and Scriptural Reflection*

March 24, 2026

St. Columba's Episcopal Church  
Inverness, CA

**St. Egwin of Worcester**

**Died 717**



*Please respond with your microphone set on mute.*

***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, Mother Teri:***

*O Lord who is our merciful, kind and loving stronghold; we  
ask for your intervening grace, compassion, and guidance  
in order to achieve unity and find peace and calm in a  
troubled world; in Your name we pray, Amen. ( 11/18/20,  
Noonday Prayer Group)*

***Psalm: Mother Teri*** will read the lines in plain font; *please  
join by repeating the lines in **bold italics** at home on mute.*

**Psalm 148:1-13 NRSV**

Praise the LORD!

Praise the LORD from the heavens;  
praise him in the heights!

*Praise him, all his angels;  
praise him, all his host!*

Praise him, sun and moon;  
praise him, all you shining stars!  
*Praise him, you highest heavens,  
and you waters above the heavens!*

Let them praise the name of the LORD,  
for he commanded and they were created.  
*He established them for ever and ever;  
he fixed their bounds, which cannot be passed.*

Praise the LORD from the earth,  
you sea monsters and all deeps,  
*fire and hail, snow and frost,  
stormy wind fulfilling his command!*

Mountains and all hills,  
fruit trees and all cedars!  
*Wild animals and all cattle,  
creeping things and flying birds!*

Kings of the earth and all peoples,  
princes and all rulers of the earth!  
*Young men and women alike,  
old and young together!*

Let them praise the name of the LORD,  
for his name alone is exalted;  
*his glory is above earth and heaven.*

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

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

**Assistant:**

**A reading from Proverbs 9:1-6 (NRSV)**

Wisdom has built her house,  
she has hewn her seven pillars.  
She has slaughtered her animals, she has mixed her wine,  
she has also set her table.  
She has sent out her servant-girls, she calls  
from the highest places in the town,  
'You that are simple, turn in here!'  
To those without sense she says,  
'Come, eat of my bread  
and drink of the wine I have mixed.  
Lay aside immaturity, and live,  
and walk in the way of insight.'

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

**Assistant:** *Thanks be to God.*

### **Celtic Contemplation**

*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:*

**You are the stranger at the door  
You are the calling of the poor**

(Celtic oral tradition - 1st millennium)

< Meditation: 15 minutes >

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

**Mother Teri / Assistant**

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

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

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

Eleison (***Eleison***)

**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 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.***

**Mother Teri :** Lord, hear our prayer;

**Assistant:** *And let our cry come to you.*

**Mother Teri:**

Let us pray, using words from the *Ita Compline*<sup>1</sup>

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.***

**Mother Teri:** For whom and what else do we pray?

*Please offer your intercessions here, aloud or silently.*

*Prayers given aloud are followed with:*

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<sup>1</sup> excerpted from the *Ita Compline*, Northumbria Community.

**Mother Teri:** We pray to the Lord  
**Assistant:** *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.*

*Please remain with us for a word on today's saint and  
discussion on today's scriptural reading.*

## **St. Egwin of Worcester**

**30 December**

Died at Evesham, England, on December 30, 717; feast of the translation of his relics on September 10 and January 11.

The translation of Egwin's relics in 1039 by Aelfward, bishop of London and former abbot of the monastery founded by Egwin, was the impetus for the first vita of Egwin, which bears some resemblance to that of Saint Aldhelm. It claimed to incorporate older elements but may not be entirely reliable.

Egwin was born into the royal house of Ethelred, king of Mercia. He was consecrated to God in his youth. About 692, he became the third bishop of Worcester. Egwin governed the see of Worcester until he incurred the enmity of some of his flock for his severity against vice, and they denounced him to the king and archbishop of Canterbury.

Seeking vindication, Egwin appealed to Rome. Before leaving England on a penitential pilgrimage to answer before the Roman See the complaints lodged against him, he is said to have locked his feet in fetters and to have thrown the key into the Avon River. Miraculously, this key appeared in the belly of a fish he bought at a market in Rome. Because of this miracle, the pope vindicated Egwin and he was reinstated in his episcopal chair in 711.

During his episcopacy he founded the abbey of Evesham under the patronage of the Blessed Virgin because of a vision of Mary seen first by the herdsman Eof and then by Egwin in a meadow by the River Avon. Probably about 709, Egwin undertook another pilgrimage to Rome in the company of Kings Cenred of Mercia and Offa of the East Saxons. It is recorded that Egwin received considerable privileges for his foundation from Pope Constantine. Evesham became one of the great Benedictine monasteries of medieval England after its refounding about 975.

Egwin's connection with Malmesbury was further emphasized by his conducting the funeral of Aldhelm in 709. Some

connection with Wilfrid is possible, but unsupported by contemporary evidence, but Evesham could have been one of Wilfrid's seven unidentified Mercian foundations.

Saint Egwin is portrayed as an English bishop with a fish and one key.

<https://celticsaints.org/2020/1230a.html>

### ---Scriptural Study---

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