

Contemplative Noonday Prayer & Scriptural Reflection

Dec 10, 2025

St. Columba's Episcopal Church, Inverness, CA

St. Deiniol of Bangor



c. 572 AD

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 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)

THE READINGS

Assistant:

Genesis 15:1-18

--New Revised Standard Version, Anglicised

After these things the word of the Lord came to Abram in a vision,
'Do not be afraid, Abram, I am your shield; your reward shall be
very great.' But Abram said, 'O Lord God, what will you give me,

for I continue childless, and the heir of my house is Eliezer of Damascus?’ And Abram said, ‘You have given me no offspring, and so a slave born in my house is to be my heir.’ But the word of the Lord came to him, ‘This man shall not be your heir; no one but your very own issue shall be your heir.’ He brought him outside and said, ‘Look towards heaven and count the stars, if you are able to count them.’ Then he said to him, ‘So shall your descendants be.’ And he believed the Lord; and the Lord reckoned it to him as righteousness. Then he said to him, ‘I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.’ But he said, ‘O Lord God, how am I to know that I shall possess it?’ He said to him, ‘Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.’ He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away. As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. Then the Lord said to Abram, ‘Know this for certain, that your offspring shall be aliens in a land that is not theirs, and shall be slaves there, and they shall be oppressed for four hundred years; but I will bring judgement on the nation that they serve, and afterwards they shall come out with great possessions. As for yourself, you shall go to your ancestors in peace; you shall be buried in a good old age. And they shall come back here in the fourth generation; for the iniquity of the Amorites is not yet complete.’ When the sun had gone down and it was dark, a smoking fire-pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, ‘To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates...

Mother Teri:

Matthew 12:33-37

New Revised Standard Version, Anglicised

‘Either make the tree good, and its fruit good; or make the tree bad, and its fruit bad; for the tree is known by its fruit. You brood of vipers! How can you speak good things, when you are evil? For out of the abundance of the heart the mouth speaks. The good person brings good things out of a good treasure, and the evil person brings evil things out of an evil treasure. I tell you, on the day of judgement you will have to give an account for every careless word you utter; for by your words you will be justified, and by your words you will be condemned.’

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 with me lying down, God with me rising up,
God with me in each ray of light,”
(*Carmina Gadelica*)

THE KYRIE

Mother Teri: Kyrie Eleison

Assistant: **Christe Eleison**

Mother Teri: Kyrie Eleison

THE PRAYERS

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.

Prayers given aloud are followed with:

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

***Assistant:* Lord, hear our prayer**

¹ Daily Prayer for All Seasons, p. 13

Continue after personal intercessions with...

Mother Teri: God of love

Assistant: **draw our hearts to you**²

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.

Mother Teri: Let us bless the Lord.

Assistant: **Thanks be to God.**

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

² Daily Prayer for All Seasons, p. 13

³ excerpted from the Ita Compline, Northumbria Community.

St. Deiniol of Bangor

(c.572)

Saint **Deiniol** (died 572) was traditionally the first Bishop of Bangor in the Kingdom of Gwynedd, Wales. The present Bangor Cathedral, dedicated to Deiniol, is said to be on the site where his monastery stood. He is venerated in Brittany as **Saint Denoual**. In English and Latin his name is sometimes rendered as **Daniel**.

Life

According to a Latin *Life of Deiniol*, preserved in Peniarth MS226 and transcribed in 1602 by Sir Thomas Williams of Trefriw, he was the son of Abbot Dunod Fawr, son of Pabo Post Prydain. The family, having lost their land in the North of England, were given land by the king of Powys, Cyngen Glodrydd.

Deiniol embraced the religious life and is said to have studied under Cadoc of Llancarfan. Sir David Trevor describes Deiniol as one of the seven blessed cousins who had spent part of his early life as a hermit "on the arm of Pembrokeshire" but was called to be a bishop despite deficiencies in his formal education. Deiniol soon left Powys for Gwynedd where he founded the monastery of Bangor, Gwynedd under the patronage of Maelgwn Gwynedd who endowed it with lands and privileges, later raising it to the rank of the official seat of a bishop, sharing a common boundary with the principality of Gwynedd. Deiniol is said to

have been consecrated to that See by St. Dubricius in the year 516. Deiniol spent the remainder of his days there as Abbot and Bishop.

He attended the Synod of Llanddewi Brefi in c. 545 with Saint David when the subject of rules for penance was being discussed. According to the *Annales Cambriae* Deiniol died in 584 and was buried on Bardsey Island. It is possible that this date, like the dates given for the deaths of David and Kentigern, is twelve years later than it should be, in which case the correct date is 572. The Cathedral Church of Saint Deiniol in Bangor is dedicated in his name.

Legacy

His cult in North Wales was quite extensive and several churches are dedicated to him, including Worthenbury near Wrexham and Hawarden, Flintshire in the north of Wales (as well as other churches in Flintshire). There are also dedicated churches at Llangarron, Llanfor, Llanuwchllyn, Eyton, and Itton; near Cardigan Bay there is a village of Llanddeiniol - "parish of St Deiniol" - which was once the name of Itton.^[5]

The church of Marchwiel is dedicated to Deiniol and there are also dedications at Itton in Monmouthshire and Llangarron in Herefordshire.

William Ewart Gladstone dedicated St Deiniol's Library, a residential library in Hawarden, Flintshire, for arts students, in 1896.

In the current Roman Catholic liturgical calendar for Wales^[6] and that of the Anglican Church in Wales, he is commemorated on the traditional date of 11 September.

His name has been given to the Deiniol Centre, a shopping centre in Bangor.

He may be referenced in the name of the hymn tune, St. Denio ("Immortal, invisible"). ^{WIKIPEDIA}

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