

Compline – Tuesday, July 21, 2020

St. George's Anglican Church, Cadboro Bay / <https://www.stgeorgecadborobay.ca>

### Opening

What we offer is enough. God's love covers all.

### Prayer

Creator and lover of our souls: Teach us to release our burdens and accept your love. May your love be the deepest reality of our lives, and may we offer real love to others.

*(Be still and aware)*

Psalm 95:1-7 - *selected verses* - St. Helena Psalter

Come, let us sing to the Holy One; \*

let us shout for joy to the Rock of our salvation.

Let us come before God's presence with thanksgiving, \*

and raise a loud shout with psalms.

For you, O God, are a great God; \*

you are great above all gods.

In your hand are the caverns of the earth, \*

and the heights of the hills are yours also.

The sea is yours, for you made it, \*

and your hands have molded the dry land.

Come, let us bow down and bend the knee, \*

and kneel before God, our Maker,

For you are our God,

and we are the people of your pasture and the sheep of your hand, \*

Oh, that today we would hearken to your voice!

*(Be still and aware)*

Poem – "Acupuncture"

BY LULJETA LLESHANAKU

TRANSLATED BY ANI GJIKA

Among the personal objects inside a 2100-year-old Chinese tomb,  
archaeologists found nine acupuncture needles,  
four gold and five silver.

Long before knowing why,  
ancient doctors knew that pain  
must be fought with pain.

It's quite simple: an array of needles pricking your arm

for a properly functioning heart and lungs.  
Needles in the feet to ease insomnia and stress.  
Needles between your eyes to fight infertility.  
A little pain here,  
and the effect is felt elsewhere  
Once, a group of explorers set out to plant a flag on the South  
Pole,  
a needle at the heel of the globe, in the middle of nowhere.  
But before the mission was completed  
a new world war had begun.  
The impact of the needle was felt in the world's brain,  
in the lobe responsible for short-term memory.  
When Russia used ideology as acupuncture—a needle over the  
Urals—  
it impacted the pancreas and the control of blood sugar:  
America paid tenfold for whiskey during Prohibition,  
and at post offices, copies of Joyce's  
"immoral" *Ulysses* were stored for burning.  
The universe functions as a single body. Stars form lines of  
needles  
carefully pinned to a broad hairy back.  
Their impact is felt in the digestive tract, each day  
a new beginning. How can you begin a new day  
not having fully absorbed yesterday's protein?  
I was a child when my first teacher  
mispronounced my last name twice. That pricked me  
like a needle.  
A small needle in the earlobe. And suddenly,  
my vision cleared—  
I saw poetry,  
the perfect disguise.

#### Prayers

May the sunlight and moonlight shine upon us.  
God's love is in us.

May God's love shine in all people  
God's love is all in all.

May all people know God's love  
God's love fills us all.

#### *PRAYERS OF INTERCESSION AND THANKSGIVING*

As we await a new day,  
Let all creation rest secure in your loving arms.

All shall be Amen and Alleluia. We shall rest and we shall see.  
We shall see and we shall know. We shall know and we shall love.  
We shall love and we shall praise. Behold our end, which is no end. Amen. (Saint Augustine)

Sources:

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