

# *Contemplative Noonday Prayer & Scriptural Reflection* April 21, 2021

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St. Columba's Episcopal Church, Inverness, CA



**St. Beuno,**  
Abbot of Clynnog Fawr,  
Caernarvon, Wales ( d. 640)

*Please respond to any parts labeled “& All” with your microphone set on mute. We will need **3 readers** for today...  
Reader 1 will read the collect, Reader 2 the psalm responses and Reader 3, responses for intercessory prayers and Eta Compline.*

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] The Collect***

O living God who is ever-present among us, help us to see light even in the shadows and reflect the radiance of your Love so that we may be a light to others as we all travel the Way home to You. In your name we pray, Amen. (4/7/2021, Noonday Prayer Group)

### **PSALM 150 (NRSV)**

***[Mother Teri]*** Praise the Lord! Praise God in his sanctuary;

***[Reader 2 & All] praise him in his mighty firmament!***

Praise him for his mighty deeds;

***praise him according to his surpassing greatness!***

Praise him with trumpet sound;

***praise him with lute and harp!***

Praise him with tambourine and dance;

***praise him with strings and pipe!***

Praise him with clanging cymbals;

***praise him with loud clashing cymbals!***

Let everything that breathes praise the Lord!

***Praise the Lord!***

+ Glory to You O Eternal Source,

Divine Savior, and Holy Spirit:

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



*Deacon Ari:*

**A reading from the Gospel According to Mark**  
**16:9-18 (NRSV)**

***The Longer Ending of Mark***

Now after he rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. She went out and told those who had been with him, while they were mourning and weeping. But when they heard that he was alive and had been seen by her, they would not believe it.

After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them.

Later he appeared to the eleven themselves as they were sitting at the table; and he upbraided them for their lack of faith and stubbornness, because they had not believed those who saw him after he had risen. And he said to them, ‘Go into all the world and proclaim the good news to the whole creation. The one who believes and is baptized will be saved; but the one who does not

believe will be condemned. And these signs will accompany those who believe: by using my name they will cast out demons; they will speak in new tongues; they will pick up snakes in their hands, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover.'

*Deacon Ari*     Hear what the Spirit is saying.  
*People*         ***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:*

***“Be thou my vision,  
O Lord of my heart,”***

(Middle Irish poem often attributed to the sixth-century Irish Christian poet St. Dallán Forgaill)

*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***)

Deacon Ari: Lord, hear our prayer;

*[Reader 3 & All]: 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<sup>1</sup>***

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

*Prayers given aloud are followed with:*

Deacon Ari: We pray to the Lord

*[Mother Teri]: Lord, hear our prayer*

*Continue after personal intercessions with...*

Deacon Ari: God of love

*[Reader 3 & All]: draw our hearts to you<sup>2</sup>*

Be their light in darkness.

***Be their hope in distress.***

***Be their calm in anxiety.***

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<sup>1</sup> Daily Prayer for All Seasons, p. 13

<sup>2</sup> Daily Prayer for All Seasons, p. 13

Be strength in their weakness.

***Be their comfort in pain.***

***Be their song in the night.***<sup>3</sup>

[Mother Teri] Please join now in praying as Jesus taught...

Our Father in heaven,

[Mother Teri & All]: ***hallowed be your Name, Your kingdom come, Your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.***

Deacon Ari: Let us bless the Lord.

[Mother Teri & All] ***Thanks be to God.***

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



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<sup>3</sup> excerpted from the Ita Compline, Northumbria Community.

St. Beuno,  
Abbot of Clynnog Fawr,  
Caernarvon, Wales ( d. 640)

Saint Beuno ( d. 640), sometimes anglicized as Bono, was a 7th-century Welsh abbot, confessor, and saint.

Beuno was said to have been born at Berriew in Powys and to have been the grandson of a prince of the local dynasty, which descended from Vortigern, **king of Britain**. After education and ordination in the monastery at Bangor in northern Wales, he became an active missionary with the support of Cadfan, king of Gwynedd. Cadfan's son and successor Cadwallon deceived Beuno about some land and, when the saint demanded justice, proved unsympathetic.

Thereupon, Cadwallon's cousin Gwyddaint "gave to God and Beuno forever" his land at Clynnog Fawr on the Llŷn peninsula. Beuno established his own monastery at the site and died there peacefully "on the seventh day of Easter".

## **Miracles**

Beuno was credited with raising seven people from the dead, including his niece, the virgin Winefride (Gwenffrewi), and his disciple and cousin, Aelhaiarn. He was said to have had a "wondrous vision" prior to his death.



## Legacy

Eleven churches bear Saint Beuno's name, including one in his monastery at Clynnog Fawr, and one in **Culbone** on the Somerset coast. Although his establishment at Clynnog is destroyed, his grave chapel survives. In Tremeirchion, near St Asaph, is St Beuno's, a former theological college and now a Jesuit spirituality retreat centre. (WIKI)

## SCRIPTURE STUDY

### Psalm 150 (NRSV)

<sup>1</sup> Praise the LORD!

Praise God in his sanctuary;

praise him in his mighty firmament!

<sup>2</sup> Praise him for his mighty deeds;

praise him according to his surpassing greatness!

<sup>3</sup> Praise him with trumpet sound;

praise him with lute and harp!

<sup>4</sup> Praise him with tambourine and dance;

praise him with strings and pipe!

<sup>5</sup> Praise him with clanging cymbals;

praise him with loud clashing cymbals!

<sup>6</sup> Let everything that breathes praise the LORD!

Praise the LORD!

## **Mark 16:9-18**

### **THE LONGER ENDING OF MARK**

#### **Jesus Appears to Mary Magdalene**

9 Now after he rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. <sup>10</sup>She went out and told those who had been with him, while they were mourning and weeping. <sup>11</sup>But when they heard that he was alive and had been seen by her, they would not believe it.

#### **Jesus Appears to Two Disciples**

<sup>12</sup> After this he appeared in another form to two of them, as they were walking into the country. <sup>13</sup>And they went back and told the rest, but they did not believe them.

#### **Jesus Commissions the Disciples**

<sup>14</sup> Later he appeared to the eleven themselves as they were sitting at the table; and he upbraided them for their lack of faith and stubbornness, because they had not believed those who saw him after he had risen. <sup>15</sup>And he said to them, ‘Go into all the world and proclaim the good news to the whole creation. <sup>16</sup>The one who believes and is baptized will be saved; but the one who does not believe will be condemned. <sup>17</sup>And these signs will accompany those who believe: by using my name they will cast out demons; they will speak in new tongues; <sup>18</sup>they will pick up snakes in their hands, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover.’