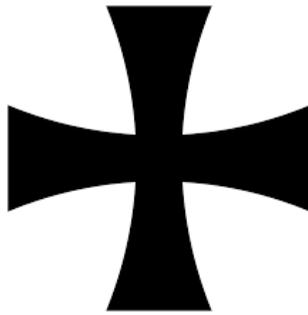


THE OFFICE OF
COMPLINE



LENT

PRAYERS OF UNION

Holy Mary,
succour the sorrowful, help the fainthearted,
pray for the people, plead for the clergy,
intercede for all monks, pray for all women vowed to God;
may all feel your aid
who devoutly honour your holy name.

Holy Benedict, Confessor of the Lord,
Father and leader of monks,
intercede for our salvation and that of all mankind.

℣. Turn us, O Lord God of Hosts.

℟. Shew us your countenance and we shall be whole.

Let us pray.

Stir up, O Lord, in your Church,
the spirit which animated our blessed Father and Abbot
Benedict,
that we, being filled with the same,
may learn to love what he loved,
and put in practice what he taught.

Grant us, we beseech you, O Lord,
to be steadfast in the service of your will,
that our days may see an increase both in merit and in
number of the people that serve you.

℟. Amen.

COMPLINE

We Stand at the Signal of the Hebdomadary.

The Lord Almighty grant us a quiet night, and a perfect end.

℟. Amen.

A brief examination of conscience is made

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done, and in what I have failed to do;
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Hebdom. May almighty God have mercy on us, pardon our sins
and bring us to everlasting life.

℟. Amen.

OFFICE HYMN



In the quiet of the evening,
Now the work of day is done,
Turn our thoughts, most loving Father,
To the work of Christ your Son.

In our wandering we have travelled
Far from you throughout the day;
Yet forgiving all you send us
Christ to lead us, Christ the way.

When our ignorance is danger,
Or we credit worldly lies
Then, with timely care, you give us
Christ the truth to make us wise.

As the light of day is fading,
father keep us in your sight;
Pierce the dark of sin with splendour
Shining out from Christ the light.

Glory be to God the Father,
Glory be to God the Son,
Glory to the Holy Spirit,
Glory to the Three in One.

PSALMODY
PSALM 4- *Cum invocarum*

When I call, answer me, O God of justice; *
from anguish you released me, have mercy and hear
me!

O men, how long will your hearts be closed, *
will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves; *
the Lord hears me whenever I call him.

Fear him; do not sin: *
ponder on your bed and be still.

Make justice your sacrifice, *
and trust in the Lord.

“What can bring us happiness?” many say. *
Lift up the light of your face on us, O Lord.

You have put into my heart a greater joy *
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once *
for you alone, Lord, make me dwell in safety.

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

Psalm 91 (90) Qui habitat

He who dwells in the shelter of the Most High *
and abides in the shade of the Almighty

says to the Lord: “My refuge, *
my stronghold, my God in whom I trust!”

It is he who will free you from the snare of the fowler *
who seeks to destroy you;

he will conceal you with his pinions *
and under his wings you will find refuge.

You will not fear the terror of the night *
nor the arrow that flies by day,

nor the plague that prowls in the darkness *
nor the scourge that lays waste at noon.

A thousand may fall at your side, *
ten thousand fall at your right,

you, it will never approach; *
his faithfulness is buckler and shield.

Your eyes have only to look *
to see how the wicked are repaid,

you who have said: “Lord, my refuge!” *
and have made the Most High your dwelling.

Upon you no evil shall fall, *
no plague approach where you dwell.

For you has he commanded his angels, *
to keep you in all your ways.

They shall bear you upon their hands *
lest you strike your foot against a stone.

On the lion and the viper you will tread *
and trample the young lion and the dragon.

Since he clings to me in love, I will free him; *
protect you for he knows my name.

When he calls I shall answer: "I am with you," *
I will save him in distress and give him glory.

With length of days I will content him; *
I shall let you see my saving power.

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

Psalm 134 (133) Ecce nunc

O come, bless the Lord, *
all you who serve the Lord,

who stand in the house of the Lord, *
in the courts of the house of our God.

Lift up your hands to the holy place *
and bless the Lord through the night.

May the Lord bless you from Zion, *
he who made both heaven and earth.

STAND

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

SHORT CHAPTER

SUNDAY

You, O Lord, are among us, and we are called by your
name: forsake us not, O Lord, our God.

R̄. Thanks be to God.

MONDAY

In quietness and trust shall be your strength. The Lord
waits to be gracious to you; blessed are those who wait
for him.

R̄. Thanks be to God.

TUESDAY

There is none like God who rides through the heavens
to your help, and his majesty through the skies. The
eternal God is your dwelling place, and underneath
are the everlasting arms.

R̄. Thanks be to God.

WEDNESDAY

Brethren, be sober and watch, for your adversary, the devil, prowls around like a roaring lion, seeking whom he may devour. You must resist him, strong in faith.

℞. Thanks be to God.

THURSDAY

Humble yourselves under the mighty hand of God, that in due time he may exult you. Cast all your burdens upon him, for he has care of you.

℞. Thanks be to God.

FRIDAY

Brethren, God has not destined us for wrath, but to win salvation through our Lord Jesus Christ who died for us, so that whether we wake or sleep, we may live with him.

℞. Thanks be to God.

SATURDAY

There remains a Sabbath rest for the people of God. Let us therefore hasten to enter into that rest. Lest anyone fail by unbelief.

℞. Thanks be to God.

SHORT RESPONSORY

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

NUNC DIMITTIS

Antiphon

Guide us wak - ing, O Lord,
and guard us sleep - ing;
that a - wake we may watch with Christ,
and a - sleep we may rest in peace.

1. Lord, you now have set your ser - vant free
 to go in peace as you have pro - mised.

2. For these eyes of mine have seen the Sav - ior,
 whom you pre - pared for all the world to see:

3. A Light to en - light - en the na - tions,
 and the glo - ry of your peo - ple Is - ra - el.

4. Glo - ry to the Fa - ther, and to the Son,
 and to the Ho - ly Spi - rit:
 as it was in the beg - in - ning is now,
 and will be for e - ver. A - men.

Rpt Antiphon

CONCLUDING PRAYERS

∇. Lord, have mercy
✠. Christ, have mercy
Lord, Have mercy

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. Amen.

Let us Pray

The Hebdom then says one of the following Collects

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 Saviour 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.

A Collect for Saturdays

We give you thanks, O God, for revealing your Son Jesus Christ to us by the light of his resurrection: Grant that as we sing your glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery; 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.

or this

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.

∇. Let us bless the Lord

⋈ Thanks be to God

THE ANTHEM OF OUR LADY



Ave Re-gi-na cæ-lo-rum, * Ave Do-mi-na Ange-lo-rum

Salve ra-dix, salve porta, Ex qua mundo lux est orta:

Gaude Virgo glo-ri - o-sa, Su-per omnes spe-ci - o-sa:

Va-le o valde de-co-ra, Et pro no-bis Christum exo - ra.