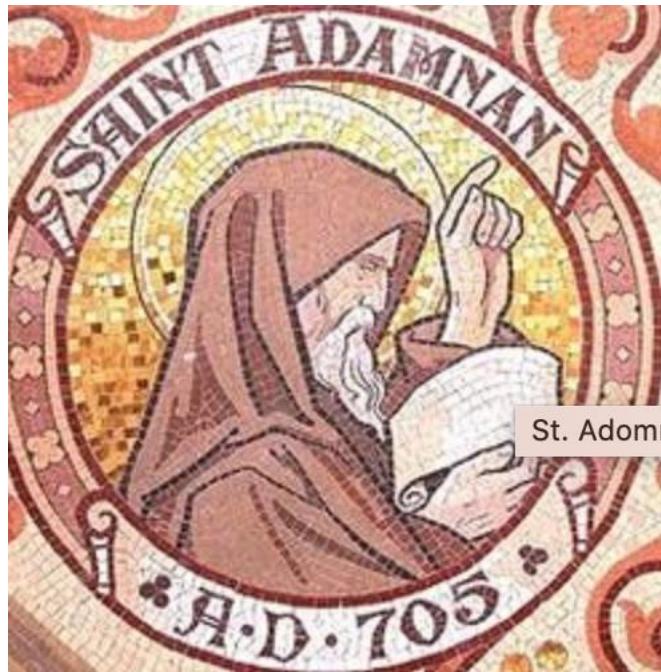


***Contemplative Noonday Prayer & Scriptural
Reflection* Feb 10, 2026**

St. Columba's Episcopal Church, Inverness, CA

St. Adamnan of Iona, Abbot

DIED 704AD



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***

Assistant: The Collect

O God our provider, we ask you to free us from the behaviors and conditions we allow which cause pandemics to arise, so that we may live healthier lives, keep each other safe, and exhibit deeper love for one another and for you; in your Name we pray, Amen.

(8/4/2010 Noonday Prayer Group)



Psalm 128 NRSV

Mother Teri: Happy is everyone who fears the LORD,
Assistant: *who walks in his ways.*

You shall eat the fruit of the labour of your hands;
you shall be happy, and it shall go well with you.

Your wife will be like a fruitful vine
within your house;
*your children will be like olive shoots
around your table.*

Thus shall the man be blessed
who fears the LORD.

The LORD bless you from Zion.

*May you see the prosperity of Jerusalem
all the days of your life.*

May you see your children's children.

Peace be upon Israel!

+ 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 St. John*
8:21-38 NRSV

Again he said to them, ‘I am going away, and you will search for me, but you will die in your sin. Where I am going, you cannot come.’ Then the Jews said, ‘Is he going to kill himself? Is that what he means by saying, “Where I am going, you cannot come”?’ He said to them, ‘You are from below, I am from above; you are of this world, I am not of this world. I told you that you would die in your sins, for you will die in your sins unless you believe that I am he.’ They said to him, ‘Who are you?’ Jesus said to them, ‘Why do I speak to you at all? I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.’ They did not understand that he was speaking to them about the Father. So Jesus said, ‘When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me. And the one who sent me is with me; he has not left me alone, for I always do what is pleasing to him.’ As he was saying these things, many believed in him.

Then Jesus said to the Jews who had believed in him, ‘If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.’ They

answered him, ‘We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, “You will be made free”?’

Jesus answered them, ‘Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place there for ever. So if the Son makes you free, you will be free indeed. I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word. I declare what I have seen in the Father’s presence; as for you, you should do what you have heard from the Father.’

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:

“The truth will make you free.”

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

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 prayers¹

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...

Mother Teri: God of love

Assistant: ***draw our hearts to you²***

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.

¹Daily Prayer for All Seasons, p. 13

²Daily Prayer for All Seasons, p. 13

³excerpted 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. Adamnan of Iona, Abbot

Died 704AD

Born in Drumhome, Donegal, Ireland, c. 624, Saint Adamnan of Iona, Abbot, died September 23, 704. He was the 9th abbot of Iona (near present-day Argyll, Scotland), the monastery founded by Saint Columba in 563. Born c. 627, Adamnan became abbot c. 679. At that time, abbots were members of the powerful Ui' Neill family, kings in northern Ireland.

There were different practices in various parts of the British Isles. In Celtic monasteries there was a different method for dating Easter, a different tonsure, and the relative authority of abbots and bishops is unclear.

Conflict over practice came to a head when King Egfrith of Northumbria (Celtic) married a Kentish princess (English) and the Synod of Whitby followed in 664 to resolve the differences between the Celtic and English churches. The king was won over by the English, but the Columban factions remained unresolved until Adamnan used his diplomatic skills to convert the Columbans.

Adamnan had an open mind regarding issues damaging to unity but not essential to the faith. He worked for 15 years to emphasize the essentials and downplay the differences. During this time he also established a law to protect women, children, and clergy from injury or participation in war ("Cai'n Adomna'n" or "Law of the Innocents" (697)) and wrote the "Vita Columbae". The "Cai'n Adomna'n" established legal rights for women for the first time in the British Isles.

The "Vita Columbae" stresses Saint Columba's relationship with God and his fight against exploitation, carelessness, falsehood, and murder. Saint Adamnan upholds Columba as an Irish saint whose faith transcends petty divisions
[<https://celticsaints.org/2021/202109.html>]

SCRIPTURE DISCUSSION

Psalm 128 NRSV

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who fears the LORD.

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***May you see the prosperity of Jerusalem
all the days of your life.***

May you see your children's children.

Peace be upon Israel!

John 8:21-38

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you will die in your sins unless you believe that I am he.' They said to him, 'Who are you?' Jesus said to them, 'Why do I speak to you at all? I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.' They did not understand that he was speaking to them about the Father. So Jesus said, 'When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me. And the one who sent me is with me; he has not left me alone, for I always do what is pleasing to him.' As he was saying these things, many believed in him.

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