



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

A few notes about our service:

The Green Mountain Online Abbey is a community of liturgical prayer that uses a range of resources approved by the Anglican communion and our Bishop. Within the liturgy, we offer intercessions on behalf of the community, the church, and the world. At some services, the leader will invite personal intercession, at which time you are welcome to unmute and offer your own biddings. Otherwise, please keep your microphone muted as you pray with the responder.

If you would like to add to our prayer list, please email Vicar adwoa Wilson at awilson@diovermont.org.

As an Abbey, we also offer formation in Scripture, Anglican tradition, and the spiritual life. With some occasional or seasonal omissions, these offerings occur on Saturday mornings for 30-60 minutes, immediately following 8:00 am prayer.

Welcome!

**The Order of Compline
Ordinary Time
Monday & Thursday**

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

God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

Officiant

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

Officiant 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 forever. Amen..

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 forever. 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.

Together, led by the Responder

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 wait 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.

During this time, one of our Abbey intercessors will offer our collective prayers for this community, the church, and the world.

Intercessor Lord in your mercy.

People: Hear our prayer.

Officiant

God our judge and our companion,
we thank you for the good we did this day
and for all that has given us joy.
Everything we offer as our humble service.
Bless those with whom we have worked,
and those who are our concern. Amen.

The Song of Simeon and antiphon

Together, led by Responder

Antiphon

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.

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, St. Helena Breviary, The Inclusive Bible,