

Compline – Wednesday, October 14, 2020

### **Opening Words**

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

*Philippians 4:6*

Eternal Spirit, flow through our being and open our lips,  
*that our mouths may proclaim your praise.*

Let us worship the God of love.  
*Alleluia, alleluia.*

### **Psalm 42 - St. Helena Psalter**

As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.

My soul is athirst for God, athirst for the living God; \*  
when shall I come to appear before the presence of God?

My tears have been my food day and night, \*  
while all day long they say to me,  
“Where now is your God?”

I pour out my soul when I think on these things: \*  
how I went with the multitude and led them into the house of God,

With the voice of praise and thanksgiving, \*  
among those who keep holy-day.

Why are you so full of heaviness, O my soul, \*  
and why are you so disquieted within me?

Put your trust in God, \*  
for I will yet give thanks to the Holy One,  
who is the help of my countenance, and my God.

My soul is heavy within me; \*  
therefore I will remember you from the land of Jordan,  
and from the peak of Mizar among the heights of Hermon.

One deep calls to another in the noise of your cataracts; \*  
all your rapids and floods have gone over me.

You grant me your loving-kindness in the daytime; \*  
in the night season your song is with me,  
a prayer to the God of my life.

I will say to the God of my strength,  
“Why have you forgotten me, \*  
and why do I go so heavily while the enemy oppresses me?”  
While my bones are being broken, \*  
my enemies mock me to my face;  
All day long they mock me \*  
and say to me, “Where now is your God?”  
Why are you so full of heaviness, O my soul, \*  
and why are you so disquieted within me?  
Put your trust in God, \*  
for I will yet give thanks to the Holy One,  
who is the help of my countenance, and my God.

### **Scripture**

Do not ask anxiously, What are we to eat? What are we to drink? What shall we wear? The whole world runs after such things. Set your heart and mind on God’s commonwealth and justice first, and all the rest will come to you as well. So do not be anxious about tomorrow. Today has enough problems of its own; tomorrow can look after itself.

*Matthew 6:31-34*

### **Poem – “No Worry” by Cole Swensen**

No, worry about nothing  
but the chiseling  
of hills into distance  
in the slight haze

and sleep lost over color  
no two ever the same

the wringing hands  
float ashore amazed.  
Worry about beauty.  
It can sell you anything.  
Lakes collect in the  
chambers of the heart  
where the sailboats are made  
of flying fish about  
the size of match heads.

Sleep can be lost as

easily as a house key,  
the shock can consume  
at any moment  
if the hills are not rising  
weather is wearing them down  
and you are driving  
north in the late afternoon  
or holding your eyes  
in your hands like addresses.

### **Prayers**

I will lie down in peace and take my rest,  
*for it is in God alone that I dwell unafraid.*

Let us bless the Earth-maker, the Pain-bearer, the Life-giver,  
*let us praise and exalt God above all for ever.*

May God's name be praised beyond the furthest star,  
*glorified and exalted above all for ever.*

### ***Personal Thanksgivings and Intercessions***

#### **Closing Prayers**

Lord,  
it is night.  
The night is for stillness.  
Let us be still in the presence of God.  
It is night after a long day.  
What has been done has been done;  
what has not been done has not been done;  
let it be.  
The night is dark.  
Let our fears of the darkness of the world and of our own lives  
rest in you.  
The night is quiet.  
Let the quietness of your peace enfold us,  
all dear to us,  
and all who have no peace.  
The night heralds the dawn.  
Let us look expectantly to a new day,  
new joys,  
new possibilities.  
In your name we pray.

God bless us and keep us,  
God's face shine on us and be gracious to us,  
and give us light and peace.  
Amen.

Prayers – *A New Zealand Prayer Book*, The Anglican Church in Aotearoa, New Zealand and Polynesia. Copyright is held by the Anglican Church in Aotearoa, New Zealand and Polynesia.

Poem – Cole Swensen, "No Worry" from *New Math* (William Morrow and Company, Inc., 1988).