



compline

liturgy+lab
CB1 Gallery 2.19.11

Compline originated in the 4th Century as bedtime or “night prayers” at day’s completion (around 9:00 PM) said by Benedictine monks and part of the Rule of St Benedict. As Leonel Mitchell wrote in *Praying Shapes Believing*, this “lesser Hour...[is rooted] in the Acts of the Apostles and Jewish practice...private and family prayers” or household prayers that later developed into monastic prayers during “the Roman work day” (36-37, 59). Compline was one of the prayer services continued by the religious leaders on behalf of the people and in more recent history, was recovered as one of the prayer services for “common people.” The predictable and short service of Compline was “easy to follow in poor light or when tired” (62). These prayers precede a “Great Silence” that lasts through the night and ends with Morning Prayers of thanksgiving for life and a new day (41).

gathering

WelcomeThe Rev. Sarah Lapenta-H

The Lord Almighty grant us
a peaceful night and a perfect end.

restlessness

Now I lay me down.....Various Artists

O God, make speed to save us.
O God, make haste to help us.

restoration

Sleep well; Serve with Gusto!.....Bob Bowen

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (Matthew 11:28-30, *The Message*)

dreams

Dreaming new dreams.....All

Embrace this moment to imagine:

What is your picture of a better world? What (new) dreams do you have for yourself, for the world?

Into Your Divine hands, I trust my life.
For You redeem me, O God of truth.

Keep us as the apple of Your eye.
Hide us under the shadow of Your wings.

Sharing in an ancient, Christian dream-prayer we say

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo
through the universe!
The way of your justice be followed
by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth!

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trial too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power
that is love, now and forever.

loss, letting go and healing

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 the Christ.

Remembering.....All

Embrace this moment to remember:

As you feel comfortable, you are invited to light a candle as a symbol of your loss(es). Perhaps you are grieving the death of a loved one; the loss of a job, friendship, or house; a globally-shared loss; or an unfulfilled life-expectation. As you light your candle, breathe a deep breath of hope for healing and newness at grief's end.

Keep watch with those who work or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous, all for Your Love's sake.

bedtime prayer(s)

Writing our bedtime prayer(s).....All

Embrace this moment to create:

What is your favorite bedtime poem, prayer, or song – perhaps from your childhood, a movie, or book? If you were to write or adopt a new one, what would it be?

Lord, 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.

**Guide us waking, Divine Mystery,
and guard us sleeping;
that awake we may work in the spirit of Christ,
and asleep we may rest in peace.**

May the almighty and merciful God,
Earth-maker, Pain-bearer, Life-giver,
bless you and keep you this and every night.

Amen.



PURCHASING the limited edition *Compline* print will benefit Arts and Services for Disabled (artsandservices.org), Friends in Deed (ecpac.net), and St. John's Food Pantry (stjohnsla.org).

SPECIAL THANKS to Clyde Beswick and CB1 Gallery; St. John's Episcopal Cathedral and reception hosts The Rev. Dan Ade and Walter Killmer; installation artist Olga Lah; musicians Cameron Fraser, Jeremy Seifert (director of *Dive!*), Noah Smith, and Allen Watke; artist Lorenzo Hurtado Segovia; Bob Bowen, baby Noelle and Christine DeMaio, The Rev. Sarah Lapenta-H, Paul Hebblethwaite, New City Church, and The Salvation Army Alegria.

Compline resources include *The Episcopal Church Book of Common Prayer* and *The New Zealand Prayer Book*.

For upcoming *Liturgy+Lab* events, contact The Rev. Sarah Lapenta-H at lapenta@slhandph.com

To experience Anglo-Catholic worship, evangelical preaching, and progressive social witness, visit St. John's Episcopal Cathedral
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