

Holy Week 2018 + In Jerusalem with Jesus

Compline (Night Prayer) with meditation

26, 27, 28 March at 8 pm

St Helen's Church

Led by The Revd Dr Jane Baun



Monday, 26 March

The tables

(Matthew 21: 10-17)

justice & reverence



Tuesday, 27 March

The fig tree

(Mark 11: 12-14, 20-25)

fruitfulness & forgiveness



Wednesday, 28 March

The ointment

(Mark 14: 3-9)

beauty & sacrifice

Bedtime stories

Among my most beloved childhood memories are those of my mother reading me bedtime stories. Bedtime rituals promote bonding between parents and children – the bath, the pyjamas, the favourite soft toy or blanket, the bedtime story, perhaps the lullaby or prayers, then the good-night kiss and lights out. All strengthen a child's sense of security, and trust in the essential goodness of his or her little world.

The Lord Almighty grant us a quiet night and a perfect end. Mother Church also has a bedtime ritual for us: Compline, or Night Prayer. It is a simple, quiet, meditative service, at which we place ourselves in God's safekeeping--*Keep us, O Lord, as the apple of your eye; hide us under the shadow of your wings.* The *Common Worship* Night Prayer is available in the *Daily Prayer* volume, online, or as an app for phone or tablet. It is a wonderful way to unwind, and commend ourselves to God, last thing at night. The regular practice of saying Compline before bed is a bonding ritual much like that of the bedtime story, affirming our trust in God's motherly goodness and loving care.

We can pray Compline on our own, or together, as it has been prayed for centuries in monasteries. In our parish, we will gather to say Compline together on Monday, Tuesday and Wednesday of Holy Week, in the Lady Chapel at St Helen's, at 8 pm. We will be walking with Jesus in Jerusalem, pondering three encounters in his first three days there, involving the tables of the money-changers, a hapless fig tree, and the precious ointment. It is a beautiful way to enter more deeply into the events of Holy Week, and their meaning for us. Come and see!

Jane Baun