

# ***Contemplative Noonday Prayer and Scriptural Reflection*** | July 15, 2026

St. Columba's Episcopal Church  
Inverness, CA



***Saint Elen of Caernarfon, Wales,  
4<sup>th</sup> Century***

*Please respond with your microphone set on mute.*

Mother Teri: O God, make speed to save  
us.

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.***

***The Collect, Mother Teri::***

*O God who is Love, and has given us a great  
wealth of words to express this Love; we ask your  
guidance and wisdom in this troubling time when  
the Truth is not easily discerned; so that our love,  
faith and compassion may grow and spread even  
as a mustard seed; in your name we pray, amen.  
(7/29/20, St. Columba's 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 28: 6-9**

Blessed be the Lord,  
***for he has heard the sound of my pleadings.***  
The Lord is my strength and my shield;  
***in him my heart trusts;***  
so I am helped, and my heart exults,  
***and with my song I give thanks to him.***  
The Lord is the strength of his people;  
***he is the saving refuge of his anointed.***  
O save your people, and bless your heritage;  
***be their shepherd, and carry them for ever.***

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

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

*Mother Teri:*

A reading from *the Gospel of Matthew* (8:23-27 NRSV)

And when he got into the boat, his disciples followed him. A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. And they went and woke him up, saying, 'Lord, save us! We are perishing!' And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm. They were amazed, saying, 'What sort of man is this, that even the winds and the sea obey him?'

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

*People*      *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:*

***“Bless us Lord, with your peace; make your light shine within us.”*** ~ Ps. 67, Mitchell

< Meditation: 15 minutes >

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

*Mother Teri: / **People***

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;  
People: ***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:*

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

---

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

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.*

## **SAINT ELEN OF CAERNARFON OF WALES**

**Saint Elen** (Welsh: *Elen Luyddog*, lit. "Helen of the Hosts"), often anglicized as **Helen**, was a late 4th-century founder of churches in Wales. Traditionally, she is said to have been a daughter of the Romano-British ruler Eudaf Hen (Octavius) and the wife of Macsen Wledig (Magnus Maximus), the 4th-century emperor in Britain, Gaul, and Spain who was killed in battle in 388. Although never formally canonized by Rome, Elen is traditionally considered a saint in the Welsh Church; she is known as **Saint Helen of Caernarfon** in English to distinguish her from the better-known Saint Helena ("Helen of Constantinople").

Elen was mother of five, including a boy named Custennin or Cystennin (Constantine). She lived about

sixty years later than Helena of Constantinople, the mother of Constantine the Great, whom she has been confused with in times past. She is patron of Llanellan in West Gower and of the church at Penisa'r-waun near Caernarfon, where her feast day is 22 May.<sup>[1]</sup> Together with her sons, Cystennin and Peblig (Publicus, named in the calendar of the Church in Wales), she is said to have introduced into Wales the Celtic form of monasticism from Gaul. Saint Gregory of Tours and Sulpicius Severus record that Maximus and his wife met Saint Martin of Tours while they were in Gaul.

She is said to have ordered the making of Sarn Helen, the great Roman road running from Caernarfon to south Wales via Dolgellau, Pennal and Bremia (Llanddewi Brefi). Though this road bears her name, it is considerably older than Elen's accepted time period. Many other Roman roads in Wales bear her name (e.g. Llwybr Elen) and she is thus acknowledged as the patron saint of British roadbuilders and the protectress of travellers. There are over 20 holy wells in Britain dedicated to a "Saint Helen", although these are frequently taken as honoring the mother of Constantine the Great. (WIKI)

SCRIPTURE: *Matthew*(8:23-27 NRSV)

And when he got into the boat, his disciples followed him. A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. And they went and woke him up, saying, 'Lord, save us! We are perishing!' And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm. They were amazed, saying, 'What sort of man is this, that even the winds and the sea obey him?'