

Contemplative Noonday Prayer and Scriptural Reflection

Sept 6, 2026

St. Columba's Episcopal Church
Inverness, CA

**St. Bega, Nun & Hermitess
(Bee)**

7th 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***

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+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:

Oh God, who makes the waves at the mouth of our bay that
rock us to sleep, we ask you to give us the courage to face the
coming storms in our lives so that we respond with love. In
your name we pray, Amen

-- Noontime Prayer Group July 14, 2026

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

Psalm 121

New Revised Standard Version, Anglicised

I lift up my eyes to the hills—

from where will my help come?

***My help comes from the Lord,
who made heaven and earth.***

He will not let your foot be moved;
he who keeps you will not slumber.

***He who keeps Israel
will neither slumber nor sleep.***

The Lord is your keeper;
the Lord is your shade at your right hand.

***The sun shall not strike you by day,
nor the moon by night.***

The Lord will keep you from all evil;
he will keep your life.

***The Lord will keep
your going out and your coming in
from this time on and for evermore.***

ASSISTANT:

Matthew 21:18-22

New Revised Standard Version, Anglicised

In the morning, when he returned to the city, he was hungry. And seeing a fig tree by the side of the road, he went to it and found nothing at all on it but leaves. Then he said to it, 'May no fruit ever come from you again!' And the fig tree withered at once. When the disciples saw it, they were amazed, saying, 'How did the fig tree wither at once?' Jesus answered them, 'Truly I tell you, if you have

faith and do not doubt, not only will you do what has been done to the fig tree, but even if you say to this mountain, “Be lifted up and thrown into the sea”, it will be done. Whatever you ask for in prayer with faith, you will receive.’

Assistant: + 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 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:

“Our God is the God of all things.”

- St. Patrick:

*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;
People: ***And let our cry come to you.***

Mother Teri:
Let us pray, using words from the *Ita Compline*¹

¹ excerpted from the Ita Compline, Northumbria Community.

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.

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. Bega, Nun & Hermitess (Bee)

7th century; she is probably identical with the Saint Bega celebrated on October 31.

Saint Bega or Saint Bee was an Irish princess, whom a Norwegian prince sought in marriage. She, however, had already pledged herself and her virginity to Jesus and been given a bracelet by an angel marked with a cross as a token of her heavenly betrothal. On the eve of her wedding, as her father and her groom were celebrating in the hall, she escaped with the help of the bracelet. Seated on a clod of earth, she was taken across the sea to the coast of Cumberland.

There she lived as an anchoress, who was fed by the wild birds and, if left in peace, would have continued in this fashion. After being attacked by marauders, King Saint Oswald of Northumbria advised her to enter a convent. She therefore received the veil from Saint Aidan and established a monastery at Saint Bees (Copeland near Carlisle) which later became a cell of the great abbey of Saint Mary at York.

While the details as related above may be uncertain, Saint Bega is venerated in Northumbria. The promontory on which she lived is named Saint Bee's Head, and she is the patroness of the local people who were injured by the exactions of their lords and the invasions of the neighbouring Scots.

In her hermitage at Saint Bees (Cumbria) was kept what is presumed to be her miraculous bracelet, which has the Old English name beag that so closely resembled her that it may have given rise to her cultus. Oaths were sworn on the bracelet. The people treasured equally the stories of how Saint Bega in her earthly life had been devoted to the poor and oppressed and had cooked, washed and mended for the workmen who built her monastery. There is also a place in Scotland called Kilbees, named after this saint (Benedictines, Farmer, Delaney, Husenbeth, Walsh).

For a fictionalised account of her life and the 664 Synod of Whitby read Melvyn Bragg's novel Credo, published in the States as The Sword and the Miracle.