

***Contemplative Noonday Prayer & Scriptural  
Reflection*** May 6, 2026

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St. Columba's Episcopal Church, Inverness, CA

**St. Edbert, Bishop of Lindisfarne**

**Died May 6, 698**



*Please respond to any parts designated "Assistant" 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*

### *Assistant* **The Collect**

O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. *Amen*

### **Proverbs 3:13-18**

New Revised Standard Version, Anglicised

Happy are those who find wisdom,  
and those who get understanding,  
*for her income is better than silver,  
and her revenue better than gold.*  
She is more precious than jewels,  
and nothing you desire can compare with her.  
*Long life is in her right hand;  
in her left hand are riches and honour.*  
Her ways are ways of pleasantness,  
and all her paths are peace.

*She is a tree of life to those who lay hold of her;  
those who hold her fast are called happy.*

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

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



***Mother Teri:***

*A reading from the Gospel According to John 8:31-38*  
(NRSV, Anglicised)

The crowd answered him, ‘We have heard from the law that the Messiah remains for ever. How can you say that the Son of Man must be lifted up? Who is this Son of Man?’ Jesus said to them, ‘The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. While you have the light, believe in the light, so that you may become children of light.’

**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:*

“You are the door that's open wide  
You are the guest who waits inside

*--Celtic oral tradition - 1st millennium*

*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:** Lord, hear our prayer;

**Assistant:** *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:*

*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 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>3</sup>***

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

Our Father in heaven,

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<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 & All]:** *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.*

**Assistant:** Let us bless the Lord.

**Mother Teri:** *Thanks be to God.*

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

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## St. Edbert, Bishop of Lindisfarne



**Died May 6, 698**

When Saint Cuthbert, bishop of Lindisfarne, died in 687, he was succeeded by Saint Edbert. The venerable Bede wrote that Edbert was a man noted for his knowledge of the Scriptures and for his obedience to God's commandments, and especially for his generosity. Bede tells us that Saint Edbert every year obeyed the law of the Old Testament by giving one tenth of all his cattle, his crops, his fruit, and his clothing to the poor.

Eleven years after Cuthbert's death, his coffin was opened and the body was found to be incorrupt, the joints still pliable and the clothing fresh and bright. Edbert kissed the clothing that had covered the saint's body, then ordered that new garments be put on the saint and a new coffin made. The coffin, he said, must be given a place of honour. And he instructed his monks to leave a space under it for his own grave, which he filled within a very short time.

Edbert imitated his predecessor in other acts of godliness, spending 40 days in solitary meditation twice annually (the Lent and before Christmas) on a small island, and building fine churches for the worship of God. He installed a leaden roof on the wooden church built by Saint Finan and dedicated to Saint Peter on Lindisfarne. Edbert lies, like Cuthbert, in Durham Cathedral, for the bodies of both saints were carried there in 875 after many years of being moved around to escape the marauders from Scandinavia ([Benedictines](#), [Bentley](#), [Farmer](#), [Husenbeth](#)).