

*Contemplative Noonday Prayer
and Scriptural Reflection | Feb 5, 2025*

St. Columba's Episcopal Church
Inverness, CA

St. Mel of Ardagh

Died c. 488-490



Please respond with your microphone set on mute.

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

Assistant & 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, Assistant:

O God our very present help in trouble, whose breath flows over the earth; awaken ALL to the reality of climate change and help us repair for all eternity the damage we have done to your sacred creation. In Your name we pray, Amen.

(1/8/25) Noonday Prayer Group)

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

Psalm 56

(NRSV, Anglicised)

Mother Teri: Be gracious to me, O God, for people trample on me; all day long foes oppress me;

***Assistant & ALL: my enemies trample on me all day long,
for many fight against me.***

O Most High, when I am afraid,
I put my trust in you.

***In God, whose word I praise,
in God I trust; I am not afraid;
what can flesh do to me?***

All day long they seek to injure my cause;
all their thoughts are against me for evil.

***They stir up strife, they lurk,
they watch my steps.***

As they hoped to have my life,
so repay them for their crime;
in wrath cast down the peoples, O God!

***You have kept count of my tossings;
put my tears in your bottle.
Are they not in your record?***

Then my enemies will retreat on the day when I call.

This I know, that God is for me.

***In God, whose word I praise,
in the LORD, whose word I praise,
in God I trust; I am not afraid.***

What can a mere mortal do to me?

***My vows to you I must perform, O God;
I will render thank-offerings to you.***

For you have delivered my soul from death,
and my feet from falling,

*so that I may walk before God
in the light of life.*

Assistant & ALL: + 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 Luke, (19:41-44 NRSV
Anglicised)**

As he came near and saw the city, he wept over it, saying, ‘If you, even you, had only recognized on this day the things that make for peace! But now they are hidden from your eyes. Indeed, the days will come upon you, when your enemies will set up ramparts around you and surround you, and hem you in on every side. They will crush you to the ground, you and your children within you, and they will not leave within you one stone upon another; because you did not recognize the time of your visitation from God.’

Mother Teri Hear what the Spirit is
saying.

Assistant & ALL ***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:

'Be thou my vision,
O Lord of my heart,'

(Middle Irish poem often attributed
to the sixth-century Irish Christian poet St. Dallán Forgaill)

< Meditation: 15 minutes >

Please follow along and chant the Kyrie with us while on mute.

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;

Assistant & All: And let our cry come to you.

Mother Teri:

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

Search me, O God, and know my heart.

Assistant: Test me and know my thoughts.

Keep Your people, Lord, in the arms of Your embrace.

Assistant: 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

Assistant: ***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.

¹ excerpted from the *Ita Compline*, Northumbria Community.

Please remain with us for a word on today's saint and discussion on today's scriptural reading.

St. Kentigern Mungo of Glasgow

Died c. 603-612

Most of what we know about Saint Kentigern mixes fact and fiction, because the only sources date from the 11th and 12th centuries. Many of the traditional elements predate the written documents.

Kentigern is said to have been a native of Lothian, the son of Saint Thenaw (Thaney, Thenog, Theneva), a British princess, and the grandson of, perhaps, Prince Urien. When it was learned that she was pregnant by an unknown man, she was hurled from a cliff (in a cart at times) and, when discovered alive at the foot of the cliff, set adrift in a boat (or barrel) on the Firth of Forth. She reached Culross, was sheltered by Saint Serf, and gave birth to a child to whom Serf gave the name Mungo (meaning, little darling). The legend continues that Kentigern was raised by the saint, became a hermit at Glasghu (Glasgow) and was so renowned for his holiness that he was consecrated bishop of Strathclyde about 540 by an Irish bishop. There is reason to believe that he actually began his missionary efforts at Cathures on the Clyde, thus founding the church at Glasgow, and continued his missionary activities in Cumbria generally. He was, indeed, the first bishop of Strathclyde. During his bishopric, he revived the cultus of Saint Ninian and restored his church in Glasgow. His mother gave her name to Saint Enoch's Square and Railway Station in that city.

It is further related that political disorder drove him into exile in Carlisle and then into Wales, where he is said to have stayed with Saint David at

Menevia. Reputedly he also founded the monastery of Llanelwy, being succeeded as abbot there by Saint Asaph when he was recalled to the north by the Christian King Rederech around 553; but the evidence for these particulars is altogether insufficient. In the north again he lived at Hoddam (Dumfries) and Glasgow, where the saint died while taking a bath. He was buried in Glasgow cathedral.

Mungo (Munghu) is a Celtic nickname commonly used for Kentigern; it is usually explained as meaning 'darling' or 'most dear.' Montague states that Kentigern was probably Irish because his nickname Mungo is compounded with the prefix 'Mo,' a purely Irish custom.

The ring and fish displayed on the heraldic arms of the city of Glasgow refer to a tradition about Saint Kentigern, in which he miraculously saves an unfaithful wife from the anger of her royal husband. The queen had given her husband's ring to her lover. The king discovered it, threw it into the sea and told his wife she must find it again in three days. Kentigern told her not to worry: One of his monks had extracted the ring from a salmon he caught. The Saint's kindness is commemorated on the arms of the city of Glasgow.

There are several Scottish and nine English, mainly Cumbrian, dedications to the saint under his nickname, Mungo. Although it is unlikely that Kentigern founded the 1,000-monk monastery in northern Wales, the story may be true that he traded pastoral staffs with Saint Columba near the end of Columba's life (Attwater, Benedictines, Delaney, Encyclopaedia, Farmer, Montague).

In art Saint Kentigern is represented as an enthroned bishop with a monk at his feet presenting a salmon with a ring in its mouth; a queen with a ring and a king with a sword are near him. At times he may be portrayed meeting Saint Columba with a column of fire above him; or

holding a mulberry leaf (Roeder).

Saint Kentigern is venerated at Carlisle and Saint Asaph. Together with his mother, Kentigern is the patron of Glasgow.

<https://celticsaints.org/2021/0113a.html>

---Scriptural Study---

Psalm 56

New Revised Standard Version, Anglicised

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This I know, that God is for me.

In God, whose word I praise,

in the LORD, whose word I praise,

in God I trust; I am not afraid.

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Luke 19:41-44

New Revised Standard Version, Anglicised

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