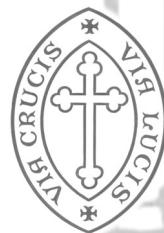


Community of the Holy Cross

Compline





*“When all have assembled,
they should pray Compline;
and on leaving Compline,
no one will be permitted to speak further.”*

from Chapter 42
The Rule of Saint Benedict

Prayers of Union 3

Introduction 5

Office Hymns 7

Sunday 11

Monday 15

Tuesday 19

Wednesday... .. 23

Thursday 25

Friday 29

Saturday 33

Nunc Dimittis 37

Chapters 39

Intercessions 41

Alma Redemptoris 45

Ave Regina Caelorum 46

Regína Cæli 47

Salve Regina 48

English Translations 50

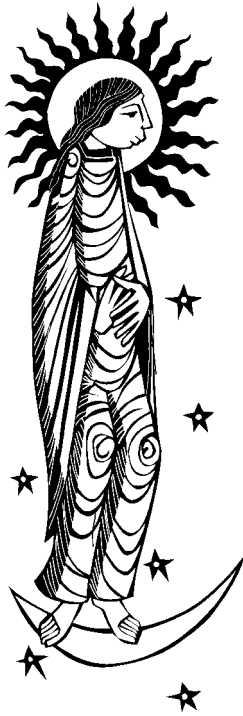
Conclusion 51

Compline for Maundy Thursday 53

Compline for Good Friday 55

Compline for Holy Saturday 57

Comptroller for 1907, Saturday, 57



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 thy countenance and we shall be whole.**

℣. Let us pray.

Stir up, O Lord, in thy 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.

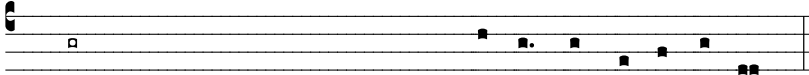
Grant us, we beseech thee, O Lord,
to be steadfast in the service of thy will,
that our days may see an increase
both in merit and in number
of the people that serve thee.

℟. **Amen.**



THE ORDER OF COMPLINE

Superior:

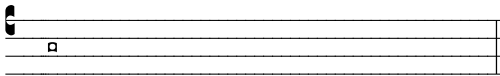


℣. May the Lord Almighty grant us a qui-et night and a per-fect end.



℟. A-men.

Hebdom:



℣. Our help is in the name of the Lord.

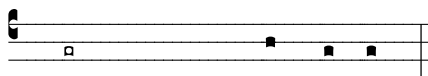


℟. Who made hea-ven and earth.

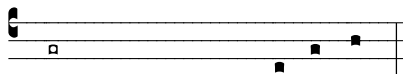
We pause to make an examination of our conscience.

I confess to almighty God,
and to you, my 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 sisters,
to pray for me to the Lord our God.

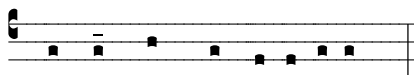
May almighty God have mercy on us, forgive us our sins,
and bring us to everlasting life. Amen.

Hebdom:

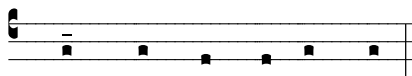
Convert us, O God our Sa-viour.



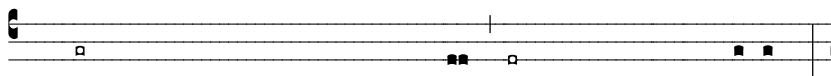
And turn your an-ger a-way.



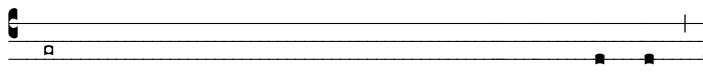
O God, come to my assistance.



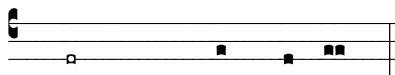
Lord, make haste to help me.



Glory be to the Father and to the Son, and to the Ho-ly Spi-rit:



as it was in the beginning, is now, and e-ver shall be,



world without end. Amen.

[Not in Lent]

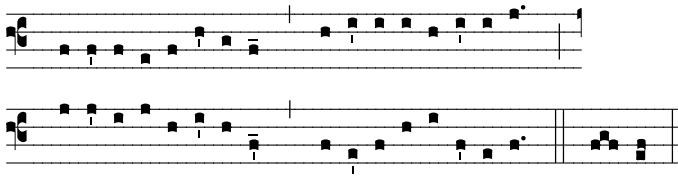
Al-le- lu- ia.

OFFICE HYMNS

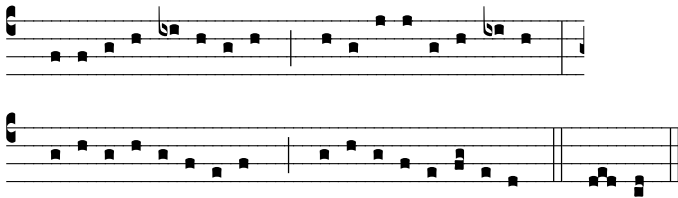
**Hymn from the day before the first Sunday of October
until Shrove Tuesday inclusive:**

During Christmastide

ij



Outside Christmastide



O Father, bring us back again
Who on this day have strayed from you,
That, sheltered by your loving hand,
Our evening prayer we may renew.

Give us untroubled heart and mind,
So flooded with your tranquil light,
That nothing evil there may hide
To take away our peace tonight.

We thank you, Father, source of light,
With Christ your Son and Spirit blest,
Who give the marvel of new day,
And with the evening star, give rest.

Amen.

Turn to the PSALMODY for the day: Sunday, page 11

Monday, page 15

Tuesday, page 19

Wednesday, page 23

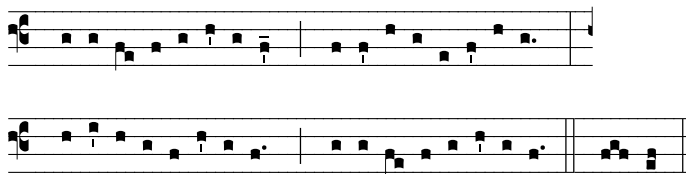
Thursday, page 25

Friday, page 29

Saturday, page 33

Hymn during Lent

(from Ash Wednesday until Holy Wednesday inclusive)



O Christ, you are the light of day,
Revealing what is veiled by night,
The morning star that gives the pledge,
And promise of eternal light.

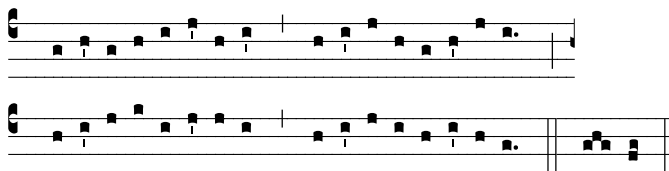
Watch over us who love you well,
And when our eyes are closed in sleep,
Protected by your strong right hand,
With you, our hearts will vigil keep.

O Father, Son and Holy Ghost,
Immortal Trinity we praise,
Give us true sorrow for our sins,
And life in everlasting days. Amen.

*Turn to the PSALMODY for the day: Sunday, page 11
Monday, page 15
Tuesday, page 19
Wednesday, page 23
Thursday, page 25
Friday, page 29
Saturday, page 33*

During Eastertide

vii



From all ill dreams defend our eyes,
From nightly fears and fantasies;
Tread under foot our ghostly foe,
That no pollution we may know.

O Father, that we ask be done,
Through Jesus Christ, thine only Son,
Who with the Holy Ghost and thee,
Doth live and reign eternally. Amen.

*Turn to the PSALMODY for the day: Sunday, page 11
Monday, page 15
Tuesday, page 19
Wednesday, page 23
Thursday, page 25
Friday, page 29
Saturday, page 33*



SUNDAY

Psalm 4

- 1 Hear me when I call O God, defender of my right: *
thou didst free me when I was hard pressed;
have mercy upon me and hearken unto my prayer.
- 2 O ye sons of men, how long shall my glory be reviled: *
how long will ye have such pleasure in folly and seek after falsehood?
- 3 Know this also, that the Lord hath chosen to himself the man that is godly: *
when I call upon the Lord he will hear me.
- 4 Stand in awe and sin not: *
commune with your own heart within your chamber and be still.
- 5 Offer sacrifices in their appointed seasons: *
and put your trust in the Lord.
- 6 There be many that say 'Who will shew us any good?': *
Lord lift thou up the light of thy countenance upon us.
- 7 Thou hast put gladness in my heart: *
more than men have when their corn and wine increase.
- 8 I will lay me down in peace and take my rest: *
for it is thou Lord only that makest 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.

Psalm 91 (90)

- 1 Whoso dwelleth under the defence of the Most High: *
and abideth under the shadow of the Almighty,
- 2 Shall say unto the Lord 'Thou art my refuge and my stronghold: *
my God in whom I trust.'
- 3 For he shall deliver thee from the snare of the hunter: *
and from the deadly pestilence.
- 4 He shall defend thee under his wings,
and thou shalt be safe under his feathers: *
his arm shall be thy shield and buckler.
- 5 Thou shalt not be afraid for any terror by night: *
nor for the arrow that flieth by day,
- 6 For the pestilence that walketh in darkness: *
nor for the sickness that destroyeth in the noon-day.
- 7 A thousand shall fall beside thee, and ten thousand at thy right hand: *
but it shall not come nigh thee;
- 8 Yea with thine eyes shalt thou behold: *
and see the recompense of the ungodly.
- 9 Because thou hast said 'The Lord is my refuge': *
and hast made the Most High thy stronghold,
- 10 There shall no evil happen unto thee: *
neither shall any plague come nigh thy dwelling.
- 11 For he shall give his angels charge over thee: *
to keep thee in all thy ways.
- 12 They shall bear thee in their hands: *
that thou hurt not thy foot against a stone.
- 13 Thou shalt tread upon the asp and the adder: *
the viper and the serpent shalt thou trample under thy feet.
- 14 'Because he hath set his love upon me, therefore will I deliver him: *
I will set him up because he hath known my name.

- 15 'He shall call upon me and I will hear him: *
yea I will be with him in trouble;
I will deliver him and bring him to honour.
- 16 'With long life will I satisfy him: *
and give him freely of my saving help.'
- 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.

Psalm 134 (133)

- 1 Behold now praise the Lord, all ye servants of the Lord: *
ye that by night stand in the house of the Lord.
- 2 Lift up your hands toward the holy place: *
and sing praises unto the Lord.
- 3 The Lord that made heaven and earth: *
give thee blessing out of Zion.
- 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.

Turn to the Nunc Dimittis on page 37.



MONDAY

Psalm 25 (24)

- 1 Unto thee O Lord will I lift up my soul;
my God I have put my trust in thee: *
O let me not be disappointed,
neither let mine enemies triumph over me.
- 2 For all they that hope in thee shall not be ashamed: *
but such as deal untruly shall be put to confusion.
- 3 Shew me thy ways O Lord: *
and teach me thy paths.
- 4 Lead me forth in thy truth and teach me: *
for thou art the God of my salvation;
in thee hath been my hope all the day long.
- 5 Call to remembrance O Lord thy tender mercies: *
and thy loving kindnesses, which have been ever of old.
- 6 O remember not the sins and offences of my youth: *
but according to thy mercy
think thou upon me O Lord in thy goodness.
- 7 Gracious and righteous is the Lord: *
therefore will he teach sinners in the way.
- 8 Them that are meek shall he guide in right paths: *
and such as are gentle, them shall he teach his way.
- 9 All the paths of the Lord are mercy and truth: *
unto such as keep his covenant and his testimonies.
- 10 For thy name's sake O Lord: *
be merciful unto my sin, for it is great.
- 11 What man is he that feareth the Lord: *
him shall he teach in the way that he should choose.

- 12 He himself shall dwell at ease: *
and his children shall inherit the land.
- 13 The Lord revealeth his secret counsel unto them that fear him: *
and he will shew them his covenant.
- 14 Mine eyes are ever looking unto the Lord: *
for he shall pluck my feet out of the net.
- 15 Turn thee unto me and have mercy upon me: *
for I am alone and in misery.
- 16 O set my heart at liberty from sorrow: *
and bring thou me out of my troubles.
- 17 Look upon my adversity and misery: *
and forgive me all my sins.
- 18 Consider mine enemies how many they are: *
and they bear a tyrannous hate against me.
- 19 O keep my soul and deliver me: *
let me not be disappointed, for I have put my trust in thee.
- 20 Let perfectness and righteous dealing preserve me: *
for my hope hath been in thee.
- 21 Deliver Israel O God: *
out of all his tribulations.

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.

Psalm 131 (130)

- 1 O Lord I am not haughty: *
I have no proud looks.
 - 2 I do not occupy myself with great matters: *
or with things that are too hard for me.
 - 3 But I have stilled and quieted my soul,
as a weaned child upon his mother's breast: *
so is my soul quieted within me.
 - 4 O Israel trust in the Lord: *
from this time forth for evermore.
- 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.

Psalm 133 (132)

- 1 Behold how good and lovely a thing it is: *
when brethren dwell together in unity.
 - 2 It is like the precious ointment upon the head,
that ran down unto the beard: *
even unto Aaron's beard, and flowed down upon his clothing.
 - 3 It is like the dew of Hermon: *
which falleth upon the hills of Zion.
 - 4 For there the Lord promised his blessing: *
even life for evermore.
- 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.

Turn to the Nunc Dimittis on page 37.



TUESDAY

Psalm 61 (60)

- 1 Hear my crying O God: *
and hearken unto my prayer.
- 2 From the ends of the earth will I call upon thee: *
when my heart is in heaviness.
- 3 O set me up upon the rock that is higher than I: *
for thou hast been my refuge,
and a strong tower for me against the enemy.
- 4 Let me dwell in thy tabernacle for ever: *
and let my trust be under the covering of thy wings.
- 5 O God thou hast hearkened unto my vows: *
thou hast heard the desire of those that fear thy name.
- 6 Thou shalt grant the king a long life: *
his years shall endure throughout all generations.
- 7 His throne shall abide before God for ever: *
loving kindness and faithfulness shall preserve him.
- 8 So will I always sing praise unto thy name: *
while I daily perform my vows.

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.

Psalm 27 (26)

- 1 The Lord is my light and my salvation;
whom then shall I fear: *
the Lord is the strength of my life;
of whom then shall I be afraid?
- 2 When the wicked, even mine enemies and my foes,
came upon me to eat up my flesh: *
they stumbled and fell to the ground.
- 3 Though an host of men were encamped against me,
yet shall not my heart be afraid: *
and though there rose up war against me,
yet will I put my trust in him.
- 4 One thing have I desired of the Lord that I long for: *
even that I may dwell in the house of the Lord all the days of my life,
- 5 To behold the fair beauty of the Lord: *
and to seek him in his temple.
- 6 For in the time of trouble he shall hide me in his shadow: *
yea in the secret place of his dwelling shall he hide me,
and set me up upon a rock of stone.
- 7 And now shall he lift up mine head: *
above mine enemies round about me.
- 8 Therefore will I offer in his dwelling an oblation with great gladness: *
I will sing and speak praises unto the Lord.
- 9 Hearken unto my voice O Lord when I cry unto thee: *
have mercy upon me and hear me.
- 10 My heart hath talked with thee: *
'Seek ye my face'; 'Thy face Lord will I seek.'
- 11 O hide not thou thy face from me: *
nor cast thy servant away in displeasure.
- 12 Thou hast been my succour: *
leave me not neither forsake me, O God of my salvation.

- 13 Though my father and my mother forsake me: *
the Lord taketh me up.
- 14 Teach me thy way O Lord: *
and lead me in the right way because of mine enemies.
- 15 Deliver me not over into the will of mine adversaries: *
for there are false witnesses risen up against me,
and such as breathe out cruelty.
- 16 I believe verily to see the goodness of the Lord: *
even in the land of the living.
- 17 O wait for the Lord, be strong and let thine heart take courage: *
and put thou thy trust in the Lord.
- 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.

Turn to the Nunc Dimittis on page 37.



WEDNESDAY

Psalm 139 (138)

- 1 O Lord thou hast searched me out and known me: *
thou knowest my down-sitting, and mine up-rising,
thou understandest my thoughts from afar.
- 2 Thou art ever about my path and the places where I rest: *
and art acquainted with all my ways.
- 3 For lo there is not a word in my mouth: *
but thou O Lord knowest it altogether.
- 4 Thou hast protected me behind and before: *
and hast covered me with thine hand.
- 5 Such knowledge is too wonderful for me: *
so excellent that I cannot attain unto it.
- 6 Whither shall I go from thy spirit: *
or whither shall I flee from thy presence?
- 7 If I climb up into heaven thou art there: *
if I make my bed in the grave thou art there also.
- 8 If I fly on the wings of the morning: *
or alight in the utter most parts of the west,
- 9 Even there shall thy hand lead me: *
and thy right hand shall hold me.
- 10 If I say 'Surely the darkness shall cover me: *
and my day be turned to night',
- 11 The darkness is no darkness with thee, but the night is as clear as the day: *
the darkness and the light are both alike.
- 12 It is thou that hast made mine inward parts: *
thou hast fashioned me in my mother's womb.
- 13 I will give thanks unto thee, for thou art to be held in awe and wonder: *
marvellous are thy works, and thou knowest me right well.

- 14 My bones were not hid from thee: *
when I was made in secret, and woven in the depths of the earth.
- 15 Thine eyes did see my body: *
while it was yet imperfect.
- 16 In thy book all the days of my life were written: *
when as yet there was none of them.
- 17 How dear are thy counsels unto me O Lord: *
O how great is the sum of them.
- 18 If I count them, they are more in number than the sand: *
even if I should count them unto the end, still would I be present with thee.
- 19 O that thou wouldest slay the wicked O God: *
depart from me ye blood-thirsty men.
- 20 For they speak despitefully against thee: *
even they that take thy name in vain.
- 21 Do not I hate them O Lord that hate thee: *
and do not I abhor those that rise up against thee?
- 22 I hate them with a perfect hatred: *
yea they are become mine enemies.
- 23 Try me O God and know my heart: *
put me to the proof and know my thoughts.
- 24 Look well if there be any way of wickedness in me: *
and lead me in the way of peace.
- 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.

Turn to the Nunc Dimittis on page 37.

THURSDAY

During the Paschal Triduum, the Glory be to the Father is NOT said.

Psalm 54 (53)

- 1 Save me O God by the power of thy name: *
and avenge me in thy strength.
- 2 Hear my prayer O God: *
and hearken unto the words of my mouth.
- 3 For arrogant men are risen against me: *
and tyrants who have not God before their eyes seek after my life.
- 4 Behold God is my helper: *
the Lord is he that up holdeth my life.
- 5 He shall render evil unto mine enemies: *
destroy thou them in thy faithfulness.
- 6 An offering of a willing heart will I give thee: *
I will praise thy name O Lord, for it is good.
- 7 For he hath delivered me out of all my trouble: *
and mine eye hath seen its desire upon mine enemies.

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.

Psalm 141 (140)

- 1 Lord I call upon thee, haste thee unto me: *
and consider my voice when I cry unto thee.
- 2 Let my prayer be set forth in thy sight as the incense: *
and let the lifting up of my hands be as the evening sacrifice.

- 3 Set a watch O Lord before my mouth: *
and keep the door of my lips.
- 4 O let not my heart be inclined to any evil thing: *
let me not be occupied in ungodly works with men that work wickedness,
and let me never eat at their tables.
- 5 Rather let the righteous chasten me: *
and in their loving kindness reprove me.
- 6 But let not the oil of the unrighteous anoint my head: *
while I live I will pray against their wickedness.
- 7 Let their governors be overthrown in stony places: *
that men may hear my words that they are sweet.
- 8 Let their bones lie scattered at the mouth of the pit: *
as when the ploughman scattereth the earth from the furrows.
- 9 But mine eyes look unto thee O Lord: *
in thee is my refuge; O cast not out my soul.
- 10 Keep me from the snare that they have laid for me: *
and from the traps of the wicked doers.
- 11 Let the ungodly fall into their own nets together: *
while I do ever escape them.

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.

Psalm 56 (55)

- 1 Be merciful unto me O God, for men are treading me down: *
mine adversaries oppress me all the day long.
- 2 Mine enemies tread me down all the day long: *
for there be many that fight against me.

- 3 Raise me up in the day when I am afraid: *
yea I will put my trust in thee.
- 4 In God whose word I praise, in God I trust and fear not: *
what can flesh do unto me?
- 5 With their words they devise evil against me all the day long: *
in all their thoughts they are set to do me hurt.
- 6 They gather themselves together and lie in wait: *
and mark my steps while they seek after my life.
- 7 Recompense them for their wickedness: *
O God in thy displeasure cast the peoples down.
- 8 Thou regardest my lamentation; put my tears into thy bottle: *
are not these things noted in thy book?
- 9 Whensoever I call upon thee, then shall mine enemies be put to flight: *
this I know, for God is on my side.
- 10 In God whose word I praise: *
in the Lord whose word I praise,
- 11 In God I trust and fear not: *
what can man do unto me?
- 12 Unto thee O God will I pay my vows: *
unto thee will I give thanks.
- 13 For thou hast delivered my soul from death and my feet from falling: *
that I may walk before God in the light of the living.
- 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.

Turn to the Nunc Dimittis on page 37.

[On Maundy Thursday, turn to page 54.]



FRIDAY

During the Paschal Triduum, the Glory be to the Father is NOT said.

Psalm 31 (30)

- 1 In thee O Lord have I put my trust: *
let me never be put to confusion, deliver me in thy righteousness.
- 2 Bow down thine ear to me: *
O haste thee to deliver me.
- 3 And be thou my strong rock and house of defence: *
that thou mayest save me.
- 4 For thou art my strong rock and my castle: *
be thou also my guide, and lead me for thy name's sake.
- 5 Draw me out of the net that they have laid privily for me: *
for thou art my strength.
- 6 Into thy hands I commend my spirit: *
for thou hast redeemed me, O Lord thou God of truth.
- 7 Thou hatest them that cleave unto false gods: *
but my trust hath been in the Lord.
- 8 I will be glad and rejoice in thy mercy: *
for thou hast looked upon my trouble, and hast cared for me in adversities.
- 9 Thou hast not delivered me into the hand of the enemy: *
thou hast set my feet where they may walk at liberty.
- 10 Have mercy upon me O Lord, for I am in trouble: *
and mine eye is wasted for very heaviness, yea my soul and my body.
- 11 For my life is waxen old with sorrow, and my years with mourning: *
my strength faileth me because of mine affliction,
and my bones are consumed.
- 12 I am become a scorn among all mine enemies: *
and a by-word among my neighbours.

- 13 They of mine acquaintance are afraid of me: *
they shrink from me that see me in the street.
- 14 I am clean forgotten, as a dead man out of mind: *
I am become like a broken vessel.
- 15 For I have heard how the people whisper, and fear is on every side: *
while they conspire together against me,
and take their counsel to take away my life.
- 16 But my hope hath been in thee O Lord: *
I have said 'Thou art my God.'
- 17 My days are in thy hand: *
deliver me from the hand of mine enemies
and from them that persecute me.
- 18 Shew thy servant the light of thy countenance: *
and save me for thy mercy's sake.
- 19 Let me not be confounded O Lord, for I have called upon thee: *
let the ungodly be put to confusion, and be put to silence in the grave.
- 20 Let the lying lips be put to silence: *
which cruelly, disdainfully and despitefully speak against the righteous.
- 21 O how plentiful is thy goodness,
which thou hast laid up for them that fear thee: *
and that thou hast prepared for them that
put their trust in thee, even before the sons of men;
- 22 Thou hidest them in the secret place of thy presence,
from those that conspire against them: *
thou keepest them in thy refuge from the strife of tongues.
- 23 The Lord's name be praised: *
for he hath shewed me marvellous great kindness in time of trouble.
- 24 But when I was afraid I said in my haste: *
'I am cast out of the sight of thine eyes.'

25 Nevertheless thou heardest the voice of my petitions: *
when I cried aloud to thee.

26 O love the Lord all ye his servants: *
for the Lord preserveth them that are faithful,
and plenteously requiteth the proud doer.

27 Be strong and let your heart take courage: *
all ye that put your trust in the Lord.

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.

Turn to the Nunc Dimittis on page 37.

[On Good Friday, turn to page 56.]



SATURDAY

During the Paschal Triduum, the Glory be to the Father is NOT said.

Psalm 15 (14)

- 1 Lord who shall dwell in thy tabernacle: *
or who shall rest upon thy holy hill?
- 2 Even he that leadeth an uncorrupt life: *
and doeth the thing which is right, and speaketh the truth from his heart;
- 3 He that hath used no deceit in his tongue, nor done evil to his neighbour: *
and hath not slandered his neighbour;
- 4 He that honoureth not the unworthy: *
but maketh much of them that fear the Lord;
- 5 He that taketh an oath and keepeth it: *
though it were to his own hindrance;
- 6 He that hath not given his money upon usury: *
nor taken a bribe against the innocent.
- 7 He that doeth these things: *
shall never be over thrown.

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.

Psalm 16 (15)

- 1 Preserve me O God: *
for in thee have I put my trust.
- 2 I have said unto the Lord 'Thou, art my God: *
I have no good apart from thee.'

- 3 All my delight is upon the godly that are in the land: *
and upon such as excel in virtue.
- 4 But as for them that turn back to other gods: *
their sorrows shall be multiplied.
- 5 Their drink-offerings of blood will I not offer: *
neither make mention of their names upon my lips.
- 6 The Lord himself is the portion of mine inheritance and my cup: *
thou dost maintain my lot.
- 7 The lines have fallen for me in pleasant places: *
yea I have a goodly heritage.
- 8 I will thank the Lord for giving me counsel: *
my heart also teacheth me in the night-season.
- 9 I have set God always before me: *
he is on my right hand, therefore I shall not fall.
- 10 Wherefore my heart is glad and my soul rejoiceth: *
my flesh also shall rest in safety.
- 11 For thou shalt not deliver me into the power of death: *
neither shalt thou suffer thy holy one to see the pit.
- 12 Thou shalt shew me the path of life;
in thy presence is the fullness of joy: *
and in thy right hand there are pleasures for evermore.

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.

Psalm 17 (16)

- 1 Hear the right, consider my cry O Lord: *
and hearken unto my prayer, that goeth not out of lying lips.
- 2 Let judgement for me come forth from thy presence: *
and let thine eyes look upon the thing that is just.
- 3 Thou hast proved and visited my heart in the night-season: *
if thou try me thou shalt find no wickedness in me;
my mouth shall not offend.
- 4 As for the doings of men: *
because of the words of thy lips I have kept me from the ways of the violent.
- 5 My feet have held firm in thy paths: *
and my footsteps have not slipped.
- 6 I have called upon thee O God, for thou shalt hear me: *
incline thine ear to me and hearken unto my words.
- 7 Shew thy marvellous loving-kindness: *
thou that art the saviour of them that put their trust in thee,
from such as resist thy right hand.
- 8 Keep me as the apple of an eye: *
hide me under the shadow of thy wings,
- 9 From the ungodly that trouble me: *
even from mine enemies that greedily compass me round about.
- 10 They have closed their heart to pity: *
and their mouth speaketh proud things.
- 11 They lie waiting in my way on every side: *
watching how they may cast me down to the ground.
- 12 Like as a lion that is greedy of his prey: *
and as it were a lion's whelp lurking in secret places.
- 13 Up Lord, stand thou in his way and cast him down: *
deliver me from the ungodly by thy sword and by thy hand.

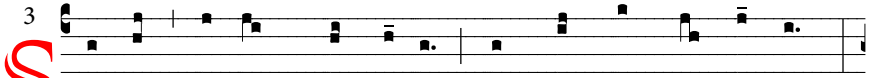
- ¹⁴ From the men O Lord,
yea from the men whose portion in life is of the world: *
whose bellies thou fillest from thy hidden treasure;
- ¹⁵ Who have children at their desire: *
and leave the rest of their substance for their babes.
- ¹⁶ But as for me I will behold thy presence in righteousness: *
and when I awake and see thy likeness I shall be satisfied with it.
- 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.

Turn to the Nunc Dimittis on page 37.

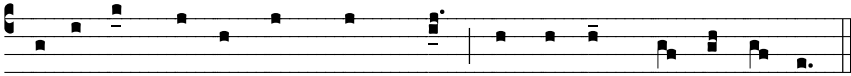
[On Holy Saturday, turn to page 58.]

NUNC DIMITTIS

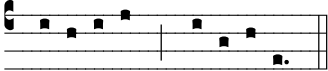
Antiphon

3 

ave us, * O Lord, while wa-king, and guard us while sleep-ing.



that a-wake we may watch with Christ, and a-sleep may rest in peace.



Luke 2: 29-32


Lord, now lettest thou thy servant depart in peace: *
according to thy word.

For mine eyes have seen thy salvation: *
which thou hast prepared before the face of all peoples.


To be a light to lighten the Gentiles: *
and to be the glory of thy people Israel.

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.

Antiphon



Save us, O Lord, while wa-king, and guard us while sleep-ing.



that a-wake we may watch with Christ, and a-sleep may rest in peace.



CHAPTERS

SUNDAY

Jeremiah 14:9

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

℟️ **Thanks be to God.**

MONDAY

Isaiah 30: 15, 18

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

℟️ **Thanks be to God.**

TUESDAY

Deuteronomy 33: 26-27

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

℟️ **Thanks be to God.**

WEDNESDAY

1 Peter 5: 8-9

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

℟️ **Thanks be to God.**

THURSDAY*1 Peter 5: 6-7*

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

℟️ **Thanks be to God.**

FRIDAY*1 Thessalonians 5: 9-10*

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.**

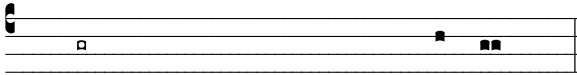
SATURDAY*Hebrews 4: 9-11*

There remains a Sabbath rest for the people of God.
For he who has entered into his rest
has himself rested from his own works, even as God did from his.
Let us therefore hasten to enter into that rest,
lest anyone fall by unbelief.

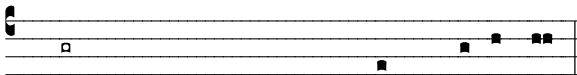
℟️ **Thanks be to God.**

INTERCESSIONS

Hebdom:

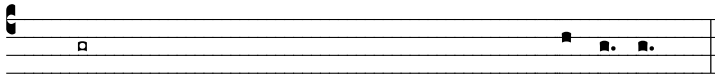


∇ Guard us, O Lord, as the apple of your eye.

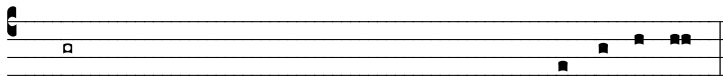


℞ Beneath the shadow of your wings pro-*tec*t us.

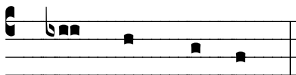
During Eastertide:



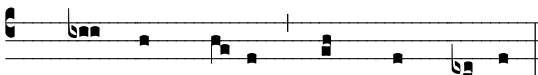
∇ Guard us, O Lord, as the apple of your eye, *alle- lu- ia*.



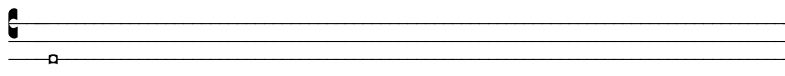
℞ Beneath the shadow of your wings protect us, *al-le- lu- ia*.



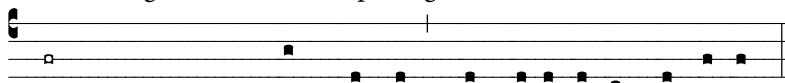
∇ Lord, have mer-*cy*.



℞ Christ, have mercy. Lord, have mercy.

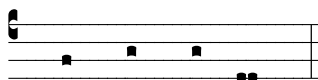


All Our Father, who art in heaven,
 hallowed be thy name, thy kingdom come,
 thy will be done on earth as it is in heaven.
 Give us this day our daily bread
 and forgive us our trespasses,
 as we forgive those who trespass against us,

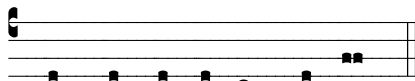


and lead us not into temp-ta- tion, but de-li-ver us from e-vil.

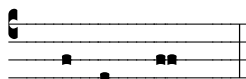
Hebdom:



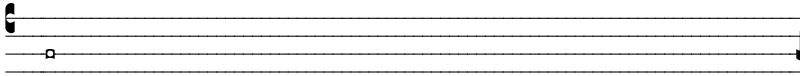
V. Lord, hear my prayer.



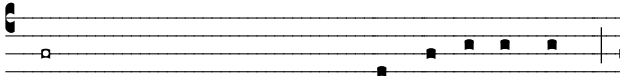
R. And let my cry come to you.



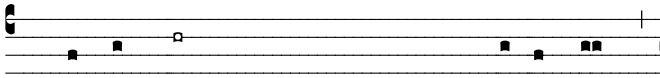
V. Let us pray.



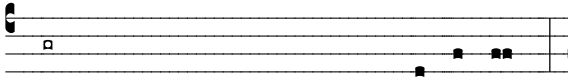
O Lord, we entreat you to visit this house,



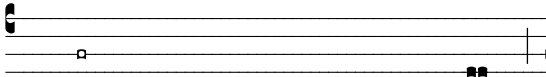
and drive far away the snares of the e-ne-my.



May your holy angels dwell here to keep us in peace,



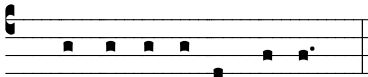
and may your blessing be always up-on us:



through our Lord Jesus Christ, your Son,



who lives and reigns with you in the unity of the Ho-ly Spi-rit,



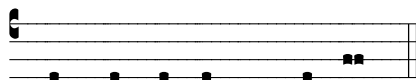
God for e-ver and e-ver.



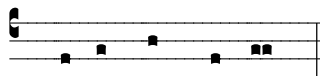
✠ A-men.

Hebdom:

℣. Lord, hear my prayer.



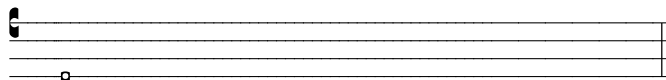
℟. And let my cry come to you.

Hebdom:

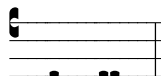
℣. Let us bless the Lord.



℟. Thanks be to God.

Superior:

℣. May the almighty and merciful Lord,
Father, Son, and Holy Spirit, bless and preserve us.



℟. A-men.

ANTIPHONS OF OUR LADY

From the Saturday before the First Sunday of Advent
until February 1st:

(English translation on page 50)

5 **A** l- ma * Red- emptó- ris Ma- ter,

quæ pérv- a cæ- li Por- ta ma- nes, et stel- la ma- ris,

succúr- re ca- dénti, Súrg- e re qui cu- rat, pó- pu- lo:

Tu quæ ge- nu- ís- ti, Na- tú- ra mi- ránte,

tu- um sanctum Ge- ni- tó- rem,

Virgo pri- us ac posté- ri- us, Gabri- é- lis ab or- e

Sumens il- lud A- ve, pecca- tó- rum mi- se- ré- re.

Turn to page 51.

From February 2nd until Holy Wednesday:

(English translation on page 50)

6

A -ve Re- gí-na cæ-ló-rum, * A-ve Dómi-na Ange- ló-rum

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

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

Va- le o valde de-có- ra, Et pro no- bis Christum ex-ó- ra.

Turn to page 51.

From Easter Sunday
until the Saturday before Pentecost:

(English translation on page 50)

6

R e-gí-na cæ-li * læ-tá-re, al-le- lú- ia:

Qui- a quem me-ru- í- sti portá-re, al-le- lú- ia:

Re-surréx-it, sic-ut dix-it, al-le- lú- ia:

O-ra pro no-bis De- um, al-le- lú- ia.

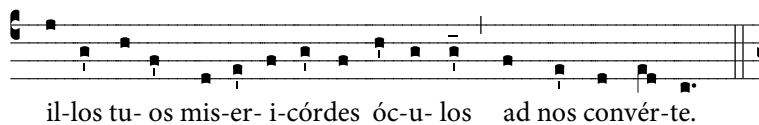
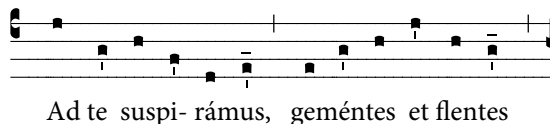
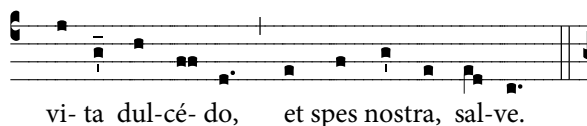
Turn to page 51.

From Pentecost Sunday

until the Friday before the First Sunday of Advent:

(English translation on page 50)

5

S



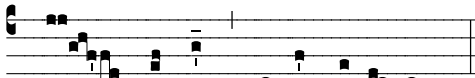
Et Je-sum, be-ne- díctum fructum ventris tu- i,



no-bis post hoc exsí- li- um osténde.



O cle-mens, O pi- a,



O dul-cis Virgo Ma-rí - a.

Turn to page 51.

Alma Redemptóris Mater

Loving Mother of the Redeemer,
 who remains the accessible Gateway of Heaven, and Star of the Sea,
 Give aid to a falling people that strives to rise;
 O Thou who begot thy holy Creator, while all nature marvelled,
 Virgin before and after receiving that 'Ave' from the mouth of Gabriel,
 have mercy on sinners.

Ave Regína Caelórum

Queen of heaven, we hail thee,
 Hail thee, Lady of all the Angels;
 Thou the dawn, the door of morning
 Whence the world's true Light is risen:
 Joy to thee, O Virgin glorious,
 Beautiful beyond all other;
 Hail and farewell, O most gracious,
 Intercede for us always to Jesus.

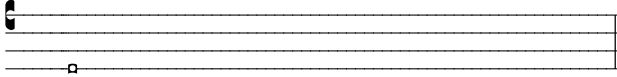
Regína Cæli

Joy to thee, O Queen of Heaven, alleluia!
 He whom thou wast meet to bear, alleluia!
 As he promised hath arisen, alleluia!
 Pour for us to God thy prayer, alleluia!

Salve Regína

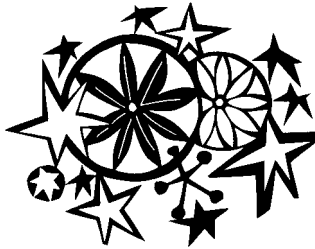
Hail! holy Queen, Mother of mercy,
 Hail! our life our sweetness and our hope.
 To thee do we cry, poor banished children of Eve.
 To thee do we send up our sighs,
 mourning and weeping in this vale of tears.
 Turn then, most gracious advocate,
 thine eyes of mercy towards us.
 And after this our exile,
 show unto us the blessed fruit of thy womb, Jesus.
 O clement, O loving, O sweet Virgin Mary.

Hebdom:



℣. May the help of God remain with us always.

℟. And with our absent brethren. Amen.





THE OFFICE OF COMPLINE

on Maundy Thursday

All make the sign of the Cross in silence.

The Office begins with an examination of conscience.

**I confess to almighty God,
and to you, my 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 sisters,
to pray for me to the Lord our God.**

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

PSALMODY

The Psalmody for Thursday is said, see pages 25-27.

NB: *The Glory be to the Father is NOT said during the Triduum.*

NUNC DIMITTIS*Luke 2: 29-32*

Lord, now lettest thou thy servant depart in peace: *
according to thy word.

For mine eyes have seen thy salvation: *
which thou hast prepared before the face of all peoples.

To be a light to lighten the Gentiles: *
and to be the glory of thy people Israel.

*The Glory be to the Father is **NOT** said.*

The following sentence is said:

Christ * for our sake, became obedient unto death.

The Hebdom says, Our Father.

The Lord's Prayer is then recited silently.

COLLECT [*without introduction*]

O Lord,
we entreat you to visit this house,
and drive far away the snares of the enemy.
May your holy angels dwell here to keep us in peace,
and may your blessing be always upon us:

[the conclusion is said silently]

through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. Amen.

THE OFFICE OF COMPLINE

on Good Friday

All make the sign of the Cross in silence.

The Office begins with an examination of conscience.

**I confess to almighty God,
and to you, my 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 sisters,
to pray for me to the Lord our God.**

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

PSALMODY

The Psalmody for Friday is said, see pages 29-31.

NB: *The Glory be to the Father is NOT said during the Triduum.*

NUNC DIMITTIS*Luke 2: 29-32*

Lord, now lettest thou thy servant depart in peace: *
according to thy word.

For mine eyes have seen thy salvation: *
which thou hast prepared before the face of all peoples.

To be a light to lighten the Gentiles: *
and to be the glory of thy people Israel.

*The Glory be to the Father is **NOT** said.*

The following sentence is said:

Christ * for our sake, became obedient unto death,
even the death of the Cross.

The Hebdom says, Our Father.

The Lord's Prayer is then recited silently.

COLLECT [*without introduction*]

O Lord,
we entreat you to visit this house,
and drive far away the snares of the enemy.
May your holy angels dwell here to keep us in peace,
and may your blessing be always upon us:

[the conclusion is said silently]

through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. Amen.

THE OFFICE OF COMPLINE

on Holy Saturday

*Compline is said only by those
who do not attend the celebration of the Easter Vigil*

All make the sign of the Cross in silence.

The Office begins with an examination of conscience.

I confess to almighty God,
and to you, my 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 sisters,
to pray for me to the Lord our God.

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

PSALMODY

The Psalmody for Saturday is said, see pages 33-36.

NB: *The Glory be to the Father is NOT said during the Triduum.*

NUNC DIMITTIS*Luke 2: 29-32*

Lord, now lettest thou thy servant depart in peace: *
according to thy word.

For mine eyes have seen thy salvation: *
which thou hast prepared before the face of all peoples.

To be a light to lighten the Gentiles: *
and to be the glory of thy people Israel.

*The Glory be to the Father is **NOT** said.*

The following sentence is said:

Christ * for our sake, became obedient unto death,
even the death of the Cross.
Therefore God has highly exalted him,
and bestowed on him the name which is above every name.

The Hebdom says, Our Father.

The Lord's Prayer is then recited silently.

COLLECT [*without introduction*]

O Lord,
we entreat you to visit this house,
and drive far away the snares of the enemy.
May your holy angels dwell here to keep us in peace,
and may your blessing be always upon us:

[the conclusion is said silently]

through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. Amen.