



THE DAILY OFFICE

Compline

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Let us be quiet.

Let us quiet our minds and settle our thoughts,
suspending our plans and worries, for a little while.

Let us open our hearts to God's loving care for all children,
especially the most vulnerable,
and come into stillness.

Those who worship God must worship God in spirit and in truth. (John 4:24)

God is Love. If it is not about Love, it is not about God. God is Love.

Into your hands, Lord, I commend my spirit.

God is Love. If it is not about Love, it is not about God. God is Love.

You have redeemed us, Lord God of truth.

God is Love. If it is not about Love, it is not about God. God is Love.

Great is the Lord and worthy of all praises.

God is Love. If it is not about Love, it is not about God. God is Love.

Beloved let us love one another, because love is from God and all who love know God.

God is Love. If it is not about Love, it is not about God. God is Love.

Blessed be God who has brought us to the closing of this day.

Loving God, we rest in Your holy presence.

For the next few minutes, let us pause and reflect silently on the day using the following form:

Examen (Reflection on the Day)

1. Become aware of God's presence.
2. Review the day with gratitude – recall moments, encounters, conversations...
3. Call to mind your emotions – in the good moments and the challenging moments.
4. Choose one experience from the day – offer a prayer of thanks, pardon or guidance.
5. Invite the Holy Spirit to help you face tomorrow as a child of God.

Psalm 62

For God alone my soul waits in silence,
for my hope is from God.

God alone is my rock and my salvation,
my fortress; I shall not be shaken.

On God rests my deliverance and my honor;
my mighty rock, my refuge is in God.

Trust in God at all times, O people;
pour out your heart before God;

God is a refuge for us. Selah

Glory to the Father and the Son and to the Holy Spirit; as it was in the beginning is now: and shall be forever. Amen.

Please observe a moment of silence.

A Reading

Mark 6: 30-31

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat.

(OR)

Matthew 11:28

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest."

Please observe a moment of silence

Choose one or more of the following prayers:

Now is the time for stillness.

Now is the time to set aside

any ideas of separateness

from God or one another, and to

rest in God's presence, here and now.

We hold in our hearts our brothers and sisters

struggling to grow, to learn, and to thrive

in harsh conditions of hunger and need.

We ask for inspiration to become involved

in protecting and empowering all children at risk,

as well as their parents and families. **Amen.**

(OR)

At the end of a day

of working and dancing,

of receiving and giving,

of light and shadow,

of joy and of suffering,

both personal and social,

give us Your peace, O Holy One.

Give rest to our bodies,

replenish our spirits,

and restore our souls.

Open our hearts and imaginations

to the struggles of vulnerable children

and the caregivers who nurture them.

Unite us all in love and service.

May our shared desires to live lovingly
awaken your Spirit within us
and find expression in all that we do. **Amen.**

(OR)

Fill us with your Spirit, O God,
as we lift our hearts to You this night.
Guide us in the morning light,
to walk in your way,
and to tell the truth,
to ourselves and to others,
about whether we are actually
on the path of Love.
May we become the world
that we deeply desire and long for
through loving action in our daily lives,
in our families and partnerships,
in our communities and connections.
Bless all who bring positive change
to the lives of children and families
struggling with access to good nutrition,
healthcare, and the opportunity to grow
into their fullness as unique and beautiful
expressions of God's Love. **Amen.**

Canticle

Nunc Dimittis

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Now, Master, you let your servant go in peace.
You have fulfilled your promise.
My own eyes have seen your salvation,
which you have prepared in the sight of all peoples.
A light to bring the Gentiles from darkness;
the glory of your people Israel.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.



The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Closing Prayers

Be with us where we are at the end of this day, O God.
May your divine inspiration move in us and through us
as we rest in the hope of another new day.
And when we awaken, may justice be our way.
May every child step into the fullness of Your
vision of human flourishing for all.
May we be gifted with the grace
to see the holy everywhere and
to serve the world with hearts transformed
by compassionate care and just action,
on behalf of the poor and marginalized. **Amen.**

Lighten our darkness,
Lord, we pray,
and in your great mercy
defend us from all perils and dangers of this night,
for the love of your only Son, our Savior Jesus Christ. **Amen.**

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