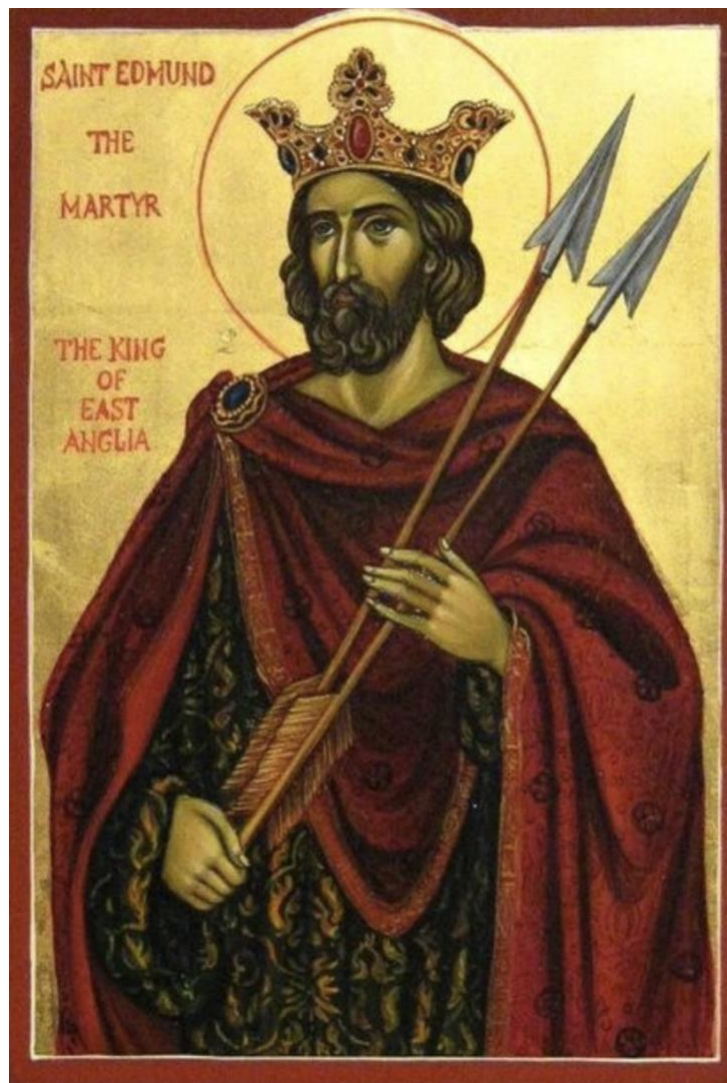


*Contemplative Noonday Prayer  
and Scriptural Reflection*

Nov 20, 2024 | St. Columba's Episcopal Church

**St. Edmund the Martyr**



**c.841-870**

*We will need 3 readers for today...*

*Reader 1 will read the collect*

*Reader 2, the psalm responses*

*Reader 3, responses for intercessory prayers and Eta Compline.*

*Please respond with your microphone set on mute.*

Deacon Ari: 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***

*Reader 1 please unmute*

***[Reader 1] The Collect***

O God our refuge; inspire us and lend courage to those who seek to provide true refuge – shelter, safety, comfort – for your children in war-torn areas throughout the world. In your name we pray, Amen..

(9/25/24, Noonday Prayer Group)

**Psalm:** *Reader 2 please unmute. All - please join by repeating lines in **bold italics** at home on mute.*

## Psalm 3

(New Revised Standard Version, Anglicised)

**A Psalm of David, when he fled from his son Absalom.**

O Lord, how many are my foes!

*Many are rising against me;  
many are saying to me,*

*‘There is no help for you in God.’ Selah*

But you, O Lord, are a shield around me,  
my glory, and the one who lifts up my head.

*I cry aloud to the Lord,  
and he answers me from his holy hill. Selah*

I lie down and sleep;

I wake again, for the Lord sustains me.

*I am not afraid of tens of thousands of people  
who have set themselves against me all around.*

Rise up, O Lord!

Deliver me, O my God!

*For you strike all my enemies on the cheek;  
you break the teeth of the wicked.*

Deliverance belongs to the Lord;

may your blessing be on your people! *Selah*

*Deacon Ari:* + Glory to You O Eternal Source,  
Divine Savior, and Holy Spirit:

***Reader 2 & All: As it was in the beginning is now and  
will be forever. Amen***

*Deacon Ari:*

A reading from *the Gospel According to Mark* 13:9-13  
(New Revised Standard Version, Anglicised)

“As for yourselves, beware; for they will hand you over to councils; and you will be beaten in synagogues; and you will stand before governors and kings because of me, as a testimony to them. And the good news must first be proclaimed to all nations. When they bring you to trial and hand you over, do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy Spirit. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved.

*Deacon Ari* Hear what the Spirit is saying.

Mother Teri & 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:*

“GOD guide me with Thy wisdom”

*Carmina Gadelica*

< **Meditation: 15 minutes** >

*Please follow along and chant the Kyrie with us while on mute. We will chant 3x through.*

*Deacon Ari / **People***

Kyrie Eleison (***Kyrie Eleison***) Christe Eleison (***Christe Eleison***) Kyrie (***Kyrie***), Christe (***Christe***) Eleison (***Eleison***)

**[Mother Teri] Please join now in praying as Jesus taught... we will be using the New Zealand Anglican Lord's Prayer:**

Eternal Spirit,  
Earth-maker, Pain-bearer, Life-giver, Source of all that is  
and that shall be, Father and Mother of us all,  
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the

world! Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom sustain our  
hope and come on earth.

With the bread we need for today, *feed us*.  
In the hurts we absorb from one another, *forgive us*. In  
times of temptation and test, *strengthen us*. From trials  
too great to endure, *spare us*.  
From the grip of all that is evil, *free us*.

For you reign in the glory of the power that is love, now and  
for ever. Amen.

**Deacon Ari:**

Lord, hear our prayer;

*Reader 3: And let our cry come to you.*

For whom and what do we pray today?

*Please offer your intercessions here, aloud or silently.*

*Prayers given aloud are followed with:*

*Deacon Ari: We pray to the Lord*

*Reader 3:*

*Lord, hear our prayer*

*Continuing after personal intercessions with...*

Lord, 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 discussion on today's topic and scriptural reading.*

## **St. Edmund the Martyr**

Born 841; died at Hoxne, Suffolk, England, in 869 or 870.  
Feast day also November 2.

On Christmas Day 855, 14-year-old Edmund was acclaimed king of Norfolk by the ruling men and clergy of that county. The following year the leaders of Suffolk also made him their king.

For 15 years Edmund ruled over the East Angles with what all acknowledged as Christian dignity and justice. He himself seems to have modelled his piety on that of King David in the Old Testament, becoming especially proficient in reciting the Psalms in public worship.

From the year 866 his kingdom was increasingly threatened by Danish invasions. For four years the East Angles

managed to keep a shaky, often broken peace with them. Then the invaders burned Thetford. King Edmund's army attacked the Danes but could not defeat the marauders. Edmund was taken prisoner and became the target for Danish bowmen.

In a later account in the "The Anglo-Saxon Chronicle," reputedly derived second-hand from an eyewitness, Abbo compared Saint Edmund to Saint Sebastien, and so he also became a saint invoked against the plague. Edmund was captured at Hoxne. He refused to share his Christian kingdom with the heathen invaders, whereupon he was tied to a tree and shot with arrows, till his body was 'like a thistle covered with prickles'; then his head was struck off. He died with the name of Jesus on his lips.

The record continues that the Danes "killed the king and overcame all the land . . . they destroyed all the churches that they came to, and at the same time reaching Peterborough, killed the abbot and monks and burned and broke everything they found there."

Saint Edmund thus remains the only English sovereign until the time of King Charles I to die for religious beliefs as well as the defence of his throne. Edmund was quickly revered as a martyr and his veneration spread widely during the middle ages

([Attwater](#), [Benedictines](#), [Bentley](#), [Hervey](#), [Roeder](#)).



King Saint Edmund is generally depicted as a bearded king holding his emblem--an arrow. Sometimes he is shown suspended from a tree and shot, or his head between the paws of a wolf ([Roeder](#)).

He is venerated at Bury Saint Edmunds (Saint Edmund's borough), where his body was enshrined and a great abbey arose in 1020. There are only three teeth there now. His body is in Arundel Castle and his head in Toulouse.  
<https://celticsaints.org/2024/1120a.html>

## Scriptural Study

### Psalm 3

(New Revised Standard Version, Anglicised)

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But you, O Lord, are a shield around me,

my glory, and the one who lifts up my head.

I cry aloud to the Lord,

and he answers me from his holy hill. Selah

I lie down and sleep;  
I wake again, for the Lord sustains me.  
I am not afraid of tens of thousands of people  
who have set themselves against me all around.  
Rise up, O Lord!  
Deliver me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.  
Deliverance belongs to the Lord;  
may your blessing be on your people! Selah

Mark 13:9-13

(New Revised Standard Version, Anglicised)

‘As for yourselves, beware; for they will hand you over to councils; and you will be beaten in synagogues; and you will stand before governors and kings because of me, as a testimony to them. And the good news must first be proclaimed to all nations. When they bring you to trial and hand you over, do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy Spirit. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved.  
be convinced even if someone rises from the dead.’”