

Contemplative Noonday Prayer & Scriptural Reflection

January 7, 2026

St. Columba's Episcopal Church, Inverness, CA

St. Egwin of Worcester



Died 717 AD

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*

THE COLLECT

O God who is both ever-present and waiting to be born;
we seek your grace and ask that you bring
silence and calm to the frantic noise of the season
so that we can know, feel, and express your love
and give hope and comfort to those
among us who are powerless and lonely. In your Name we pray,
Amen (11/24/21 Noonday Prayer Group)

Psalm 20

New Revised Standard Version, Anglicised

The LORD answer you in the day of trouble!
The name of the God of Jacob protect you!
*May he send you help from the sanctuary,
and give you support from Zion.*
May he remember all your offerings,
and regard with favour your burnt sacrifices. *Selah*

***May he grant you your heart's desire,
and fulfil all your plans.***

May we shout for joy over your victory,
and in the name of our God set up our banners.

May the LORD fulfil all your petitions.

Now I know that the LORD will help his anointed;
he will answer him from his holy heaven
with mighty victories by his right hand.

***Some take pride in chariots, and some in horses,
but our pride is in the name of the LORD our God.***

They will collapse and fall,
but we shall rise and stand upright.

***Give victory to the king, O LORD;
answer us when we call.***

Mother Teri + Glory to You O Eternal Source,
Divine Savior, and Holy Spirit:

**Assistant: *As it was in the beginning is now
and will be forever. Amen***

Mother Teri :

A reading from the Gospel according to John 8:12-19

New Revised Standard Version, Anglicised

Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' Then the Pharisees said to him, 'You are testifying on your own behalf; your testimony is not valid.' Jesus answered, 'Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you do

not know where I come from or where I am going. You judge by human standards; I judge no one. Yet even if I do judge, my judgement is valid; for it is not I alone who judge, but I and the Father who sent me. In your law it is written that the testimony of two witnesses is valid. I testify on my own behalf, and the Father who sent me testifies on my behalf.' Then they said to him, 'Where is your Father?' Jesus answered, 'You know neither me nor my Father. If you knew me, you would know my Father also.'

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:

"In you are all things"

-Book of Cerne, 9th Century

Mother Teri: Kyrie Eleison

Assistant: Christe Eleison

Mother Teri: Kyrie Eleison

Lord, hear our prayer;

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:

Mother Teri: We pray to the Lord

Assistant: **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.

¹ Daily Prayer for All Seasons, p. 13

² Daily Prayer for All Seasons, p. 13

**Be their comfort in pain.
Be their song in the night.³**

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 today 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: Let us bless the Lord.

Assistant: **Thanks be to God.**

Please remain for discussion on today's topic and scriptural reading.

St. Egwin of Worcester

Died at Evesham, England, on December 30, 717; feast of the translation of his relics on September 10 and January 11.

The translation of Egwin's relics in 1039 by Aelfward, bishop of London and former abbot of the monastery founded by Egwin,

³ excerpted from the Ita Compline, Northumbria Community.

was the impetus for the first vita of Egwin, which bears some resemblance to that of Saint Aldhelm. It claimed to incorporate older elements but may not be entirely reliable.

Egwin was born into the royal house of Ethelred, king of Mercia. He was consecrated to God in his youth. About 692, he became the third bishop of Worcester. Egwin governed the see of Worcester until he incurred the enmity of some of his flock for his severity against vice, and they denounced him to the king and archbishop of Canterbury.

Seeking vindication, Egwin appealed to Rome. Before leaving England on a penitential pilgrimage to answer before the Roman See the complaints lodged against him, he is said to have locked his feet in fetters and to have thrown the key into the Avon River. Miraculously, this key appeared in the belly of a fish he bought at a market in Rome. Because of this miracle, the pope vindicated Egwin and he was reinstated in his episcopal chair in 711.

During his episcopacy he founded the abbey of Evesham under the patronage of the Blessed Virgin because of a vision of Mary seen first by the herdsman Eof and then by Egwin in a meadow by the River Avon. Probably about 709, Egwin undertook another pilgrimage to Rome in the company of Kings Centred of Mercia and Offa of the East Saxons. It is recorded that Egwin received considerable privileges for his foundation from Pope Constantine. Evesham became one of the great Benedictine monasteries of medieval England after its refounding about 975.

Egwin's connection with Malmesbury was further emphasized by his conducting the funeral of Aldhelm in 709. Some connection with Wilfrid is possible, but unsupported by contemporary evidence, but Evesham could have been one of Wilfrid's seven unidentified Mercian foundations.

Saint Egwin is portrayed as an English bishop with a fish and one key.

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