

Supper Club : **Spring 2024**
St. Michael's Episcopal Church

Guidelines

Welcome to St. Michael's Supper Club! Below and attached is some helpful information to navigate how Supper Clubs work and the best way to get the most out of the experience!

Supper Club Guidelines

- Spring 2024 Supper Clubs meet once a month: March, April, May & June.
- A Supper Club Coordinator will notify you via email who is in your Supper Club Group.
- Each Supper Club has between 6 – 10 total individuals.
- Each month your Supper Club should rotate between homes. Some groups, depending on size, may need to host twice or you may decide to “go out to dinner” as a group.
- There is not a set date or time each month that the Supper Club gets together.
- Supper Club hosts & guests shall be respectful in speech and behavior. Inappropriate behavior should be reported to a clergy/staff member or Supper Club Organizer.
- We understand that unexpected things come up. If you are unable to host or attend your monthly Supper Club, please communicate that with members of your group.
- Table Talk questions/prompts may be used to help spark conversation (provide on page 2).
- Finish each Supper Club Dinner with Compline (provided on page 3).

Supper Club Host(s):

- Communicate with members of your Supper Club to identify a date/time for dinner.
- Provide a main dish and appetizer (and a dinner theme, if desired).
- Coordinate with guests on who is bringing the following menu items:
 - Veggie, Salad, Starch, & Dessert.
- Set a start and ending time.
- Provide a warm and welcoming space for guests.

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Table Talk Questions

Your Supper Club may use these questions or others that help generation conversation & connection.

March

- Where did you grow up and where have you lived?
- What brought you to live in Colorado Springs?
- If you could have dinner with anyone in the Bible, who would it be and why?
- What is the favorite room in your house and why?
- What is your favorite story in the Bible?

April

- What is your favorite worship song/hymn?
- What makes a person a good listener?
- In whose presence are you the most comfortable?
- Share a life lesson you wish you learned earlier in life.
- What is your favorite dessert?

May

- What is your favorite season and why?
- What are two things you believe about God?
- What is the kindest thing someone has done for you?
- How do you show love to others?
- What prayer do you pray most often?

June

- What risk are you happiest you took?
- Share a story about a childhood pet.
- When do you feel (or have you felt) close to Jesus?
- What did (do) you want to be when you grew up?
- Where do you see God at work in our world?

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An Order for Compline

Book of Common Prayer Pg. 127

Leader The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**
Leader Our help is in the Name of the Lord;
People **The maker of heaven and earth.**

Leader Let us confess our sins to God.

Almighty God, our heavenly Father:
We have sinned against you, through our own fault,
in thought, and word, and deed,
and in what we have left undone.
For the sake of your Son our Lord Jesus Christ,
forgive us all our offenses;
and grant that we may serve you in newness of life,
to the glory of your Name. Amen.

Leader May the Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. **Amen.**

Leader O God, make speed to save us.
People **O Lord, make haste to help us.**
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

One of the following Psalms is spoken together.

Psalm 31 *In te, Domine, speravi*

In you, O LORD, have I taken refuge; let me never be put to shame: *
deliver me in your righteousness.
Incline your ear to me; *
make haste to deliver me.
Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.
Take me out of the net that they have secretly set for me, *
for you are my tower of strength.
Into your hands I commend my spirit, *
for you have redeemed me, O Lord, O God of truth.

Psalm 91 *Qui habitat*

He who dwells in the shelter of the Most High *
abides under the shadow of the Almighty.

He shall say to the LORD, "You are my refuge and my stronghold, *
my God in whom I put my trust."
He shall deliver you from the snare of the hunter *
and from the deadly pestilence.
He shall cover you with his pinions, and you shall find refuge under his wings; *
his faithfulness shall be a shield and buckler.
You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;
Of the plague that stalks in the darkness, *
nor of the sickness that lays waste at mid-day.
Because you have made the LORD your refuge, *
and the Most High your habitation,
There shall no evil happen to you, *
neither shall any plague come near your dwelling.
For he shall give his angels charge over you, *
to keep you in all your ways.
They shall bear you in their hands, *
lest you dash your foot against a stone.
You shall tread upon the lion and the adder; *
you shall trample the young lion and the serpent under your feet.
Because he is bound to me in love, therefore will I deliver him; *
I will protect him, because he knows my Name.
He shall call upon me, and I will answer him; *
I am with him in trouble; I will rescue him and bring him to honor.
With long life will I satisfy him, *
and show him my salvation.

Psalm 134 *Ecce nunc*

Behold now, bless the LORD, all you servants of the LORD, *
you that stand by night in the house of the LORD.
Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of Zion.

At the end of the Psalm is said,

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.**

One of the following passages of Scripture, or another passage, is read.

“Lord, you are in the midst of us, and we are called by your Name: Do not forsake us, O Lord our God.” *Jeremiah 14:9,22*

“Come to me, all who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light”. *Matthew 11:28-30*

“May the God of peace, who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight; through Jesus Christ, to whom be glory for ever and ever.” *Hebrews 13:20-21*

“Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering.” *1 Peter 5:8-9*

Leader Into your hands, O Lord, I commend my spirit;
People **For you have redeemed me, O Lord, O God of truth.**
Leader Keep us, O Lord, as the apple of your eye;
People **Hide us under the shadow of your wings.**

Leader Lord, have mercy.
People **Christ, have mercy.**
Leader Lord, have mercy.

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil.

Leader Lord, hear our prayer;
People **And let our cry come to you.**
Leader Let us pray.

The Leader reads one of these prayers.

Be our light in the darkness, O Lord, 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.**

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 Christ our Lord. **Amen.**

Look down, O Lord, from your heavenly throne, and illumine this night with your celestial brightness; that by night as by day your people may glorify your holy Name; through Jesus Christ our Lord. **Amen.**

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

One of the following prayers may be added

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

O God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. **Amen.**

Silence may be kept, and free intercessions and thanksgivings may be offered.

We continue with the Song of Simeon with this Antiphon, which is said by all: ‘

**Guide us waking, O Lord, and guard us sleeping;
that awake we may watch with Christ, and asleep we may rest in peace.**

**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.**

**Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.**

Guide us waking, O Lord, and guard us sleeping;
that awake we may watch with Christ, and asleep we may rest in peace.

Leader Let us bless the Lord.
People **Thanks be to God.**

Leader The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us.
Amen.