

Compline at New Melleray Abbey, Iowa with adaptations from *Christian Prayer*

Leader: O God, come to my assistance.

Response: O Lord, make haste to help me.

All: 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.

Hymn

(or "Day Is Done," #42 in *Christian Prayer*)

When evening comes we turn to you, the maker of all things.
We seek that peace and comfort which your kindness always brings.
Protect us from all dangers now and all throughout the night;
that we may rise once more with Christ, who is our truth and light.

Give glory to the Father who is source of all that is.
Give glory to the Son, who died that we might all be his.
Give glory to the Holy Ghost whom they to earth do send.
Give glory to our triune God whose rule will never end. Amen.

Psalm 4

Leader: When I call, answer me, O God of justice;

All: from anguish you released me; have mercy and hear me.

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

All: It is the LORD who grants favors to those whom he loves;
the LORD hears me whenever I call him.

Schola: Fear him; do not sin: ponder on your bed and be still;
make justice your sacrifice and trust in the LORD.

All: "What can bring us happiness" many say.
Lift up the light of your face on us, O LORD.

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

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

Schola: Give praise to the Father, the Son and Holy Spirit,
both now and for ages unending. Amen

Psalm 91

- All: 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."
- Schola: 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.
- All: 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.
- Schola: A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.
- All: 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.
- Schola: 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.
- All: 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.
- Schola: 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 him in distress and give him glory.
- All: With length of life I will content him;
I shall let him see my saving power.
To the Father, the Son and Holy Spirit
give praise for ever. Amen

Readings

- Sunday: They will see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever. (Rev. 22:4-5)
- Monday: For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. (1Thess. 5:9-10)
- Tuesday: Stay sober, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith. (1Pet. 5:8-9a)
- Wednesday: Be angry but do not sin; do not let the sun go down on your anger, and do not give the devil a chance to work on you. (Eph. 4:26-27)
- Thursday: May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. (1Thess. 5:23)
- Friday: You are in our midst, O LORD, your name we bear: do not forsake us, O LORD, our God! (Jer. 14:9b)
- Saturday: Hear, O Israel: The LORD is our God, the LORD alone. You shall love the LORD your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. (Deut. 6:4-7)

Responsory

- Leader: Into your hands, O Lord, I commend my spirit.
- All: Into your hands, O Lord, I commend my spirit.
- Leader: It is you who will redeem me, O Lord my God.
- All: I commend my spirit.
- Leader: Lord have mercy.
- All: Christ have mercy, Lord have mercy.

Gospel Canticle

Antiphon: Protect us Lord as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace (alleluia).

Abbot: Now, O Lord, dismiss your servants in peace
for your word has been fulfilled.
Our eyes have seen the salvation
you have displayed in the sight of all the peoples:
a Light to reveal you to the nations
and the Glory of your people, Israel
(Nunc dimmittis, Lk. 2: 29-32).

Abbot: May your glory rest upon us, and in your peace may we be blessed.
In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Closing Prayer

Sunday: Lord, we have celebrated today the mystery of the rising of Christ to new life. May we know 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.

Monday: 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: Lord, fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new day in your name. We ask this through Christ our Lord.

Wednesday: 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 for ever and ever.

Thursday: 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: 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.

Saturday: 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.

Leader: May the all-powerful Lord grant us a restful night and a peaceful death.

All: Amen.

Song to Mary

Salve, Regína, Mater misericórdiae, vita, dulcédo et spes nostra, salve. Ad te clamámus exules filii Evæ. Ad te suspirámus geméntes et fléntes in hac lacrymárum valle.

Eia ergo, advocáta nostra, illos tuos misericórdes óculos ad nos convérte. Et Jesum, benedíctum fructum ventris tui, nobis post hoc exsílium osténde. O clemens, o pia, o dulcis Virgo María.

[Hail, holy Queen, mother of mercy; hail, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs; mourning and weeping in this valley of tears. Turn then, our Advocate, your eyes of mercy toward us; and after this, our exile, show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!]