Contemplative Noonday Prayer & Scriptural Reflection Nov 04, 2026

St. Columba's Episcopal Church, Inverness, CA

St. Hilda of Whitby



614-680 A.D.

Assistant: 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

Mother Teri The Collect

*O God who loves **all** of your children; we ask that you wrap the earth in the light of peace, so that the horrors of war may cease. In your name we pray, Amen.*

(10/11/23, Noonday Prayer Group)



Psalm 63 NRSV

Mother Teri: A Psalm of David, when he was in the Wilderness of Judah.

Assistant: O God, you are my God, I seek you,
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
So I have looked upon you in the sanctuary,
beholding your power and glory.
Because your steadfast love is better than life,
my lips will praise you.
So I will bless you as long as I live;
I will lift up my hands and call on your name.
My soul is satisfied as with a rich feast,
and my mouth praises you with joyful lips
when I think of you on my bed,
and meditate on you in the watches of the night;
for you have been my help,
and in the shadow of your wings I sing for joy.
My soul clings to you;
your right hand upholds me.
But those who seek to destroy my life
shall go down into the depths of the earth;
they shall be given over to the power of the sword,
they shall be prey for jackals.

But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped

(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

Assistant:

A reading from *the* ***Holy Gospel of St. Matthew 24:29-35***

The Coming of the Son of Man

'Immediately after the suffering of those days
the sun will be darkened,
and the moon will not give its light;
the stars will fall from heaven,
and the powers of heaven will be shaken.
Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see "the Son of Man coming on the clouds of heaven" with power and great glory. And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

The Lesson of the Fig Tree

‘From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see all these things, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

Assistant: Hear what the Spirit is saying.

Mother Teri: ***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:

You are the light that shines in dark
You are the heart's eternal spark

(Celtic oral tradition - 1st millennium)

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 prayers[1]

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: ***Thanks be to God.***

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

St. Hilda of Whitby

614-680 A.D.

Born in Northumbria in 614; died at Whitby in 680.

Hilda was a grandniece of King Edwin of Northumbria and daughter of Hereric. Hild is her correct name and means "battle." Both she and her uncle were baptized by Saint Paulinus at York in 627, when she was 13. She lived the life of a noblewoman until 20 years later she decided to join her sister Saint Hereswitha at the Chelles Monastery as a nun in France. In 649, Saint Aidan requested that she return to

Northumbria as abbess of the double monastery (with both men and women, in separate quarters) in Hartlepool by the River Wear.

After some years Saint Hilda migrated as abbess to the double monastery of Whitby at Streaneshalch, which she governed for the rest of her life. Among her subject monks were Bishop Saint John of Beverly, the herdsman Caedmon (the first English religious poet), Bishop Saint Wilfrid of York, and three other bishops.

At the conference she convened in 664 at Whitby abbey to decide between Celtic and Roman ecclesiastical customs, Saint Hilda supported the Celtic party. Nevertheless, she and her communities adhered to the decision of the Council of Whitby to observe the Roman rule and customs. Her influence was certainly one of the decisive factors in securing unity in the English Church.

Hilda became known for her spiritual wisdom and her monastery for the calibre of its learning and its nuns. Saint Bede is enthusiastic in his praise of Abbess Hilda, one of the greatest Englishwomen of all time: she was the adviser of rulers as well as of ordinary folk; she insisted on the study of Holy Scripture and on proper preparation for the priesthood; the influence of her example of peace and charity extended beyond the walls of her monastery; 'all who knew her called her Mother, such were her wonderful godliness and grace'

(Attwater, Benedictines, Delaney, Encyclopaedia).

Saint Hilda is represented in art holding Whitby Abbey in her hands with a crown on her head or at her feet. Sometimes she is shown (1) turning serpents into stone; (2) stopping the wild birds from ravaging corn at her command; or (3) as a soul being carried to heaven by the angels (Roeder).

https://celticsaints.org/2023/1117a.html

SCRIPTURE DISCUSSION

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and in the shadow of your wings I sing for joy.
My soul clings to you;
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But the king shall rejoice in God;
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Matthew 24:29-35

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