

*Contemplative Noonday Prayer
and Scriptural Reflection* | Dec 2, 2020

St. Tugdual of Brittany

Died c.564



St. Columba's Episcopal Church
Inverness, CA

Please respond with your microphone set on mute.

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

ALL: ***O Lord, make haste to help us.***

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

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

The Collect, Mother Teri:

O God who brought your people out of Egypt and into a place of safety, we ask for your guidance and love now, during this time of trial, so that we may find our home and an ability to live together in unity. In your name we pray, Amen. (9/16/20, Noonday Prayer Group)

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

PSALM 79

O God, the nations have come into your inheritance;
they have defiled your holy temple;

they have laid Jerusalem in ruins.

***They have given the bodies of your servants
to the birds of the air for food,***

the flesh of your faithful to the wild animals of the earth.

They have poured out their blood like water
all around Jerusalem,
and there was no one to bury them.

***We have become a taunt to our neighbours,
mocked and derided by those around us.***

How long, O LORD? Will you be angry for ever?

Will your jealous wrath burn like fire?

Pour out your anger on the nations

that do not know you,

and on the kingdoms

that do not call on your name.

***For they have devoured Jacob
and laid waste his habitation.***

Do not remember against us the iniquities of our ancestors;

let your compassion come speedily to meet us,

for we are brought very low.

Help us, O God of our salvation,

for the glory of your name;

deliver us, and forgive our sins,

for your name's sake.

Why should the nations say,

'Where is their God?'

Let the avenging of the outpoured blood of your servants

be known among the nations before our eyes.

Let the groans of the prisoners come before you;

***according to your great power preserve those doomed to
die.***

Return sevenfold into the bosom of our neighbours

the taunts with which they taunted you, O Lord!

Then we your people, the flock of your pasture,

will give thanks to you for ever;

from generation to generation we will recount your praise.

Deacon Ari: + 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

Deacon Ari:

A reading from the Book of Micah 5:2-5a

But you, O Bethlehem of Ephrathah,
who are one of the little clans of Judah,
from you shall come forth for me
one who is to rule in Israel,
whose origin is from of old,
from ancient days.
Therefore he shall give them up until the time
when she who is in labour has brought forth;
then the rest of his kindred shall return
to the people of Israel.
And he shall stand and feed his flock in the strength of
the LORD,
in the majesty of the name of the LORD his God.
And they shall live secure, for now he shall be great
to the ends of the earth;
and he shall be the one of peace.

Deacon Ari Hear what the Spirit is saying.

People ***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 to enfold me,
God to surround me...”**

(Ancient Celtic oral traditions - 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 all join with me, **on mute**, 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.

*Deacon Ari: Lord, hear our prayer;
ALL: **And let our cry come to you.***

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

*Search me, O God, and know my heart.
Test me and know my thoughts.*

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

Keep Your people, Lord, in the arms of Your embrace.
Shelter them under Your wings.

Deacon Ari: For whom and what else do we pray?

*Please offer your intercessions here, aloud or silently.
Prayers given aloud are followed with:*

Deacon Ari: We pray to the Lord
People: ***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.

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

St. Tugdual of Brittany

Feast Day November 30; also commemorated December 1

Tugdual - pron. TOO-dwahl

Died c. 564. One of the Seven Patron Saints of Brittany. The Welsh monk Tugdual was one of the sons of King Hoel I Mawr (the Great). He travelled to Ireland from his father's home in Britain to learn the scriptures before becoming a hermit on Ynys Tudwal (St. Tudwal's Isle East) off the Lleyn Peninsula in North Wales. He later emigrated to Leon in Brittany and settled at Lan Pabu with some seventy-two followers. Here he established a large monastery under the patronage of his cousin, King Deroch of Domnonee. From here, Tugdual travelled throughout Brittany evangelising the local population. He founded the Monastery of Val Trechor at Treguier and had the foresight to go to Paris and have his land grants ratified by King Childebert of the Franks. The monarch insisted that Tugdual be made Bishop of Treguier where he is still venerated, especially around Leon. It was at Treguier that he died in 564. His shrine can still be seen in the Cathedral.

Three places in the Lleyn Peninsula (Cardigan Bay) in Carnarvonshire perpetuate his memory. Saint Levan, founder of Killeven in Ireland, wrote the life of Saint Tugdual after his travels in Brittany.

Saint Tudwal's Island East (Ynys Tudwal) has a ruined chapel,

which is mentioned in the tax rolls of 1291. His relics are claimed by Treguier, Laval, and Chartres. This is believed to have been his original hermitage

([Attwater](#), [Benedictines](#), [Coulson](#), [Farmer](#)). (He may be identical to a saint with a similar name on December 1; some calendars also show his feast on December 2.) In art, Saint Tudwal is depicted as a bishop holding a dragon with his stole.

(celticsaints.org)

---Scriptural Study---

MICAH 5:2-5a

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who are one of the little clans of Judah,
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