

*Contemplative Noonday Prayer & Scriptural  
Reflection January 15, 2025*

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St. Columba's Episcopal Church, Inverness, CA



**St. Ita of Limerick, Virgin**

**Died c. 570**

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***

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

*O God, our very present help in trouble, whose breath flows over the earth; awaken ALL to the reality of climate change and help us repair for all eternity the damage we have done to your sacred creation. In Your name we pray, Amen.*

*Please respond to any parts bolded and italicized*

### **Psalm 106:1-12**

New Revised Standard Version, Anglicised

Mother Teri: Praise the Lord!

Assistant: ***O give thanks to the Lord, for he is good; for his steadfast love endures for ever.***

Who can utter the mighty doings of the Lord,  
or declare all his praise?

***Happy are those who observe justice,  
who do righteousness at all times.***

Remember me, O Lord, when you show favour to your people;

help me when you deliver them;

*that I may see the prosperity of your chosen ones,  
that I may rejoice in the gladness of your nation,  
that I may glory in your heritage.*

Both we and our ancestors have sinned;

we have committed iniquity, have done wickedly.

*Our ancestors, when they were in Egypt,*

*did not consider your wonderful works;*

they did not remember the abundance of your steadfast love,

but rebelled against the Most High at the Red Sea.

*Yet he saved them for his name's sake,*

*so that he might make known his mighty power.*

He rebuked the Red Sea, and it became dry;

he led them through the deep as through a desert.

*So he saved them from the hand of the foe,*

*and delivered them from the hand of the enemy.*

The waters covered their adversaries;

not one of them was left.

*Then they believed his words;*

*they sang his praise.*



*Assistant:*

**A reading from *the Holy Gospel of Luke* 11:33-36**

New Revised Standard Version, Anglicised

‘No one after lighting a lamp puts it in a cellar, but on the lampstand so that those who enter may see the light. Your eye is the lamp of your body. If your eye is healthy, your whole body is full of light; but if it is not healthy, your body is full of darkness. Therefore consider whether the light in you is not darkness. If then your whole body is full of light, with no part of it in darkness, it will be as full of light as when a lamp gives you light with its rays.’

*Assistant:* Hear what the Spirit is saying.

**Mother Teri & 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:*

“Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,”  
(Brigid of Kildare)

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

Assistant / **People**

Kyrie Eleison (***Kyrie Eleison***)

Christe Eleison (***Christe Eleison***)

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



## **THE PRAYERS**

*Reader 3, please unmute*

*Assistant: 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:*

Assistant: We pray to the Lord

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

*Continue after personal intercessions with...*

Assistant: 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.***

Be strength in their weakness.

***Be their comfort in pain. Be their song in the night.***

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

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

<sup>3</sup> 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 & All]: *Thanks be to God.*

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

### **St. Ita of Limerick, Virgin**

Died c. 570. Saint Ita is the most famous woman saint in Ireland after [Saint Brigid](#) (f.d. February 1), and is known as the Brigid of Munster. She is said to have been of royal lineage, born in one of the baronies of Decies near Drum in County Waterford, and called Deirdre.

An aristocrat wished to marry her, but after praying and fasting for three days and with divine help, she convinced her father to allow her to lead the life of a maiden. She migrated to Hy Conaill (Killeedy), in the western part of Limerick, and founded a community of women dedicated to God, which soon attracted many young women. She also founded and directed a school. It is



said that Bishop Saint Erc gave into her care [Saint Brendan](#) (f.d. May 16), who would become a famous abbot and missionary (though the chronology makes this unlikely). Many other Irish saints were taught by her for years. For this reason, she is often called foster-mother of the saints of Ireland.

Brendan once asked her what three things God especially loved. She replied, True faith in God with a pure heart, a simple life with a religious spirit, and open-handedness inspired by charity.

An Irish lullaby for the Infant Jesus is attributed to her. Saint Ita's legend stresses her physical austerities. The principle mark of her devotion was the indwelling of the Holy Trinity. Like other monastic figures of Ireland, she spent much time in solitude, praying and fasting, and the rest of the time in service to those seeking her assistance and advice.

She and her sisters helped to treat the sick of the area. Many miracles are also attributed to her including one in which she reattached the head to the body of a man who had been decapitated, and another that she lived only on food from heaven.

Although her life is overlaid by much unreliable material, because she has been so popular and her "vita" was not written for centuries, there is no reason to doubt her existence. There are church dedications and place names that recall her both in her birthplace and around her monastery. She is also mentioned in the poem of Blessed Alcuin (f.d. May 19), and her cultus is still vibrant.  
<https://celticsaints.org/2025/0115a.html>

## SCRIPTURE DISCUSSION

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