

*Contemplative Noonday Prayer  
and Scriptural Reflection* | Jan 13, 2021

St. Columba's Episcopal Church  
Inverness, CA

**St. Kentigern Mungo of Glasgow**  
**Died c. 603-612**



*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:

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

*The Collect, Mother Teri:*

*O Lord who is our merciful, kind and loving stronghold; we ask for your intervening grace, compassion, and guidance in order to achieve unity and find peace and calm in a troubled world; in Your name we pray, Amen. ( 11/18/20, Noonday Prayer Group)*

**Psalm: Mother Teri** will read the lines in plain font; *69* ease join by repeating the lines in ***bold italics*** at home on mute.

**PSALM 69: 1-5, 30-36 (NRSV)**

Save me, O God,  
*for the waters have come up to my neck.*  
I sink in deep mire,  
where there is no foothold;

*I have come into deep waters,  
and the flood sweeps over me.*

I am weary with my crying;  
my throat is parched.

*My eyes grow dim  
with waiting for my God.*

More in number than the hairs of my head  
are those who hate me without cause;  
*many are those who would destroy me,  
my enemies who accuse me falsely.*

What I did not steal  
must I now restore?

*O God, you know my folly;  
the wrongs I have done are not hidden from you.*

I will praise the name of God with a song;  
*I will magnify him with thanksgiving.*

This will please the LORD more than an ox  
*or a bull with horns and hoofs.*

Let the oppressed see it and be glad;  
*you who seek God, let your hearts revive.*

For the LORD hears the needy,  
*and does not despise his own that are in bonds.*

Let heaven and earth praise him,  
*the seas and everything that moves in them.*

For God will save Zion  
*and rebuild the cities of Judah;*  
and his servants shall live there and possess it;

*the children of his servants shall inherit it,  
and those who love his name shall live in it.*

*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 Gospel of John, (1:29-34 NRSV)**

The next day he saw Jesus coming towards him and declared, 'Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, "After me comes a man who ranks ahead of me because he was before me." I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.' And John testified, 'I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, "He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit." And I myself have seen and have testified that this is the Son of God.'

*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:*

“If we look with God’s eyes, nothing on earth is ugly.”

(Pelagius)

< 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...

***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;

*People: **And let our cry come to you.***

*Deacon Ari:*

Let us pray, using words from the *Ita Compline*<sup>1</sup>

Search me, O God, and know my heart.

***Test me and know my thoughts.***

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.***

---

<sup>1</sup> 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---

**A reading from *the Gospel of John*, (1:29-34 NRSV)**

The next day he saw Jesus coming towards him and declared, ‘Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, “After me comes a man who ranks ahead of me because he was before me.” I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.’ And John testified, ‘I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, “He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.” And I myself have seen and have testified that this is the Son of God.’