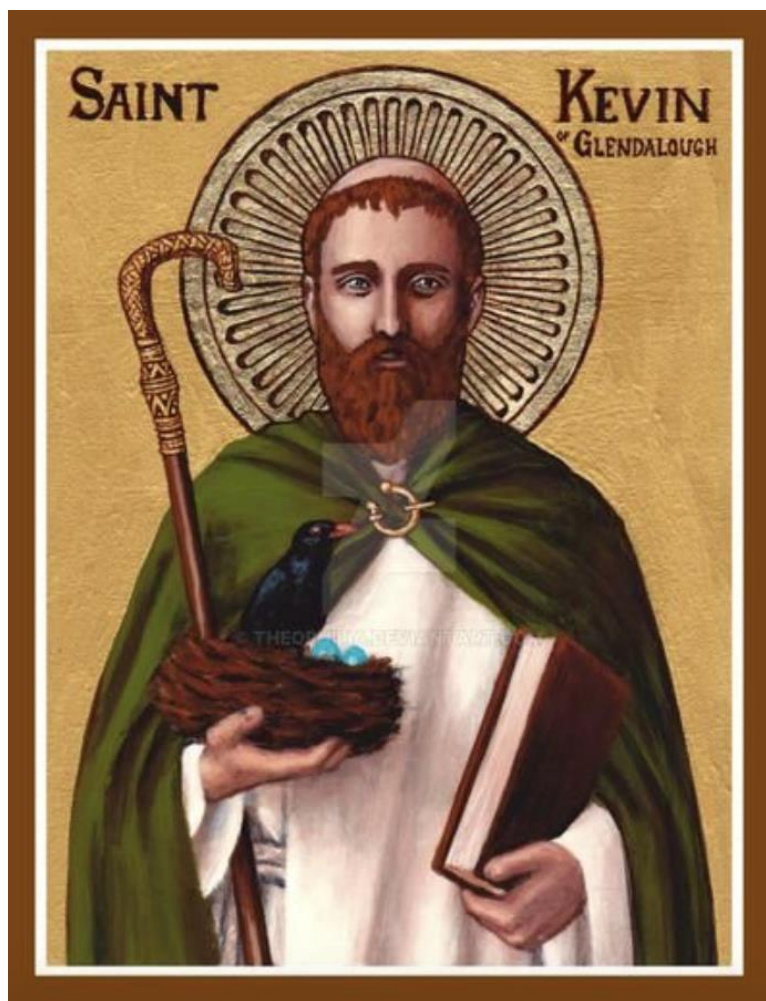


*Contemplative Noonday Prayer & Scriptural
Reflection Aug 26, 2026*

St. Columba's Episcopal Church, Inverness, CA

St. Kevin of Glendalough, Abbot



Died c. 618 AD

Please respond to any parts labeled “& All” 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

Courage and Confidence (8/2/23)

O God who comforts us in the dark; enable us to be courageous and confident so that we will be bold enough to spread your light and comfort to others. In your name we pray, amen.

(8/2/23 Noonday Prayer Group)



Psalm 130 NRSV

Mother Teri :

Out of the depths I cry to you, O LORD.

Lord, hear my voice!

***Let your ears be attentive
to the voice of my supplications!***

If you, O LORD, should mark iniquities,
Lord, who could stand?

***But there is forgiveness with you,
so that you may be revered.***

I wait for the LORD, my soul waits,
and in his word I hope;

***my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.***

O Israel, hope in the LORD!

For with the LORD there is steadfast love,
and with him is great power to redeem.

***It is he who will redeem Israel
from all its iniquities.***

+ 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 Matthew 8:1-13*

When Jesus had come down from the mountain, great crowds followed him; and there was a leper who came to him and knelt before him, saying, 'Lord, if you choose, you can make me clean.' He stretched out his hand and touched him, saying, 'I do choose. Be made clean!' Immediately his leprosy was cleansed. Then Jesus said to him, 'See that you say nothing to anyone; but go, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them.'

When he entered Capernaum, a centurion came to him, appealing to him and saying, 'Lord, my servant is lying at home paralysed, in terrible distress.' And he said to him, 'I will come and cure him.' The centurion answered, 'Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed. For I also am a man under authority, with soldiers under me; and I say to one, "Go", and he goes, and to another, "Come", and he comes, and to my slave, "Do this", and the slave does it.' When Jesus heard him, he was amazed and said to those

who followed him, 'Truly I tell you, in no one in Israel have I found such faith. I tell you, many will come from east and west and will eat with Abraham and Isaac and Jacob in the kingdom of heaven, while the heirs of the kingdom will be thrown into the outer darkness, where there will be weeping and gnashing of teeth.' And to the centurion Jesus said, 'Go; let it be done for you according to your faith.' And the servant was healed in that hour.

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:

“What need I fear, when thou art near
O King of night and day?

(St. Columba)

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***)

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 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.



¹ Daily Prayer for All Seasons, p. 13

² Daily Prayer for All Seasons, p. 13

³ excerpted 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. Kevin of Glendaloug, Abbot

Saint Kevin -498 (reputedly)–3 June 618 is an Irish saint, known as the founder and first abbot of Glendalough in County Wicklow, Ireland.[1] His feast day is 3 June.

Kevin's life is not well-documented because no contemporaneous material survives.

There is a late-medieval Latin Vita, preserved among the records of the Franciscan Convent in Dublin, edited by John Colgan as part of the Acta Sanctorum Hiberniae.[2]

According to that account, Kevin (like St. Columba) was of noble birth, the son of Coemlog and Coemell of Leinster. It says he was born in 498 AD at the Fort of the White Fountain and baptized by Saint Cronan of Roscrea. His given name Coemgen (anglicized Kevin) means "fair-begotten", or "of noble birth".[3] A tradition cited in the 17th century makes Kevin the pupil of Saint Petroc of Cornwall, who had come to Leinster about 492. That claim is not found in the extant late-medieval and early-modern hagiography of the saint, and appears to be based in a *Vita breviora* which the Bollandist editors obtained from Henry Fitzsimon, but which is no longer extant.[4]

The *Vita* also contains a number of legends which, according to Colgan's co-editor Francis Baert, are of "doubtful veracity", but were kept in the 17th-century edition because they were assumed to date to the medieval period.[5] For example, the text includes an infancy legend involving a white cow, said to have come to his parent's house every morning and evening, which supplied the milk for the baby.

Bishop Ligidus ordained Kevin and, following his ordination, he moved on to Glendalough in order to avoid the company of his followers. He lived as a hermit in a partially man-made cave (sometimes incorrectly described as a Bronze Age tomb) now known as St. Kevin's Bed, to which he was led, in the account of the *Vita*, by an angel.

St. Kevin's Bed can best be described as a man-made cave cut in the rock face very close to the mountain's edge. It overlooks the upper lake from a height of about 10 metres (30 feet). The approach to the cave is very difficult, with access to it through a rectangular space and a short passageway 1 metre (3 feet) high and 80 centimetres (2+1/2 feet) wide. The inner or main part of the cave is just 1.2 metres (4 feet) wide and less than 1 metre (3 feet) high. It is reasonable to assume that the cave could only have been used as a sleeping place, and would have been impossible for an adult to stand upright in, so it is quite likely that St Kevin only used it as his bed, or a place for pious prayer or meditation.

There is a legend that claims that St Laurence O'Toole used the "bed" as he frequently made penitential visits to Glendalough, especially during the season of Lent. Michael Dwyer, the famous Wicklow rebel, is reputed to have taken shelter in the "bed" while he was on the run from British soldiers. The story goes that he escaped capturing one morning by diving into the lake and swimming to the opposite side. Today, it is perilous to try to approach the "bed" from the side of Lugduff Mountain. Visitors, in the interests of their own safety, should be content with a distant view of it.

Kevin lived the life of a hermit there with an extraordinary closeness to nature. His companions were the animals and birds all around him. He lived as a hermit for seven years

wearing only animal skins, sleeping on stones, and eating very sparingly.

He went barefoot and spent his time in prayer. Disciples were soon attracted to Kevin and a further settlement enclosed by a wall, called Kevin's Cell, was established nearer the lakeshore. By 540 Saint Kevin's fame as a teacher and holy man had spread far and wide. Many people came to seek his help and guidance. Glendalough grew into a renowned seminary of saints and scholars and the parent of several other monasteries.

In 544, Kevin went to the Hill of Uisneach in County Westmeath to visit the holy abbots, Sts. Columba, Comgall and Cannich. He then proceeded to Clonmacnoise, where St. Cieran had died three days before. Having firmly established his community, he retired into solitude for four years and only returned to Glendalough at the earnest request of his monks.[3] Until his death around 618, Kevin presided over his monastery in Glendalough, living his life by fasting, praying, and teaching. St Kevin is one of the patron saints of the Diocese of Dublin. *Wikipedia*



Psalm 130 NRSV

[Deacon Ari] Out of the depths I cry to you, O LORD.

Lord, hear my voice!

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Lord, who could stand?

But there is forgiveness with you,

so that you may be revered.

I wait for the LORD, my soul waits,

and in his word I hope;

my soul waits for the Lord

more than those who watch for the morning,

more than those who watch for the morning.

O Israel, hope in the LORD!

For with the LORD there is steadfast love,

and with him is great power to redeem.

It is he who will redeem Israel

from all its iniquities.

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Divine Savior, and Holy Spirit:

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Amen

Deacon Ari:

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