



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](mailto: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**  
**Wednesday & Saturday**

*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.*

*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.

*In unison Psalm 91 Qui habitat*

1 He who dwells in the shelter of the Most High \*  
abides under the shadow of the Almighty.

2 He shall say to the Lord,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”

3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.

4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.

5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;

6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.

7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.

8 Your eyes have only to behold \*  
to see the reward of the wicked.

9 Because you have made the Lord your refuge, \*  
and the Most High your habitation,

10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.

11 For he shall give his angels charge over you, \*  
to keep you in all your ways.

12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.

15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.

16 With long life will I satisfy him, \*  
and show him my salvation.

*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*

May the God of peace, who brought again from the dead our Lord Jesus,  
the great shepherd of the sheep, by the blood of the eternal covenant,  
equip you with everything good that you may do his will, working in you  
that which is pleasing in his sight, through Jesus Christ; to whom be glory  
for ever and ever. *Hebrews 13:20-21*

*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.

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.*

*Together, Led by the Responder*

**Prayer for Racial Healing**

Blessed Jesus, You revealed God through your wise words and loving deeds, and we encounter you still today in the faces of those whom society has pushed to the margins. Guide us, through the love you revealed, to establish the justice you proclaimed, that all people might dwell in harmony and peace, united by that one love that binds us to each other, and to 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.

O God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. *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,*