

THE OFFICE OF COMPLINE

A Reading from the Rule of Our Holy Father Saint Benedict

Hebdom: Father, give a blessing.

Abbot: The Lord grant us a quiet night, + and a perfect end.

All: Amen.

1Pet 5:8-9

Hebdom: Brethren, be sober, be watchful.

Your adversary the devil prowls around like a
roaring lion, seeking someone to devour.

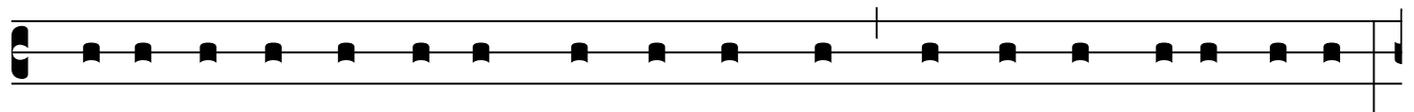
Resist him, firm in your faith.

You, O Lord, have mercy on us.

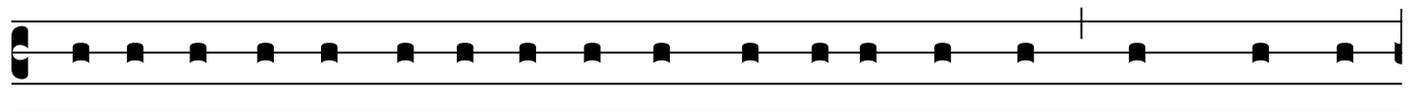
All: Thanks be to God



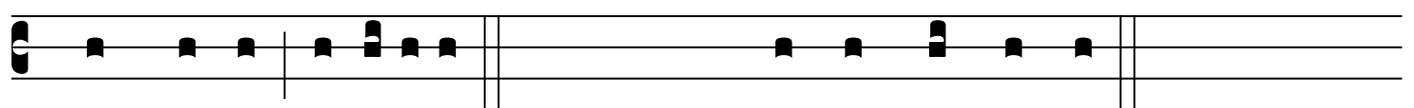
O God, come to my aid.- R. O Lord, make haste to help me.-



Glory be to the Father, and to the Son,- and to the Holy Spirit.-

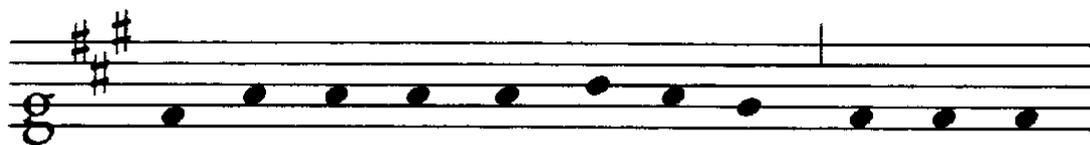


As it was in the beginning, is now and ev-er shall be,- world † without



end. Amen.- A-lleluia.- In Lent † without end. Amen.-

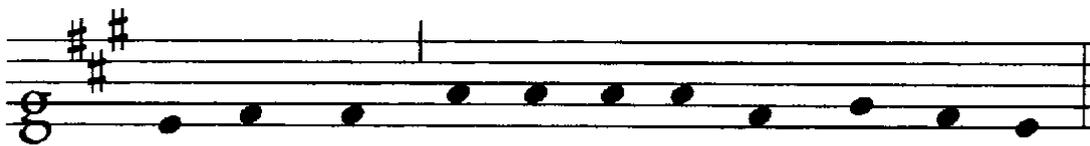
SUNDAY



To you, be-fore the end of day, Cre - a - tor



of the world, we pray; In love un - fail - ing,



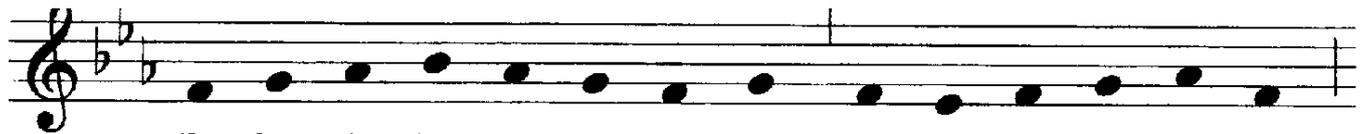
hear our prayer, En-fold us in your watch-ful care.

2. Lord when we sleep, be in our hearts,
Your Spirit peace and rest imparts;
Then, with the light of dawn, may we
Your glory praise unendingly.
3. Your living power breath from above,
Renew in us the fire of love;
And may your brightness drive away
All darkness in eternal day.
4. O Father, hear us, through your Son,
Who, with the Spirit, ever One
Now reign as living Trinity
In time and for eternity.

Words: Compilation, from *Te lucis ante terminum* (as revised in Liber Hymnarius).

© 1995 Panel of Monastic Musicians.

MONDAY & SATURDAY



Be - fore the light of ev - 'ning fades We pray, O Lord of all,



That by your love we may be saved From e - v'ry griev-ous fall.

2. Repel the terrors of the night
And Satan's power of guile
Impose a calm and restful sleep
That nothing may defile.

3. Most holy Father, hear our prayer
Through Christ your only Son,
That in your Spirit we may live
And praise you ever One.

Text: Ralph Wright OSB from *Te Lucis ante terminum* (5th or 6th Century) Tune: Laurence Beenot OSB

TUESDAY



O Christ, you are the light and day, Re-veal-ing



what is veiled by night, The morn-ing star that



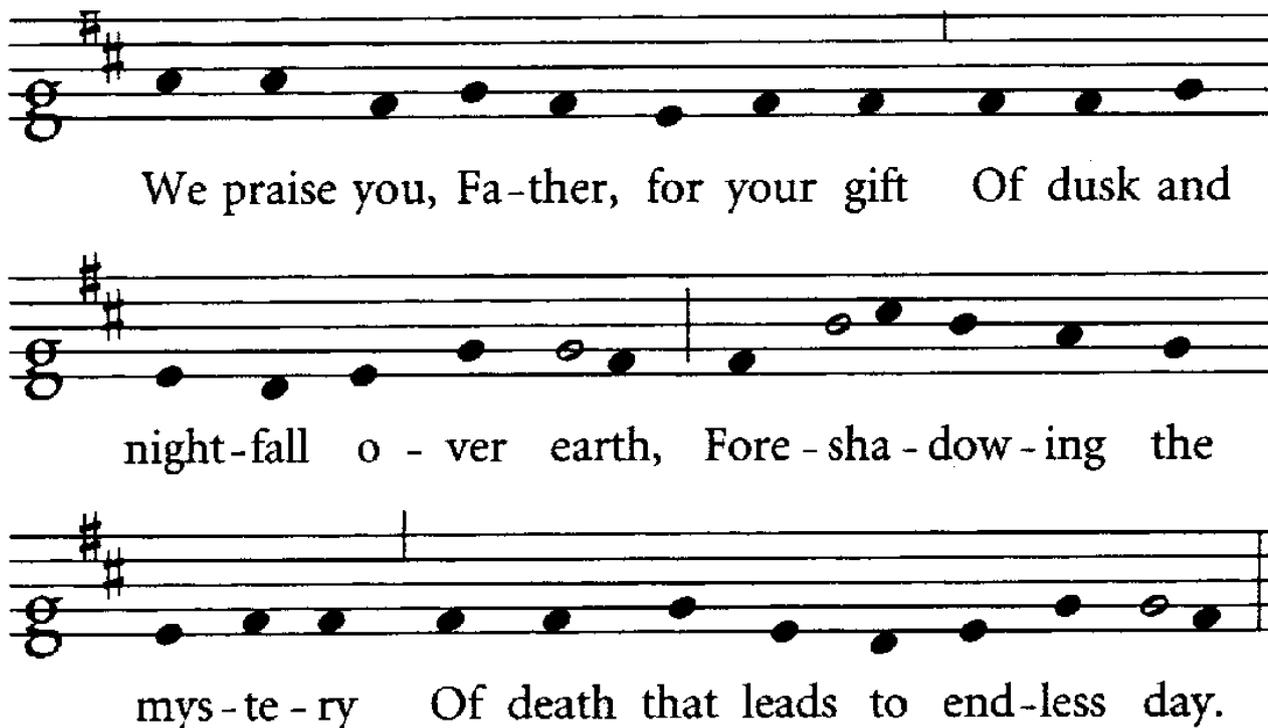
gives the pledge, And pro-mise of e - ter - nal light.

2. Watch over us who love you well,
And when our eyes are closed in sleep,
Protected by your strong right hand,
With you our hearts will vigil keep.

3. O Father, Son and Spirit blest,
Immortal Trinity we praise,
Give us true sor-row for our sins
And life in everlasting days. Amen.

Words: Stanbrook Abbey, from *Christe, qui lux es et dies* (5th or 6th century). © 1974, 1995 Stanbrook Abbey,
Wass, Yorks

WEDNESDAY



We praise you, Fa-ther, for your gift Of dusk and
night-fall o - ver earth, Fore - sha - dow - ing the
mys - te - ry Of death that leads to end-less day.

2. Within your hands we rest secure;
In quiet sleep our strength renew;
Yet give your people hearts that wake
In love for you unsleeping Lord.

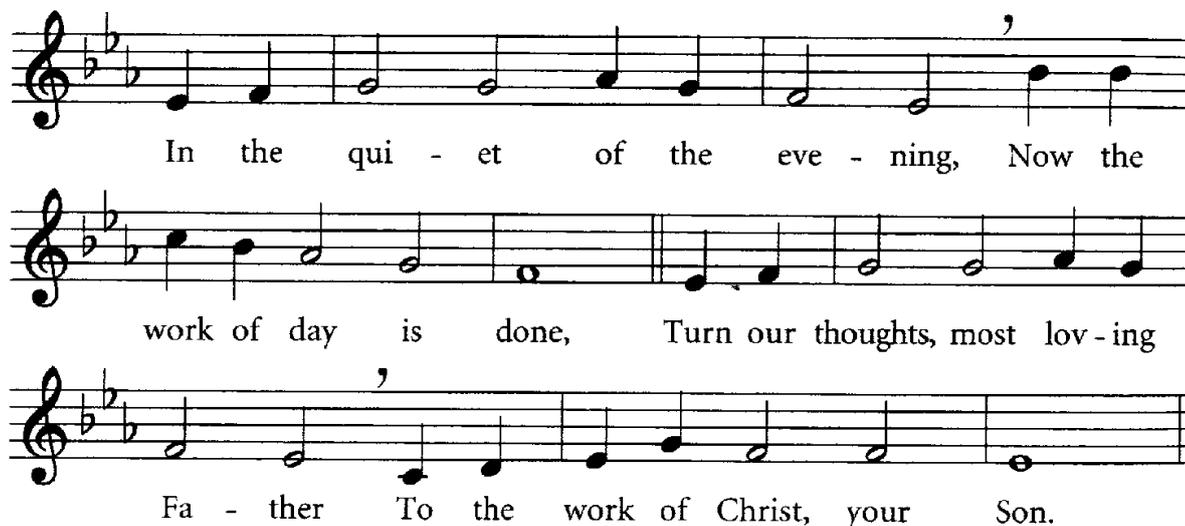
3. Your glory may we ever seek,
in rest as in activity,
Until its fullness is revealed,
O Source of life, O Trinity

Text & Tune: St Mary's Abbey, West Malling

THURSDAY

Second tune

WORTH

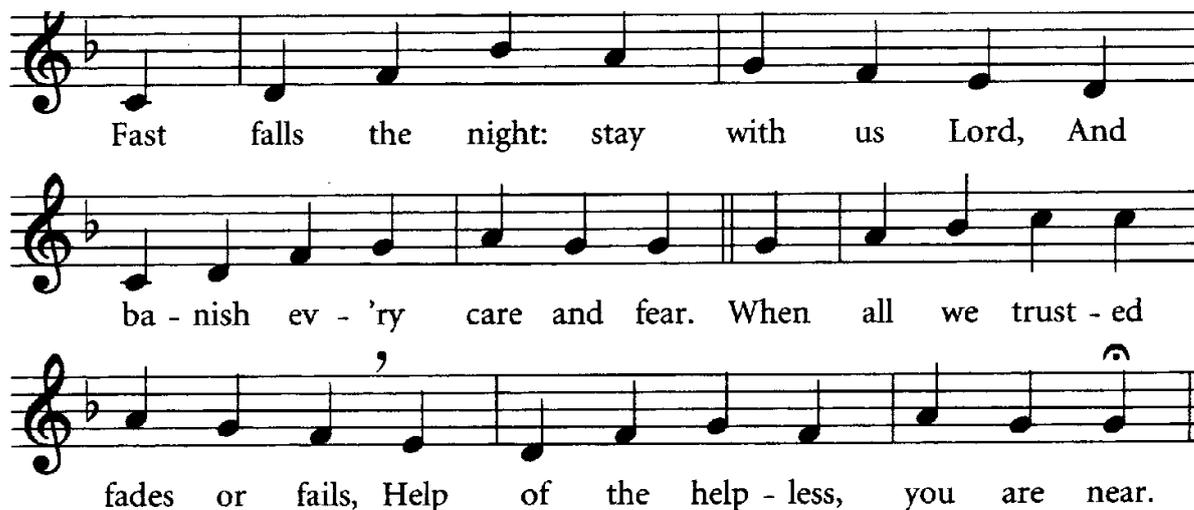


The musical notation consists of three staves of music in a treble clef with a key signature of two flats (B-flat and E-flat). The melody is written in a simple, hymn-like style. The lyrics are printed below the notes, with hyphens indicating syllables that span across multiple notes. The lyrics are: "In the qui - et of the eve - ning, Now the work of day is done, Turn our thoughts, most lov - ing Fa - ther To the work of Christ, your Son."

2. 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.
3. When our ignorance is danger,
Or we credit worldly lies,
Then, with timely care, you give us
Christ the truth to make us wise.
4. 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.
5. Glory be to God the Father,
Glory be to God the Son,
Glory to the Holy Spirit,
Glory to the Three in One.

Text: Patrick Lee Tune: Philip Gaisford OSB

FRIDAY



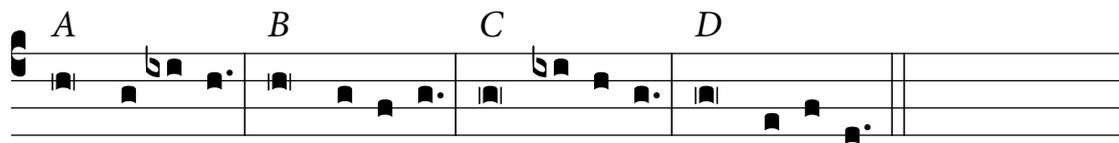
Fast falls the night: stay with us Lord, And
ba - nish ev - 'ry care and fear. When all we trust - ed
fades or fails, Help of the help - less, you are near.

2. Our lives run swiftly on t'ward death;
Our strength shall ebb, our glory pass.
Let sleep rehearse us night by night
To rest in you, O God, at last.
3. Come shed the radiance of your cross
Upon our closing eyes this night;
Then when your endless day has dawned
Death's sleep will yield to boundless light.
4. O Father, hear us, through your Son,
Who, with the Spirit, ever One
Now reign as living Trinity
in time and in eternity

Tune: Nymphsfield Charles Watson

Text: Aelred-Seton Shanley (d.2000)

PSALMODY DAY I [Sunday [Sol 2]] Monday Wednesday



Glenstal 'Peregrinus' 4

Psalm 4

God has magnified, he whom he has raised from the dead. (St Augustine)

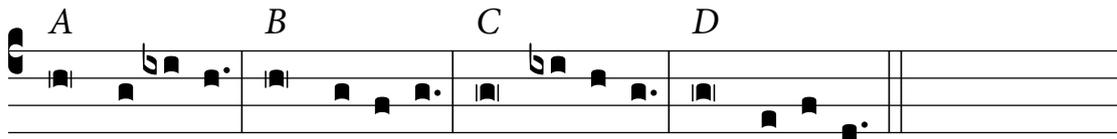
O God of justice, give answer when I call;
from anguish you released me, have mercy and hear me!
O you people, how long will my glory be dis-honored,
will you love what is futile and seek what is false?

Know that the Lord works wonders for his faithful one;
the Lord will hear me whenever I call him.
Tremble, do not sin: ponder on your bed and be still.
Offer right sacrifice, and trust in the Lord.

“O that we might see better times” many say.
Lift up the light of your face on us, O Lord.
You have put into my heart a greater joy
than abundance of grain and new wine can provide.

In peace I will lie down and fall asleep, [A&D]
for you alone, O Lord, make me dwell in safety.

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.



Glenstal 'Peregrinus' 4

Psalm 134

*And from the throne came a voice crying, "Praise our God, all you his servants,
you who fear him, small and great." (Apoc 19,5)*

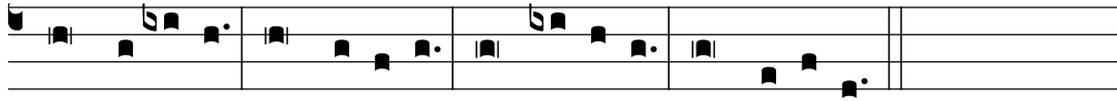
O come and bléss the Lord,
all you servants óf the Lord,
who stánd by night,
in the the house óf the Lord.

Lift up your hands to the hóly place,
and bléss the Lord.
May the Lord bless yóu from Zion,
he who made both heav-én and earth.

Glory be to the Father, and tó the Son,
And to the Hó-ly Spirit.
As it was in the beginning, is now and éver shall be.
World without énd. Amen.

Turn to page: 12

PSALMODY DAY II Tuesday [Thursday] Friday [Saturday [Sol 1]]



Glenstal 'Peregrinus' 4

Psalm 91

*Behold, I have given you authority to tread upon serpents and scorpions,
and over all the power of the enemy; and nothing shall hurt you. (Luke 10,19)*

He who dwells in the shelter of thé Most High,
and abides in the shade of thé Almighty,
says to the Lórd, "My re-fuge,
my stronghold, my God in whóm I trust!"

He will free you from the snare óf the fowler,
from the destrúctive plague;
he will conceal you with his pinions, †
and under his wings you wíll find refuge.
His faithfulness is buck-lér and shield.

You will not fear the terror óf the night,
nor the arrow that flíes by day,
nor the plague that prowls ín the darkness,
nor the scourge that lays wáste at noon.

A thousand may fall át your side,
ten thousand fall át your right:
you it will ne-vér approach.

[omit C]

Your eyes have on-lý to look
to see how the wicked áre repaid.
For you, O Lord, áre my refuge.
You have made the Most Hígh your dwell-ing.

Upon you no e-víl shall fall, *
no plague approach your tent.
For you has he command-éd his angels *
to keep you in áll your ways.

They shall bear you up-ón their hands,
lest you strike your foot agáinst a stone.
On the lion and the viper yóu will tread,
and trample the young lion ánd the ser-pent.

Since he clings to me in love, í will free him,
protect him, for he knóws my name.
When he calls on me, í will an-swer him;
I will be with him in distress; †
I will deliver him, and gíve him glo-ry.

With length of days I will content him; [A&D]
I will show him my sáv-ing power.

Glory be to the Father, and tó the Son,
And to the Hó-ly Spi-rit.
As it was in the beginning, is now and éver shall be.
World without énd. A-men.

Turn to page: 12

SHORT READING

SUNDAY (Sol 2)

Rev 22:4-5

They shall see his face, and his name shall be on their foreheads. And night shall be no more; they need no light of lamp or sun, for the Lord God will be their light, and they shall reign for ever and ever

MONDAY

1Thess 5:9-10

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

TUESDAY

Is 30:15

For thus said the Lord God, the Holy One of Israel, "In returning and in rest you shall be saved; in quietness and in trust shall be your strength."

WEDNESDAY

Eph 4:26-27

Do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

THURSDAY

1Thess 5:23

May the God of peace himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ.

FRIDAY

Jer 14:9

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord, our God.

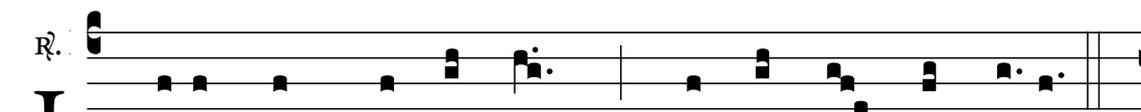
SATURDAY (Sol 1)

Deut 6:4-7

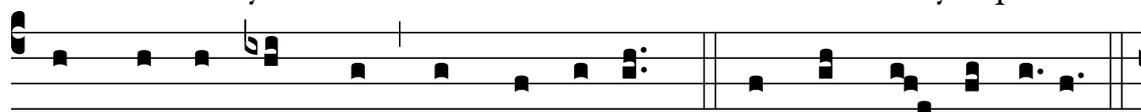
Hear, O Israel: the Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

SHORT RESPONSORY (Through the Year)

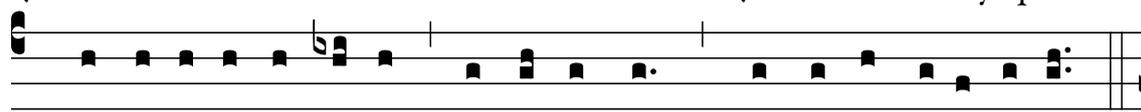
Ps. 30:6



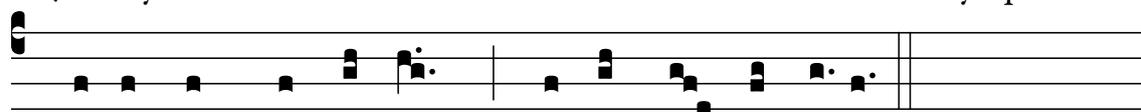
R.
In-to your hands, O Lo- rd,* I commend my spirit.



*ψ.*You have redeemed us,- Lord God of truth.- *R.*I commend my spirit.



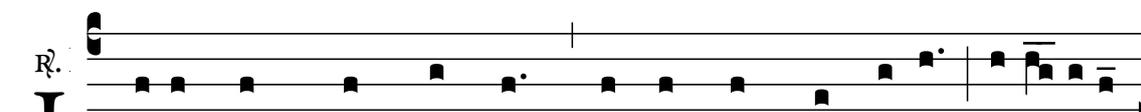
*ψ.*Glory be to the Father , and to the Son- , And to the Holy Spirit.-



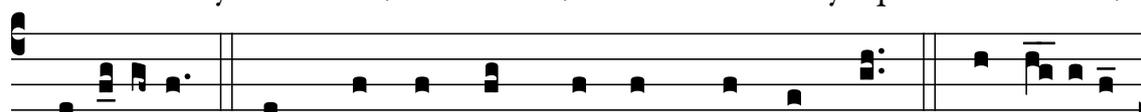
*R.*Into your hands, O Lo- rd,* I commend my spirit.

SHORT RESPONSORY (In Eastertide)

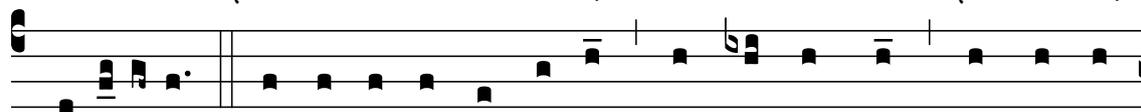
Ps. 30:6



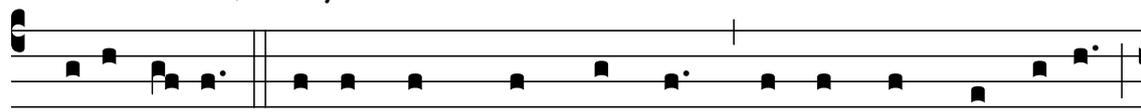
R.
In-to your hands, O Lord , I commend my spirit. Al-le-luia,



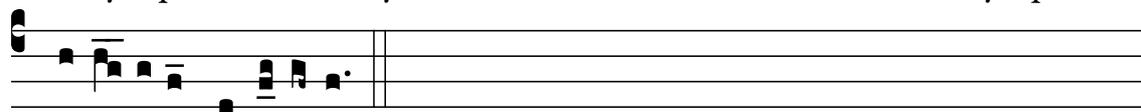
Al-le-luia.- *ψ.*You have redeemed us, Lord God of truth.- *R.*Al-le-luia,



Al-le-luia.- *ψ.*Glory be to the Father,- and to the Son,- And to the



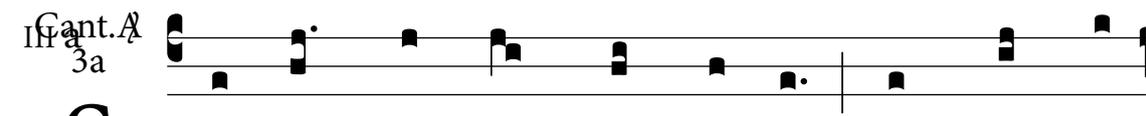
Holy Spirit.- *R.*Into your hands, O Lord , I commend my spirit.



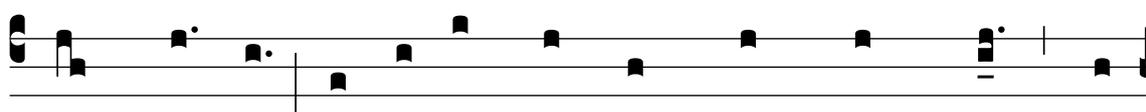
Al-le-luia, Al-le-luia.-

NUNC DIMITTIS

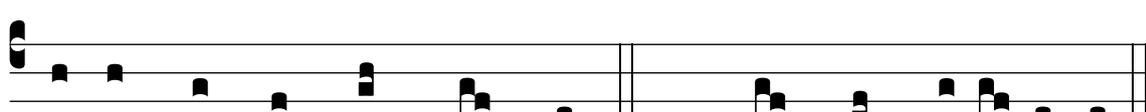
Gant. A
3a



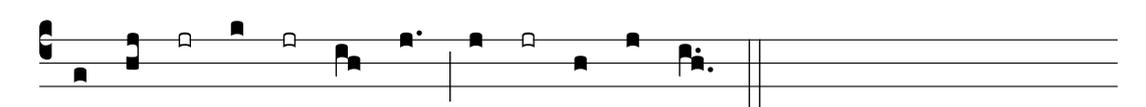
Save us, * O Lord, while waking, and guard us



while sleeping that awake we may watch with Christ, and



asleep we may rest † in peace. *E.T.* † in peace, al-le-lu-ia.



Luke 2:29-32
Christ the Light of the Nations and the Glory of Israel.

Lord, *now* lettest thou sér-vant depart *in* peace, *
according tó thy word;

For *mine* eyes have séen thy sal-vá-tion *
which thou hast prepared before the face of áll people,

To *be* a light to líghten the Gén-tiles,*
and to be the glory to thy peo-plé Israel.

Glo-ry be to the Fá-ther, and to *thé* Son, *
And to the Ho-lý Spirit.

As *it* was in the beginning, is now and év-er *sháll* be. *
World without énd. Amen.

CONCLUSION

Let us pray.

Visit this house, we pray you, Lord: †
drive far away from it all the snares of the enemy. *
May your holy angels stay here and guard us in peace,
and let your blessing be always upon us.
Through Christ our Lord,

Amen.

Alternative collects may be found on page: 16

SUNDAY

God our Father, as we have celebrated today the mystery of the Lord's resurrection, † grant our humble prayer: * free us from all harm that we may sleep in peace and rise in joy to sing your praise Through Christ our Lord, Amen.

MONDAY

Lord, give our bodies restful sleep; † and let the work we have done today * be sown for an eternal harvest. Through Christ our Lord. Amen.

TUESDAY

In your mercy, Lord, dispel the darkness of this night. † Let your household so sleep in peace, * that at the dawn of a new day, they may, with joy, waken in your name. Through Christ our Lord. Amen.

WEDNESDAY

Lord Jesus Christ, meek and humble of heart, you offer to those who follow you a yoke that is good to bear, a burden that is light. † Accept, we beg you, our prayer and work of this day, * and grant us the rest we need that we may be ever more willing to serve you, who live and reign for ever and ever. Amen.

THURSDAY

Lord our God, restore us again by the repose of sleep after the fatigue of our daily work, † so that, continually renewed by your help, * we may serve you in body and soul. Through Christ our Lord, Amen.

FRIDAY

Give us grace, almighty God, so to unite ourselves in faith with your only Son, † who underwent death and lay buried in the tomb, * that we may rise again in newness of life with him, who lives and reigns for ever and ever. Amen.

SATURDAY

Come to visit us, Lord, this night, † so that by your strength we may rise at daybreak * to rejoice in the resurrection of Christ, your Son, who lives and reigns for ever and ever. Amen.

BLESSING

Abbot: May the almighty and merciful Lord,
Father, Son and Holy Spirit, bless us and keep us.

All: Amen

The monastic community proceeds to the Lady Chapel to sing the Marian Anthem. These may be found on page 18 ff.

Then follows the rite of sprinkling, during which is said:

O purify me, then I shall be clean,
O wash me, and I shall be whiter than snow

**℟. O purify me, then I shall be clean,
O wash me, and I shall be whiter than snow**

May the Divine Assistance remain always with us.

℟. And with our absent brethren. Amen.

FINAL ANTHEMS TO THE BLESSED VIRGIN MARY

from Pentecost until the Assumption:

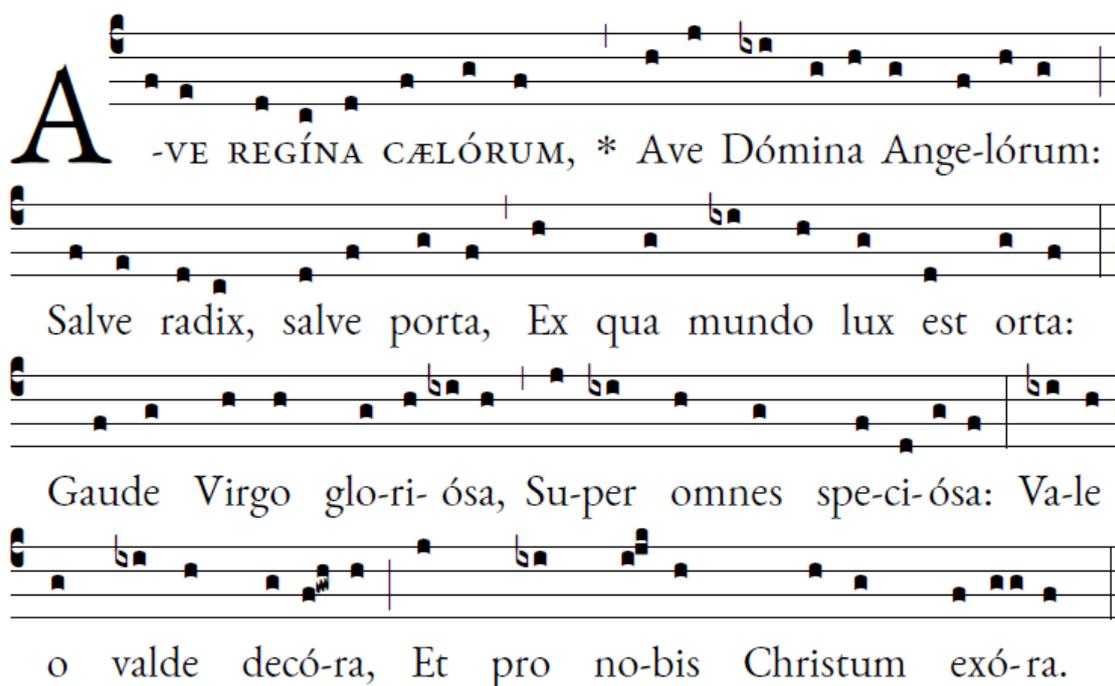
SALVE REGÍNA, * ma-ter mi-se-ricórdi-æ, Vi-ta, dulcé-
do, et spes nostra, salve. Ad te clamámus, éxsu-les,
fí-li-i Hevæ. Ad te suspi-rámus, geméntes et flentes in
hac lacrimárum valle. Eia ergo, Advocáta nostra, illos
tu-os mi-se-ricórdes óculos ad nos convérte. Et Iesum,
benedíctum fructum ventris tu-i, nobis post hoc exsí-li-um
osténde. O cle mens, O pi- a, O dulcis Virgo
Ma-rí- a.

from Advent to the Presentation:



A L -MA * Redemptó-ris Ma-ter, quæ pérvia cæli
Porta manes, et stella ma-ris, succúrre cadénti, Súrgere qui
curat, pópulo: Tu quæ genu-ísti, Natúra mi-ránte, tu-um
sanctum Geni-tó-rem, Virgo pri-us ac póste-ri-us, Gabri-
é-lis ab ore Sumens illud Ave, peccatórum mi-se-ré-re.

from the Presentation to Holy Saturday:



A -VE REGÍNA CÆLÓRUM, * Ave Dómina Ange-lórum:
Salve radix, salve porta, Ex qua mundo lux est orta:
Gaude Virgo glo-ri-ósa, Su-per omnes spe-ci-ósa: Va-le
o valde decó-ra, Et pro no-bis Christum exó-ra.

in Paschal Time:

REGINA CÆLI * lætâre, alle-lú-ia: Qui-a quem
meru-ísti portâre, alle-lú-ia: Resurréxit, sicut di-xit,
alle-lú-ia: Ora pro nobis De-um, alle-lú-ia.

from the Assumption to the End of the Year:

SUB TU-UM præsídi-um confúgimus, * sancta De-i
Génitrix: nostras depreca-ti-ónes ne despí-ci-as in neces-
si-tá-tibus: sed a per-ícu-lis cunctis líbera nos semper,
Virgo glo-ri-ós-a et be- ne-dícta.