



*A ministry and community of prayer of  
The Episcopal Diocese of Vermont*

A few notes about tonight's service.

**Please leave your microphone on mute** during the responsory portions of the service. You are welcome to unmute yourself when you are invited to offer your prayers, then remember to mute it again when you have completed your prayer.

## An Order for Compline

*The Officiant begins*

May God Almighty grant us a peaceful night and a perfect end.  
*Amen.*

*Officiant* Our help is in the Name of the Holy One;

*People* The maker of heaven and earth.

*The Officiant may then say*  
Let us confess our sins to God.

*Silence is kept.*

*Officiant and People*

Almighty God,  
We have sinned against you,  
through our own fault,  
in thought, and word, and deed,  
and in what we have left undone.  
For the sake of our Savior Jesus Christ,  
forgive us all our offenses;  
and grant that we may serve you in newness of life,  
to the glory of your Name. Amen.

*Officiant*

May the Almighty God grant us forgiveness of all our sins, and  
the grace and comfort of the Holy Spirit. *Amen.*

*The Officiant then says*

O God, make speed to save us.

*People* O God, make haste to help us.

*All* Glory to the holy and undivided Trinity, one God:  
as it was in the beginning, is now, and will be for ever. Amen.  
Alleluia.

*In unison* **Psalm 31:1-5** *In te, Domine, speravi*

1 In you, O God, have I taken refuge;  
let me never be put to shame: \*  
    deliver me in your righteousness.

2 Incline your ear to me; \*  
    make haste to deliver me.

3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
    for the sake of your Name, lead me and guide me.

4 Take me out of the net that they have secretly set for me, \*  
    for you are my tower of strength.

5 Into your hands I commend my spirit, \*  
    for you have redeemed me,  
    O God of truth.

*At the end of the Psalm is said*

Glory to the holy and undivided Trinity, one God:  
as it was in the beginning, is now, and will be for ever. Amen.

*Scripture is read*

Come to me, all who labor and carry heavy burdens, and I will  
give you rest. Take my yoke upon your shoulders, and learn  
from me; for I am gentle and humble of heart. Here you will find  
rest for your souls, for my yoke is easy, and my burden is light.

*Matthew 11:28-30*

*People* Thanks be to God.

V. Into your hands, O God, I commend my spirit;

R. For you have redeemed me, O God of truth.

V. Keep us, O God, as the apple of your eye;

R. Hide us under the shadow of your wings.

Lord, have mercy.

*Christ, have mercy.*

Lord, have mercy.

*Officiant and People*

Our loving God in heaven,

holy is your Name,

may your reign 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.

*Officiant* God, hear our prayer;

*People* And let our cry come to you.

*Officiant* Let us pray.

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and

chances of this life may rest in your eternal changelessness; through Jesus Christ our Savior. *Amen.*

Keep watch, dear God, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, O Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

God of all strength and grace, we are grateful that we are no longer considered to be in a state of emergency in Vermont and recognize that we still need to exercise caution. In the coming days, help us to be mindful of children not old enough to be vaccinated, for the immunocompromised, for people still suffering from the impact of illness, and the mental health toll this time is taking on so many. We pray to be generous and accepting of where people are in these uncharted waters. Let us rejoice together for life and breath and for our lives together in you, O Christ. *Amen.*

***An abbreviated examen for a day in the pandemic***

*Ignatian Examen is a way to prayerfully reflect on one's daily life, God's presence, and our aim for a Jesus centered life.*

For what am I grateful today?

*In silent reflection ponder for a moment.*

Where and how have I felt God's presence?

*In silent reflection ponder for a moment.*

In preparation for tomorrow, what spirit do you want to bring with you into the new day?

*In silent reflection ponder for a moment.*

*Officiant and people*

God of all people, remind me that it is not I alone who has suffered in coronatide. Our world has been rocked by many crises. Through it all, we have learned so much, prayed so much, and by our sacrifice, loved others so much. As I continue to learn from where I have been, as I take stock of how far I have come, challenge me to also bring others along with me. Show me a way forward that walks in the knowledge of our intertwined futures. Remind me of the kinship of all people every day. Nourish my soul with your Spirit and open my eyes to your movement around me. Amen.

*Silence may be kept, and free intercessions and thanksgivings may be offered. **Please unmute yourself if you wish to share your prayer aloud. Remember to return your microphone to mute when you have completed your prayer.***

*The Officiant offers one or more concluding collects*

### **For People Facing Uncertainty**

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart; bring hope and courage to us all as we move forward in uncertainty. Bring hope that you will make us the equal of whatever lies ahead. Bring us courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we need you. Amen.

*The service concludes with the Song of Simeon with this Antiphon, which is said by all*

Guide us waking, O God, and guard us sleeping;  
that awake we may watch with Christ,  
and asleep we may rest in peace.

O God, you now have set your servant free \*  
to go in peace as you have promised;

For these eyes of mine have seen the Savior, \*  
whom you have prepared for all the world to see:

A Light to enlighten the nations, \*  
and the glory of your people Israel.

Glory to the holy and undivided Trinity, one God:  
as it was in the beginning, is now, and will be for ever. Amen.

*All repeat the Antiphon*

Guide us waking, O God, and guard us sleeping; that awake we  
may watch with Christ, and asleep we may rest in peace.

*Officiant* May the divine help remain with us always.  
*People* And with those who are absent from us.

*The Officiant concludes*

The almighty and merciful God, Creator, Redeemer and  
Sustainer, bless us and keep us. *Amen.*

*Liturgy created with the following resources:  
Book of Common Prayer, Enriching Our Worship, Saint Helena Breviary, A New  
Zealand Prayer Book and The Inclusive Bible, excerpt from An Examen of our  
Pandemic Year - Rev. Abby King-Kaiser*