



CHRISTMAS

*Liturgy of the Hours
Monastic Compline*

Compline During the Christmas Season

OPENING VERSE

PENITENTIAL RITE

HYMN

PSALMODY

SCRIPTURE READING

RESPONSORY

FINAL ORATION

BLESSING BY SUPERIOR

MARIAN ANTIPHON

MAY THE LORD BLESS US.

MAY THE DIVINE ASSISTANCE REMAIN ALWAYS WITH US.

AND WITH OUR ABSENT BRETHREN. AMEN.

Compline During the Christmas Season

Opening Verse

O God, come to my as- sistance. ⁂ O Lord,
make haste to help me. Glo- ry be to the Fa- ther and to
the Son and to the Ho- ly Spir- it. As it was in the
be- ginning, is now, and ev- er shall be, world without end.
A- men. Al- le- lu- ia.

Penitential Rite

Hebdom: My brothers [and sisters], let us call to mind our sins.

Examination of Conscience (pause for reflection)

Hebdom: I confess *

All: to almighty God, and to you, my brothers [and sisters], that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; and 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, forgive us our sins, and bring us to everlasting life.

All: Amen.

Or:

Hebdom: Lord, we have sinned against you: Lord, have mercy.

All: Lord, have mercy.

Hebdom: Lord, show us your mercy and love.

All: And grant us your salvation.

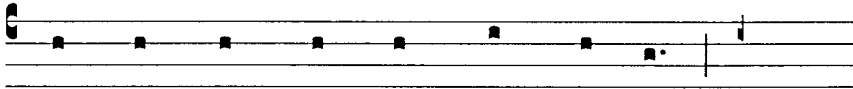
Hebdom: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Hymn

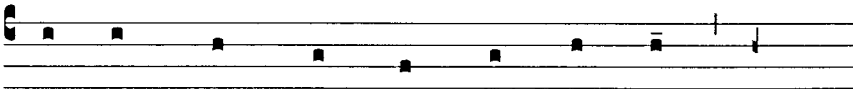
Mode VIII



- 1. To you be- fore the end of day,
- 2. Keep all dis- turb- ing dreams a- way,
- 3. Al- might- y Fa- ther, this ac- cord



- 1. Cre- a- tor of the world we pray,
- 2. And hold the ev- il foe at bay,
- 3. Through Je- sus Christ, your Son, our Lord:

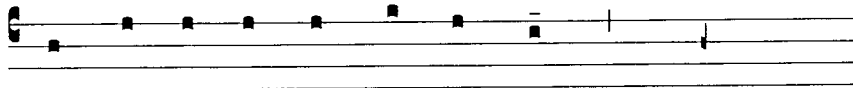


- 1. In love un- fail- ing hear our prayer,
- 2. Re- pose un- troubl- ed let us find
- 3. Who reigns with you e- ter- nal- ly

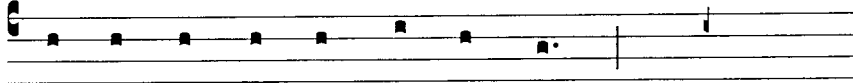


- 1. En- fold us in your watch- ful care.
- 2. For soul and bod- y, heart and mind.
- 3. In your blest Spir- it's u- ni- ty. A- men.

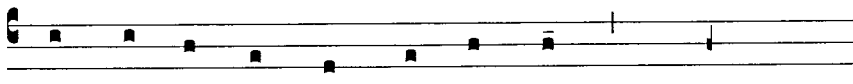
Hymn



1. O Christ, you, are our Light and Day;
2. So, we be- seech you, ho- ly Lord,
3. Though sleep be giv- en to our eyes,
4. Look down and be our sure de- fense,
5. To you, O Christ, our lov- ing King,



1. Re- pel the shad- ows of the night;
2. To keep us safe throughout the dark;
3. Our hearts shall vig- il keep with you;
4. Sup- press all things that could bring harm;
5. All glo- ry, hon- or, praise be given;



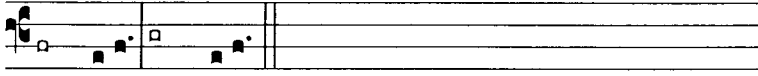
1. You are the true light, we be- lieve;
2. In you may we find quiet re- pose;
3. Ev- er pro- tect by your right hand
4. And gov- ern all your serv- ants, whom
5. The Fath- er, too, let us ad- ore,



1. You shed your ra- diance on the blest,
2. Please give to us a tran- quil night
3. The faith- ful who de- light in you.
4. Your precious Blood has now re- deemed,
5. And Ho- ly Spir- it, ev- er- more. A- men.

Psalm 4. *Night prayer*

Mode II



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?*

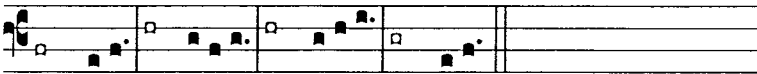
It is the Lord who grants favors to those whom *he loves*;
the Lord hears me whenever *I call* him.

Fear him; do not sin; ponder on your beds 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 will be for ever. *Amen*.

Psalm 91. *Under the wing of God's protection*

Mode V



Those who dwell in the shelter of the *Most High*
and abide in the shade of *the Almighty*
say to the *Lord*: “*My refuge,*
my stronghold, my God in *whom I trust!*”

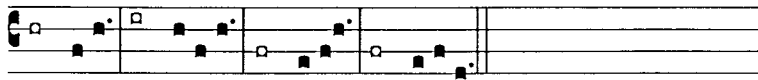
It is he who will free you from *the snare*
of the fowler who seeks to *destroy* you;
he will conceal you *with his pinions*
and under his wings you *will find refuge*.

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 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**.

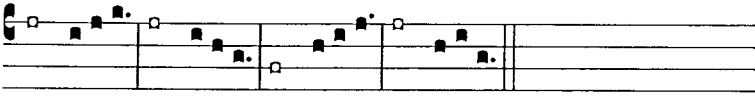
Since he clings to me in love, I *will* **free** him;
protect him for he *knows my* **name**.
When he calls I shall answer: "*I am* **with** you,"
I will save im in distress and *give him* **glory**.

With length of days I will *content* him;
I shall let him 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 will be for ever. **Amen**.

Psalm 134. *Prayer at nighttime: a pilgrimage song*

Mode VIII



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 Sion*,
he who made both heaven *and earth*.

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**.

Saturday Reading (Dt. 6:4-7)

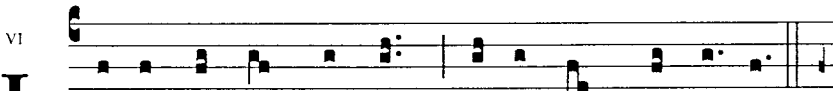
Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

Sunday Reading (Rev. 22:4-5)

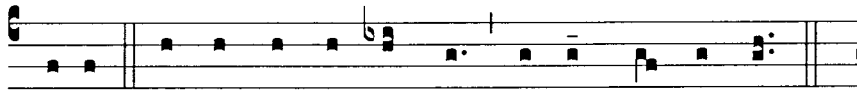
They shall see him face to face and bear his name on their foreheads. The light shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign for ever.

See Appendix A for readings for other days.

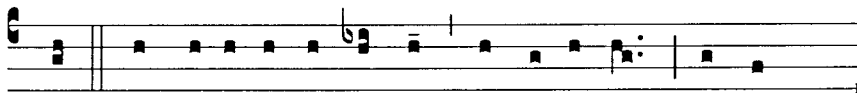
Responsory



I N- to your hands, O Lord, * I commend my spir-it.



In-to. Ψ For you have redeemed us, O Lord, God of truth.



* I Ψ Glo- ry be to the Fa-ther and to the Son and to

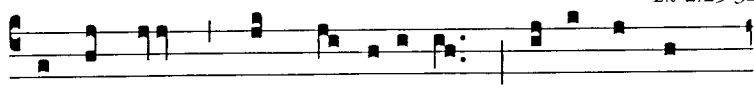


the Ho- ly Spir- it. In-to

Canticle Antiphon

Lk 2:29-32

III

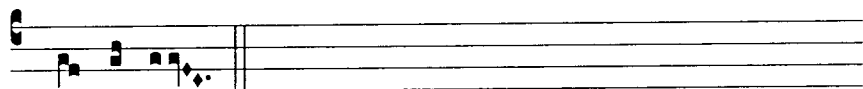


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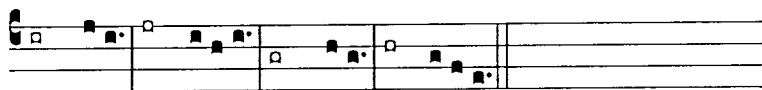
Ave us, Lord, * while we are a-wake; protect us while



we sleep; that we may keep watch with Christ and rest with



him in peace

Canticle of Simeon *Lk 2:29-32*

Lord, now let your servant go *in peace*
 your word has *been fulfilled*:
 my own eyes have seen the *salvation*
 which you have prepared in the sight of *every people*:

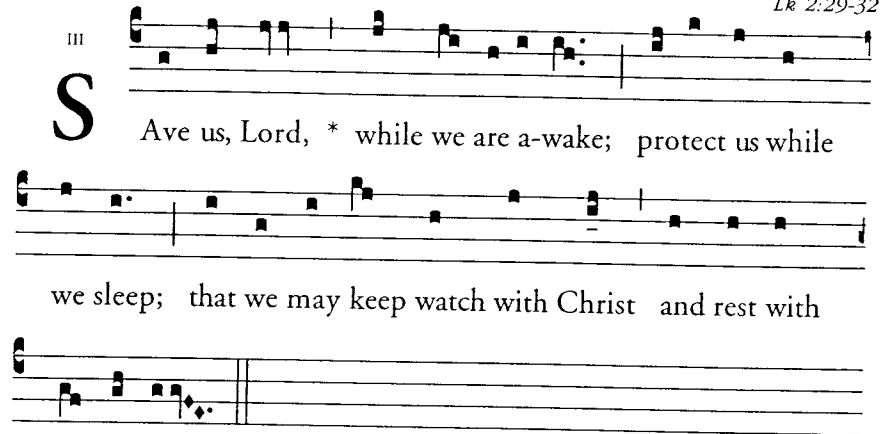
a light to reveal you to *the nations*
 and the glory of your *people Israel*.

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*.

Canticle Antiphon

Lk 2:29-32

III



S Ave us, Lord, * while we are a-wake; protect us while
we sleep; that we may keep watch with Christ and rest with
him in peace

Closing Prayer *(recto tono)*

SATURDAY

Let us pray (pause): Lord, be with us throughout this night. When day comes may we rise from sleep to rejoice in the resurrection of your Christ, who lives and reigns for ever and ever.

SUNDAY

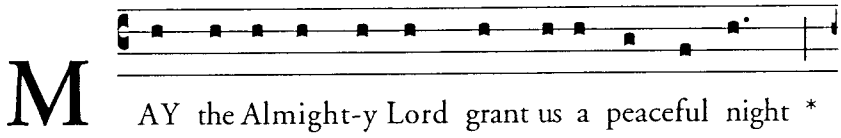
Let us pray (pause): Lord, we have celebrated today the rising of Christ to new life. <ay we now rest in your peace, safe from all that could harm us, and rise again refreshed and joyful to praise you throughout another day. We ask this through Christ our Lord.

See Appendix B for proper prayer for other days.

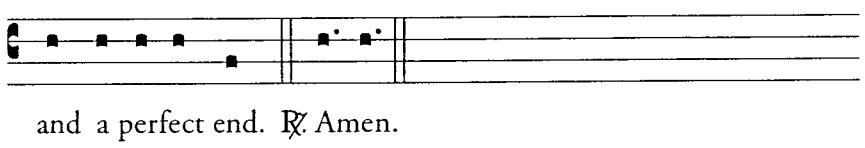
SOLEMNITIES (that do not occur on Sundays)

Let us pray (pause): Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord.

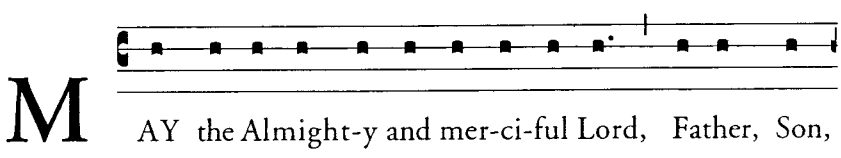
Final Blessing (Abbot or Superior)



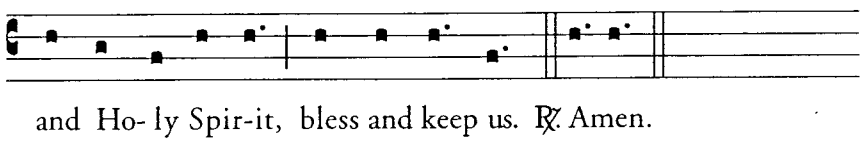
M AY the Almighty Lord grant us a peaceful night *



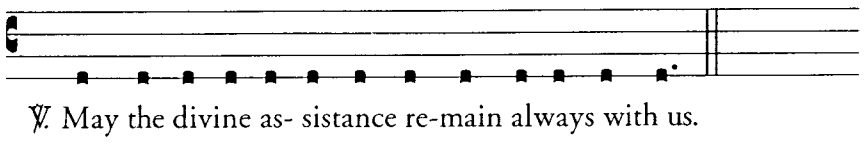
and a perfect end. R̄ Amen.



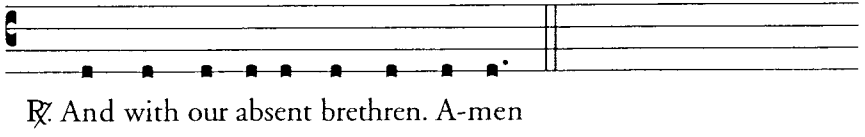
M AY the Almighty and mer-ci-ful Lord, Father, Son,



and Ho-ly Spir-it, bless and keep us. R̄ Amen.



∩ May the divine as- sistance re-main always with us.



R̄ And with our absent brethren. A-men

Alma Redemptoris Mater

A ^v L- ma * Red-empto-ris Ma-ter, quae pervi-a
cae-li Por-ta manes, et stella ma-ris, succure cadenti, Surge-re
qui cu-rat popu-lo: Tu quae genu-isti, Na-tu-ra mi-rante,
tu-um sanctum Ge-ni-to-rem, Virgo pri-us ac poste-ri-us,
Gabri-e-lis ab o-re Sumens il-lud Ave, pecca-to- rum mi-se-re-re.

The image shows a musical score for the hymn 'Alma Redemptoris Mater'. It consists of two staves: a vocal line and a piano accompaniment line. The vocal line begins with a large initial 'A' and a 'v' above it. The lyrics are written below the notes. The piano accompaniment line consists of a series of chords and single notes. The music is in a simple, homophonic style. The lyrics are: 'Alma Redemptoris Mater, quae pervia caeli Porta manes, et stella maris, succure cadenti, Surge-re qui curat populo: Tu quae genuisti, Natura mirante, tuum sanctum Genitorem, Virgo prius ac posterius, Gabri-elis ab ore Sumens illud Ave, peccatorum miserere.'

O Loving Mother

O lov-ing * Mother of our Saviour, for ev-ver
a-biding heav-en's Gateway, and Star of Ocean; O hasten
to aid us, who oft falling strive to rise again. You be-
came the Mother, -while nature stood in awe-, of your own
Maker, your all-holy Lord. Virgin e-ver, after as before,
through the mouth of Gabri-el heaven spoke its Ave; have
compassion on us sinners.

English version © St. Cecilia's Abbey, Ryde, I. Wight, England.

Appendix A

Reading for Monday (I Thess. 5:9-10)

God has destined us for acquiring salvation through our Lord Jesus Christ. He died for us, that all of us, whether awake or asleep, together might live with him.

Reading for Tuesday (1 Peter 5:8-9a)

Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.

Reading for Wednesday (Ephesians 4:26-27)

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

Reading for Thursday (I Thess. 5:23)

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body; irreproachable at the coming of the Lord, Jesus Christ.

Reading for Friday (Jeremiah 14:9a)

You are in our midst, O Lord, your name we bear; do not forsake us, O Lord, our God.

Appendix B
FINAL PRAYERS**MONDAY**

Let us pray (pause): Lord, give our bodies restful sleep and let the work we have done today bear fruit in eternal life. We ask this through Christ, our Lord.

TUESDAY

Let us pray (pause): Lord, fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new days in your name. We ask this through Christ our Lord.

WEDNESDAY

Let us pray (pause): Lord Jesus Christ, you have given your followers an example of gentleness and humility, a task that is easy, a burden that is light. Accept the prayers and work of this day, and give us the rest that will strengthen us to render more faithful service to you who live and reign forever and ever.

THURSDAY

Let us pray (pause): Lord God, send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We ask this through Christ our Lord.

FRIDAY

Let us pray (pause): All powerful God keep us united with your Son in his death and burial so that we may rise to new life with him, who lives and reigns for ever and ever.