

ORDER OF CELEBRATION

Introductory Verse

H: O God, come to my assistance.

A: O Lord, make haste to help me. Glory to the Father... alleluia.

Examination of Conscience

Penitential Rite - see pp, 53 - 55 for alternatives

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

A: Lord, have mercy.

H: Lord, show us your mercy and love,

A: And grant us your salvation.

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

A: Amen.

Hymn

Psalmody with antiphon

Scripture Reading – see pp. 56 - 57 for alternatives

Responsory

Gospel Canticle with antiphon

Concluding Prayer (with Let us pray and short conclusion) – see pp. 58 – 59 for alternatives

Commemoration of the Dead

H: Let us remember our beloved dead, especially Sister N. who died in...(place), in...(year) and our deceased relatives, benefactors and friends. [For a sister whose death notice has just been received, Psalm 130 follows (see p. 35).

Then: Eternal rest grant unto her, O Lord. * And let perpetual light shine upon her.]

H: May they rest in peace.

A: Amen

Blessing

Prioress / May the Lord grant us a quiet night and a perfect end.

Superior:

A: Amen.

Antiphon in Honor of the Blessed Virgin

**THE
LITURGY OF THE HOURS**

COMPLINE
(Night Prayer)

VOLUME VII

MISSIONARY BENEDICTINE SISTERS OF TUTZING
MANILA PRIORY
PHILIPPINES

TABLE OF CONTENTS

Preface	3
After I Vespers on Sundays and Solemnities	5
After II Vespers on Sundays and Solemnities	14
Weekdays: Monday to Friday	22
Alternatives: Penitential Rites	53
Scripture Readings	56
Concluding Prayers	58
Prayer to St. Benedict	60
Blessing	60
Antiphons in Honor of the Blessed Virgin	61
Antiphons in Honor of the Blessed Virgin (On Solemnities)	69
Acknowledgment	77
Index of Hymns	77
Guidelines	78

P R E F A C E

Since several years, a good number of our communities in the Manila Priory have been using handy Compline Booklets in an improvised mimeographed-copy-version. This simple format has proven especially convenient in the practice of praying Compline in groups, as the need arises. Also when Compline is prayed in places other than the oratory, or in conclusion of special community celebrations and activities, it is practical to have a separate booklet only for Compline that is readily accessible.

The Priory Liturgy Commission's (PLC) ongoing project of an overall revision of our current all-in-one-volume Liturgy of the Hours Book aims to come up with a more user-friendly version in several separate – and therefore lighter – books. Hence, the parts of the Divine Office are printed in their proper sequence from the Invitatory to the Hymn, Psalmody, Reading, and so on.

Though this new format is marked by frequent repetitions and consumes more space, the intended simpler overall design aims to benefit many especially as we increasingly share the Church's public prayer with those we serve, e.g., in schools and centers; retreats and seminars.

This revised Compline Booklet (Volume VII in the series), follows the completion of Volume I, *Advent and Christmas*. Copies of the latter were distributed in December 2017.

This smallest of the revised series gives you a more official and updated model of Compline using only one set of psalms throughout the year. The particular set of psalms is patterned after the 4-volume Liturgy of the Hours according to the Roman Rite,

Preface

NY 1975. One advantage of the repetition of the psalms at Compline is the potential for greater familiarization with these prayers and even learning them by heart, for example, Psalm 91. This would allow a community, eventually, to pray certain psalms of Compline by memory.

It must be said that using other psalms and hymns for special occasions is, in any case possible; -- and has always been the principle. The new set is not meant to inhibit the need and creativity of the group. In addition, the use of technology in our age and other creative elements in special community celebrations continue to enhance our Benedictine liturgical prayer. At best, all this can strengthen and sustain the joy of our worship and help to carry us forward in our liturgical renewal and adaptation in our time.

That in all things God may be glorified!

The Priory Liturgy Commission
Manila Priory
December 2018

**AFTER I VESPERS ON SUNDAYS AND
SOLEMNITIES**

HYMN

Holy Darkness

Text inspired by St. John of the Cross

Dan Schutte

Refrain: *Peacefully*

G D/F# Em Em/D

Ho-ly dark-ness, bless-ed night, heav-en's

C D G(sus4) G G/F#

an-swer hid-den from our sight. As we a-

Em Em/D C C/B

wait you, O God of si-lence, we em-

Am7 C/D D7 G(sus4) G G Final

brace your ho-ly night. night.

1-3 to verses

Compline

Verses 1 – 2: *Slightly faster*

D D/F# Em

1. I have tried you in fires of af - flic - tion;
2. I have taught you the price of com - pas - sion;

E Am⁷ Am⁷/G

1. I have taught your soul to grieve. In the
2. You have stood be - fore the grave. Though my

D D/C G/B Em

1. bar - ren soil of your lone - li - nes.
2. love can seem like a rag - ing storm,

C Am D(sus⁴) D D.C.

1. there I will plant my seed.
2. this is the love that saves.

After I Vespers on Sundays

Verses 3 – 4: *Faster with more energy*

C^o B⁷ Em

3. In your deep - est hour of dark - ness
4. As the watch - man waits for morn - ing,

C D Bm Em

3. I will give you wealth un - told.
4. and the bride a - waits her groom,

C^o B⁷ Em

3. When the si - lence stills your spir - it,
4. so we wait to hear your foot - steps

Fmaj⁷ Am D(sus⁴) D D.C.

3. will my rich - es fill your soul.
4. as we rest be - neath your moon.

Compline

PSALMODY

Antiphon 1

D Bm F#m⁶ D

Lord, + make me dwell in safe - ty.

Em D

(Al - le - lu - ia.)

D A⁶ Bm F#m Em A⁶ D

(a) (b) (c)

Psalm 4

Thanksgiving

The resurrection of Christ was God's supreme and wholly marvelous work (Saint Augustine).

- I (a) When I call, answer me, O God of justice;
(b) from anguish you released me;
(c) have mercy and hear me!
- II (a) O men, how long will your hearts be closed,
(b) will you love what is futile
(c) and seek what is false?

After I Vespers on Sundays

- I (a) It is the Lord who grants favors to those whom he loves;
(b) the Lord hears me
(c) whenever I call him.
- II (a) Fear him, do not sin:
(b) ponder on your bed and be still.
(c) make justice your sacrifice and trust in the Lord.
- I (a) “What can bring us happiness?” many say.
(b) Let the light of your face
(c) shine on us, O Lord.
- II (a) You have put into my heart
(b) a greater joy than they have
(c) from abundance of corn and new wine.
- I (a) I will lie down in peace and sleep comes at once
(b) for you alone, Lord,
(c) make me dwell in safety. Δ **Ant. 1**

Antiphon 2

A F#m A⁶ D

In the si - lent hours of night, + bless

E D⁶ E

the Lord. (Al - le - lu - ia.)

After I Vespers on Sundays

READING

Deuteronomy 6:4-7

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.

RESPONSORY

Ingeborg del Rosario

F Dm Am⁶ Am

C/A In - to your hands, O Lord, * I com-mend my

Gm⁶ F C⁶ C F

Spir - it. (Al - le - lu - ia, al - le - lu - ia.

Dm C⁶ F

C You have re-deemed us, Lord, God of truth.

Am F Dm C⁶

A I com-mend. C Glory to the Fa - ther and to

Compline

Dm C⁶ F F

the Son, and to the Ho - ly Spir - it. A In - to

ANTIPHON

Sister Celestine Marino, OSB

F B^b F F⁶ F Dm

Ant. Guard us, O Lord, while we sleep and

F B^b F Gm F

keep us in peace. (Al - le - lu - ia.)

GOSPEL CANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

F Dm Am⁶ F⁶ C

Lord, bid your ser - vant go in
This is the Sav - ior of hu - man -
Bless'd be the Fa - ther, who has

After I Vespers on Sundays

F C F⁶ C F

peace, kind, giv'n Your word is now ful - filled.
The Gen - tiles' prom - ised light,
His Son to be our Lord;

C F⁶ Dm/F F

These eyes have seen sal - va - tion's dawn,
God's glo - ry dwell - ing in our midst,
Bless'd too that Son, and with them both,

B^b C⁷ F

This child so long fore - told.
The joy of Is - ra - el.
The spir - it of their love.

PRAYER (On Sundays and during the Octave of Easter)

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 forever and ever. Amen.

Compline

Or: on solemnities that do not occur on Sunday:

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. Amen.

Blessing - p. 60

Antiphon in honor of the Blessed Virgin - p. 63ff.

AFTER II VESPERS ON SUNDAYS AND SOLEMNITIES

HYMN

Shelter Me, O God

Refrain

Bob Hurd

Shel-ter me, O God; hide me in the shad-ow
of your wings. You a - lone

After II Vespers on Sundays

Am⁷ G(add9) To verses Last time
G

are my hope.

Verses

Em A D(sus4) D

1. When my foes sur - round me, set me
2. As a moth - er gath - ers her
3. Though I walk in dark - ness, through the

G Bm⁷ C D^{#07} B⁷/D[#]

1. high a - bove their reach. Hear me when I
2. young be - neath her care, gath - er me in -
3. nee - dle's eye of death, you will nev - er

G Em Bm⁷ C(add9) D/F[#] **D.C.**

1. call your name.
2. to your arms.
3. leave my side.

Compline

PSALMODY

Antiphon

The musical score is written on three staves in G minor. The first staff contains the melody for 'Night holds no terrors for me + sleep-ing' with chords F, Dm, Am⁶, and Gm⁶. The second staff contains the melody for 'un-der God's wings. (Al-le-lu-ia.)' with chords Gm, F, Gm, and F. The third staff, marked '12d', contains four measures labeled (a), (b), (c), and (d) with chords F, Dm Am⁶, Gm⁶ F⁶, Am B^b, and F respectively.

Psalm 91

Safe in God's sheltering care

*I have given you the power to tread upon serpents and scorpions
(Luke 10:19).*

- I (a) He who dwells in the shelter of the Most High
(b) and abides in the shade of the Almighty
(c) says to the Lord:
(d) “My refuge, my stronghold, / my God in whom I trust!”
- II (a) It is he who will free you from the snares
(b) of the fowler who seeks to destroy you;
(c) he will conceal you with his pinions
(d) and under his wings you will find refuge.

After II Vespers on Sundays

- I (a) You will not fear the terror of the night
(b) nor the arrow that flies by day,
(c) nor the plague that prowls in the darkness
(d) nor the scourge that lays waste at noon.
- II (a) A thousand may fall at your side,
(b) ten thousand fall at your right,
(c) you, it will never approach;
(d) his faithfulness is buckler and shield.
- I (a) Your eyes have only to look
(b) to see how the wicked are repaid,
(c) you who have said: “Lord, my refuge!”
(d) and have made the Most High your dwelling.
- II (a) Upon you no evil shall fall,
(b) no plague approach where you dwell.
(c) For you has he commanded his angels
(d) to keep you in all your ways.
- I (a) They shall bear you upon their hands
(b) lest you strike your foot against a stone.
(c) On the lion and the viper you will tread
(d) and trample the young lion and the dragon.
- II (a) Since he clings to me in love, I will free him;
(b) protect him for he knows my name.
(c) When he calls I shall answer: “I am with you.”
(d) I will save him in distress and give him glory.
- I (a) With length of life I will content him;
(b) I shall let him see my saving power. Δ (cd) Ant.

Compline

READING

Revelation 22:4-5

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.

RESPONSORY

F Dm Am⁶ Am

C/A In - to your hands, O Lord, * I com - mend my

Gm⁶ F C⁶ C F

Spir - it. (Al - le - lu - ia, al - le - lu - ia.

Dm C⁶ F

C You have re - deemed us, Lord, God of truth.

Am F Dm C⁶

A I com - mend. **C** Glory to the Fa - ther and to

Dm C⁶ F F

the Son, and to the Ho - ly Spir - it. **A** In - to

After II Vespers on Sundays

ANTIPHON

Sister Mary Placid Abejo, OSB

F Dm Am⁶ Dm

Ant. Pro-**tect** us, Lord, + as we stay a-wake; watch o-ver

Am Am⁶ Dm Gm Gm⁶

us as we sleep, that a-wake we may keep watch

Am Dm Gm Bb F Gm F

with Christ, and a-sleep, rest in peace. (Al-le-lu ia.)

GOSPEL CANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

F Bb/F F Gm F

Lord, now you let your serv-ant go in peace; your

C⁶ F Gm/F F

word has been ful-filled: my own eyes have seen the

Compline

sal - va - tion which you have pre - pared in the sight of

ev - ry peo - ple: a light to re - veal you to the

na - tions and the glo - ry of your peo - ple Is - ra - el.

Glory to the Fa - ther and to the Son, and to the Ho - ly

Spir - it. As it was in the be - gin - ning, is now

and will be for ev - er. A - men.

Chord symbols: Dm, Gm, Dm, Bb, C, F, Am, Dm, Gm, Dm, Gm, C, C⁶, F, F, Dm, Am⁶, Dm, Bb, C, 4 - 3, F⁶, F, Dm, Am⁶, Dm, Gm⁶, Gm, F 4 - 3

After II Vespers on Sundays

ANTIPHON

F Dm Am⁶ Dm

Ant. Pro-tect us, Lord, + as we stay a-wake; watch o-ver

Am Am⁶ Dm Gm Gm⁶

us as we sleep, that a-wake we may keep watch

Am Dm Gm B^b F Gm F

with Christ, and a-sleep, rest in peace. (Al-le-lu - ia.)

PRAYER

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

Or: on solemnities that do not occur on Sunday:

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. Amen.

Blessing - p. 60

Antiphon in honor of the Blessed Virgin - p. 63ff.

Compline

MONDAY

HYMN

All Praise To You, My God, This Night



1. All praise to you, my God, this
2. For - give me, Lord, for this I
3. Lord, may I be at rest in




1. night, For all the bless-ings of the
2. pray, The wrong that I have done this
3. you And sweet - ly sleep the whole night



1. light. Keep me, O keep me King of
2. day. May peace with God and neigh - bor
3. through. Re - fresh my strength, for your own

Monday

Em Bm Em Am⁶ G/D D⁷ G



1. kings, Be - neath the shel - ter of your wings.
2. be, Be - fore I sleep re - stored to me.
3. sake, So I may serve you when I wake.

PSALMODY

Antiphon

O Lord, our God, + unwearied is your love for us. (Alleluia)

Psalm 86

The prayer of the poor man in distress

*Blessed be God who comforts us in all our trials
(2 Corinthians 1:3,4).*

- I Turn your ear, O Lord, and give answer / for I am poor and needy. * Preserve my life, for I am faithful: / save the servant who trusts in you.
- II You are my God, have mercy on me, Lord, / for I cry to you all the day long. * Give joy to your servant, O Lord, / for to you I lift up my soul.
- I O Lord, you are good and forgiving, / full of love to all who call. * Give heed, O Lord, to my prayer and attend to the sound of my voice.
- II In the day of distress I will call and surely you will reply. * Among the gods there is none like you, O Lord; / nor work to compare with yours.

Compline

- I All the nations shall come to adore you and glorify your name, O Lord: * for you are great and do marvelous deeds, / you who alone are God.
- II Show me, Lord, your way so that I may walk in your truth.* Guide my heart to fear your name.
- I I will praise you, Lord my God, with all my heart / and glorify your name for ever; * for your love to me has been great: / you have saved me from the depths of the grave.
- II The proud have risen against me; / ruthless men seek my life: * to you they pay no heed.
- I But you, God of mercy and compassion, / slow to anger, O Lord, / abounding in love and truth, * turn and take pity on me.
- II O give your strength to your servant and save your handmaid's son.* Show me a sign of your favor that my foes may see to their shame / that you console me and give me your help. Δ

Antiphon

O Lord, our God, / unwearied is your love for us. (Alleluia)

READING

1 Thessalonians 5:9-10

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.

Monday

RESPONSE

Sister Mary Placid Abejo, OSB

F Gm C C⁶ F



C/A In-to your hands, Lord, * I com-mend my spir - it.

Gm F C⁶ F



(Al - le - lu - ia, al - le - lu - ia.) **C** You have

Gm C C



re - deemed us Lord, God of truth. **A** I com-mend.

F Gm C



C Glory to the Fa - ther and to the Son, and to the

C C⁶ F F Gm C



Ho-ly Spir - it. **A** In - to your hands, Lord.

Compline

ANTIPHON

Sister Mary Placid Abejo, OSB

F Am Dm
Pro-tect us, Lord, + as we stay a - wake; watch

F Gm/F F Am
o - ver us as we sleep, that a - wake, we may

Dm Am⁶ Dm Gm
keep watch with Christ, and a - sleep, rest

Gm⁶ C F Gm C F
in his peace. (Al - le - lu - ia.)

GOSPEL CANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

F Am Dm C
5b

Monday

- I Lord, now you let your servant go in peace; * your word has been fulfilled:
- II My own eyes have seen the salvation * which you have prepared in the sight of every people:
- I A light to reveal you to the nations * and the glory of your people Israel. **Δ Ant.**

PRAYER

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. Amen.

Blessing - p. 60

Antiphon in honor of the Blessed Virgin - p. 63ff.

TUESDAY

HYMN

Now That The Daylight Dies Away

A D A⁶ Bm⁷ E⁷ A

1. Now that the day - light dies a - way,
2. Let dreams de - part and phan - toms fly,
3. This grace on thy re - deemed con - fer,

A⁶ D B⁷ E

1. By all thy grace and love, Thee,
2. The off - spring of the night, Keep
3. Fa - ther, co - e - qual Son, And

A⁶ D Bm E F#m D C#

1. Mak - er of the world, we pray,
2. us, like shrines, be - neath thine eye,
3. Ho - ly Spirit, the Com - fort - er,

A D Bm⁷ E⁷ A

1. To watch our bed a - bove.
2. Pure in our foe's de - spite.
3. E - ter - nal Three in One.

PSALMODY

Antiphon

Do not hide + your face from me; / in you I put my trust.

(Alleluia)

Psalm 143:1-11

Prayer in distress

Only by faith in Jesus Christ is a man made holy in God's sight.

No observance of the law can achieve this (Galatians 2:16).

- I Lord, listen to my prayer: * turn your ear to my appeal.
- II You are faithful, you are just; give answer. * Do not call your servant to judgment for no one is just in your sight.
- I The enemy pursues my soul; / he has crushed my life to the ground; * he has made me dwell in darkness like the dead, long forgotten.
- II Therefore my spirit fails; * my heart is numb within me.
- I I remember the days that are past: * I ponder all your works.
- II I muse on what your hand has wrought and to you I stretch out my hands. * Like a parched land my soul thirsts for you.
- I Lord, make haste and answer; / for my spirit fails within me.* Do not hide your face lest I become like those in the grave.
- II In the morning let me know your love for I put my trust in you. * Make me know the way I should walk: / to you I lift up my soul.

Compline

- I Rescue me, Lord, from my enemies; * I have fled to you for refuge.
- II Teach me to do your will for you, O Lord, are my God. * Let your good spirit guide me in ways that are level and smooth.
- I For your name's sake, Lord, save my life; * in your justice save my soul from distress. Δ

Antiphon

Do not hide your face from me; / in you I put my trust. (Alleluia)

READING

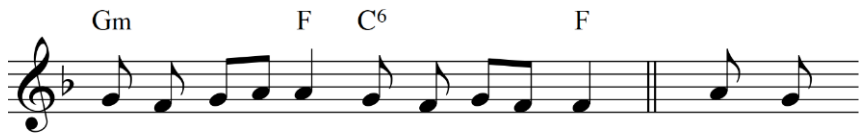
1 Peter 5:8-9a

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him steadfast in your faith.

RESPONSORY



C/A In-to your hands, Lord, * I com-mend my spir - it.




(Al - le - lu - ia, al - le - lu - ia.) C You have



re - deemed us Lord, God of truth. A I com-mend.


Tuesday

F Gm C



C Glory to the Fa - ther and to the Son, and to the


C C⁶ F F Gm C



Ho - ly Spir - it. A In - to your hands, Lord.

ANTIPHON

F Am Dm



Pro - tect us, Lord, + as we stay a - wake; watch

F Gm/F F Am



o - ver us as we sleep, that a - wake, we may

Dm Am⁶ Dm Gm



keep watch with Christ, and a - sleep, rest

Gm⁶ C F Gm C F



in his peace. (Al - le - lu - ia.)

Compline

GOSPEL CANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel



- I Lord, now you let your servant go in peace; * your word has been fulfilled:
- II My own eyes have seen the salvation * which you have prepared in the sight of every people:
- I A light to reveal you to the nations * and the glory of your people Israel. Δ **Ant.**

ANTIPHON



Tuesday

in his peace. (Al - le - lu - ia.)

PRAYER

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. Amen.

Blessing - p. 60

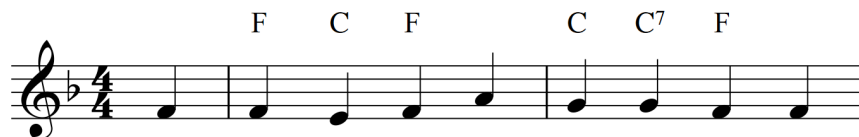
Antiphon in honor of the Blessed Virgin - p. 63ff

Compline

WEDNESDAY

HYMN

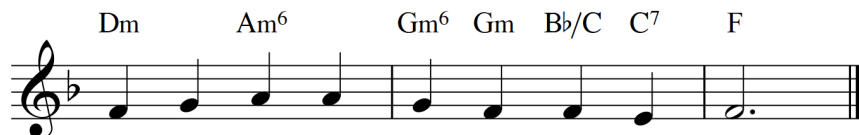
O Christ, You Are The Light And Day



1. O Christ, you are the light and day Which
2. As now the ev'-ning shad-ows fall Please
3. Re - gard, O Lord, our help-less-ness And



1. drives a - way the night, The ev - er shin - ing
2. grant us, Lord, we pray, A qui - et night to
3. come to our de - fense; May we be gov-erned



1. Sun of God And pledge of fu - ture light.
2. rest in you Un - til the break of day.
3. by your love, In true o - be - di - ence.

PSALMODY

Antiphon 1

Lord God, + be my refuge and my strength. (Alleluia)

Wednesday

Psalm 31:1-6

Trustful prayer in adversity

Father, into your hands I commend my spirit (Luke 23:46).

- I In you, O Lord, I take refuge. / Let me never be put to shame.* In your justice, set me free, / hear me and speedily rescue me.
- II Be a rock of refuge for me, / a mighty stronghold to save me,/ for you are my rock, my stronghold. * For your name's sake, lead me and guide me.
- I Release me from the snares they have hidden * for you are my refuge, Lord.
- II Into your hands I commend my spirit. * It is you who will redeem me, Lord. **Δ Ant. 1**

Antiphon 2

Out of the depths + I cry to you, Lord. (Alleluia)

Psalm 130

A cry from the depths

He will save his people from their sins (Matthew 1:21).

- I Out of the depths I cry to you, O Lord, / Lord, hear my voice!
* O let your ears be attentive to the voice of my pleading.
- II If you, O Lord, should mark our guilt, / Lord, who would survive? * But with you is found forgiveness: / for this we revere you.
- I My soul is waiting for the Lord, * I count on his word.

Compline

II My soul is longing for the Lord more than watchman for daybreak.* Let the watchman count on daybreak and Israel on the Lord.

I Because with the Lord there is mercy and fullness of redemption, * Israel indeed he will redeem from all its iniquity. Δ

Antiphon

Out of the depths + I cry to you, Lord. (Alleluia)

READING

Ephesians 4:26-27

Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.

RESPONSORY

The musical notation is written on two staves in G major. The first staff contains the melody for the first line of text, with chords F, Dm, Am⁶, and Am above it. The second staff contains the melody for the second line of text, with chords Gm⁶, F, C⁶, C, and F above it. The text is: In - to your hands, O Lord, * I com - mend my Spir - it. (Al - le - lu - ia, al - le - lu - ia.)

Wednesday

Dm C⁶ F

C You have re-deemed us, Lord, God of truth.

Am F Dm C⁶

A I com-mend. C Glory to the Fa - ther and to

Dm C⁶ F F

the Son, and to the Ho - ly Spir - it. A In - to

ANTIPHON

F B^b F F⁶ F Dm

Ant. Guard us, O Lord, while we sleep and

F B^b F Gm F

keep us in peace. (Al-le - lu - ia.)

Compline

GOSPELCANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

F Dm Am⁶ F⁶ C

Lord, bid your ser - vant go in
This is the Sav - ior of hu - man -
Bless'd be the Fa - ther, who has

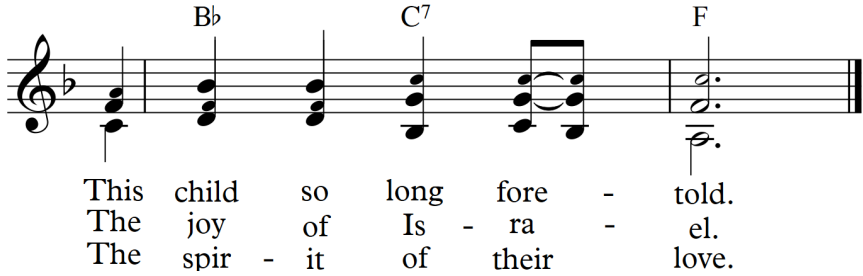
F C F⁶ C F

peace, Your word is now ful - filled.
kind, The Gen - tiles' prom - ised light,
giv'n His Son to be our Lord;

C F⁶ Dm/F F

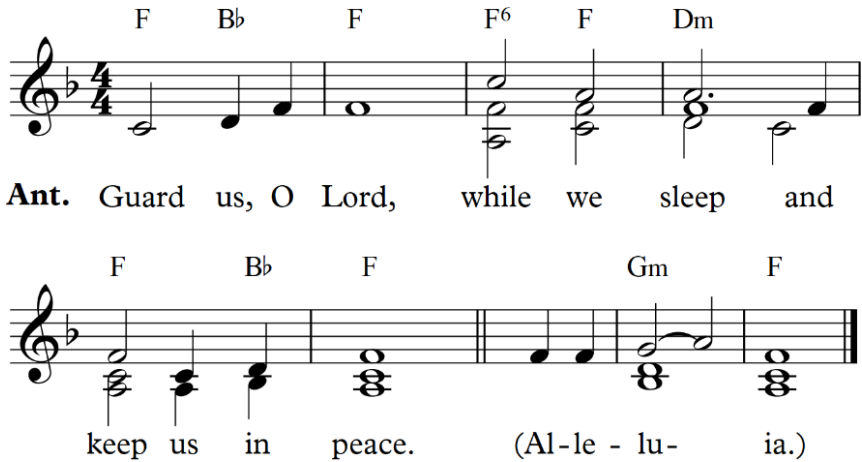
These eyes have seen sal - va - tion's dawn,
God's glo - ry dwell - ing in our midst,
Bless'd too that Son, and with them both,

Wednesday



This child so long fore - told.
The joy of Is - ra - el.
The spir - it of their love.

ANTIPHON



Ant. Guard us, O Lord, while we sleep and
keep us in peace. (Al-le - lu - ia.)

PRAYER

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. Amen.

Blessing - p. 60

Antiphon in honor of the Blessed Virgin - p. 63ff,

THURSDAY

HYMN

Our God, Our Help In Ages Past

A D A⁶ Bm⁷ E⁷ A

1. Our God, our help in a - ges past,
2. Be - neath the shad - ow of thy throne

A⁶ D B⁷ E

1. Our hope for years to come Our
2. Still may we dwell se - cure; Suf -

A⁶ D Bm E F#m D C#

1. shel - ter from the storm - y blast,
2. fi - cient is thine arm a - lone,

A D Bm⁷ E⁷ A

1. And our e - ter - nal home!
2. And our de - fense is sure.

PSALMODY

Antiphon

In you, my God, + my body will rest in hope. (Alleluia)

Psalm 16

The Lord himself is my heritage

*The Father raised up Jesus, freeing him from the grip of death
(Acts 2;24).*

- I Preserve me, God, / I take refuge in you. * I say to the Lord;
“You are my God. / My happiness lies in you alone.”
- II He has put into my heart a marvelous love / for the faithful
ones who dwell in his land. * Those who choose other gods
increase their sorrows. / Never will I offer their offerings of
blood. / Never will I take their name upon my lips.
- I O Lord, it is you who are my portion and cup; / it is you
yourself who are my prize. * The lot marked out for me is
my delight: / welcome indeed the heritage that falls to me!
- II I will bless the Lord who gives me counsel, / who even at
night directs my heart. * I keep the Lord ever in my sight: /
since he is at my right hand, I shall stand firm.
- I And so my heart rejoices, my soul is glad; / even my body
shall rest in safety. * For you will not leave my soul among
the dead, / nor let your beloved know decay.
- II You will show me the path of life, / the fullness of joy in your
presence, * at your right hand happiness for ever. **Δ Ant.**

Compline

READING

1 Thessalonians 5:23

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.

RESPONSORY



C/A In-to your hands, Lord, * I com-mend my spir - it.



(Al-le-lu - ia, al - le-lu - ia.) C You have re-deemed



us, Lord, God of truth. A I com-mend. C Glo-ry



to the Fa - ther and to the Son, and to the



Ho - ly Spir - it. A In - to your hands, Lord.

Thursday

ANTIPHON

F Am Dm
Pro-tect us, Lord, + as we stay a - wake; watch

F Gm/F F Am
o - ver us as we sleep, that a-wake, we may

Dm Am⁶ Dm Gm
keep watch with Christ, and a - sleep, rest

Gm⁶ C F Gm C F
in his peace. (Al - le - lu - ia.)

GOSPEL CANTICLE

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

F Am Dm C
5b

I Lord, now you let your servant go in peace; * your word has been fulfilled:

Compline

II My own eyes have seen the salvation * which you have prepared in the sight of every people:

I A light to reveal you to the nations * and the glory of your people Israel. Δ **Ant.**

ANTIPHON

F Am Dm
Ant. Pro-tect us, Lord, + as we stay a - wake; watch

F Gm/F F Am
o - ver us as we sleep, that a - wake, we may

Dm Am⁶ Dm Gm
keep watch with Christ, and a - sleep, rest

Gm⁶ C F Gm C F
in his peace. (Al - le - lu - ia.)

PRAYER

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. Amen.

Blessing - p. 60


Antiphon in honor of the Blessed Virgin - p. 63ff.

FRIDAY

HYMN


To Do Your Will is My Desire

D D⁶ G D⁶




1. To do your will is my de - sire,
2. All of my days, I sing your praise.

G D⁶ Em D



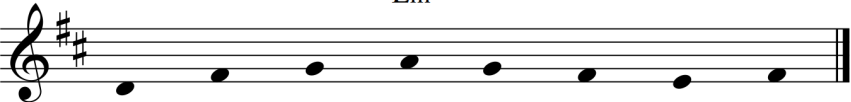
1. To live in you, Lord, is my life,
2. Through all my days, you are my light.

Em D Bm



1. To spread your love through all the earth,
2. You will shine forth through all my years,

D⁶ Em D



1. To find in you the joy of life.
2. And joy - ous - ly will bring me home.

Compline

PSALMODY

Antiphon

Day and night + I cry to you, my God. (Alleluia)

Psalm 88

Prayer of a person who is gravely ill

This is your moment—when darkness reigns (Luke 22:53).

- I Lord my God, I call for help by day; / I cry at night before you. * Let my prayer come into your presence. / O turn your ear to my cry.
- II For my soul is filled with evils; / my life is on the brink of the grave. * I am reckoned as one in the tomb: / I have reached the end of my strength,
- I Like one alone among the dead; / like the slain lying in their graves; * like those you remember no more, / cut off, as they are, from your hand.
- II You have laid me in the depths of the tomb, / in places that are dark, in the depths. * Your anger weighs down upon me: / I am drowned beneath your waves.
- I You have taken away my friends and made me hateful in their sight. * Imprisoned, I cannot escape; / my eyes are sunken with grief.
- II I call to you, Lord, all the day long; / to you I stretch out my hands. * Will you work your wonders for the dead? / Will the shades stand and praise you?

Friday

- I Will your love be told in the grave or your faithfulness among the dead? * Will your wonders be known in the dark or your justice in the land of oblivion?
- II As for me, Lord, I call to you for help: / in the morning my prayer comes before you. * Lord, why do you reject me? / Why do you hide your face?
- I Wretched, close to death from my youth, / I have borne your trials; / I am numb. * Your fury has swept down upon me; / your terrors have utterly destroyed me.
- II They surround me all the day like a flood, / they assail me all together. * Friend and neighbor you have taken away: / my one companion is darkness. **Δ Ant.**

READING

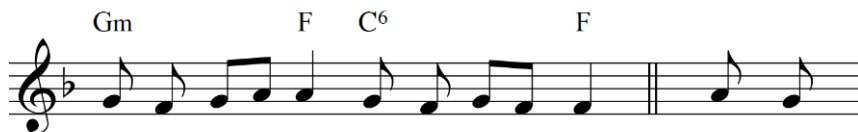
Jeremiah 14:9b

You, O Lord, are in the midst of us, and we are called by your name; do not forsake us!

RESPONSORY



C/A In-to your hands, Lord, * I com-mend my spir - it.



(Al - le - lu - ia, al - le - lu - ia.) **C** You have

Compline



Gm C C

re-deemed us Lord, God of truth. A I com-mend.

F Gm C

C Glory to the Fa - ther and to the Son, and to the

C C⁶ F F Gm C

Ho-ly Spir - it. A In - to your hands, Lord.

ANTIPHON



F Am Dm

Pro-tect us, Lord, + as we stay a - wake; watch

F Gm/F F Am

o - ver us as we sleep, that a-wake, we may

Dm Am⁶ Dm Gm

keep watch with Christ, and a - sleep, rest

ALTERNATIVES

PENITENTIAL RITES

1

H: God shows His love for us, in that while we were yet sinners, Christ died for us. The mercy of the Lord is from everlasting to everlasting, Let us say to him:

H: I confess to almighty God

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

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

A: Amen.

2

H: Lord Jesus, you are peace for our journey. Lord, have mercy

A: Lord, have mercy.

H: Lord Jesus, you are rest on our way. Christ, have mercy.

A: Christ, have mercy.

H: Lord Jesus, you are the promise of home at day's end.

Lord, have mercy.

A: Lord have mercy.

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

A: Amen.

Alternatives

3

H: Seeking God's grace, let us draw near to Him, with repentance and faith.

A: Most loving God, / we confess that we have sinned against you and our neighbor. / For the sake of Jesus Christ forgive all our sins; / cleanse us by your Holy Spirit; / and enable us to forgive others; / that we may then serve you in newness of life to the glory of your holy name. Amen.

4

H: Gracious God,

A: Father of our Lord Jesus Christ, / who has promised to receive us when we come to you; / we confess that we have sinned against you in thought, word and deed. / We have not been faithful to you and have not loved our neighbors. / Forgive us, O God; / free us from sin, / and grant that we may live and serve you in newness of life, / through Jesus Christ our Lord. Amen.

5

H: Lord Jesus, you are the Word that is our light on our way:
Lord, have mercy.

A: Lord have mercy.

H: Jesus Christ, you yourself are the light of the world:
Christ, have mercy.

A: Christ, have mercy.

Penitential Rites

H: Lord Jesus, you ask us to become the light that reflects your light to let it shine on the world:

Lord, have mercy.

A: Lord, have mercy.

H: Have mercy on us, Lord, and forgive us all our sins. Make us radiate your love and your mercy and lead us to your everlasting life.

A: Amen.

6

H: Lord Jesus, purify our minds, that we may understand your Word: Lord, have mercy.

A: Lord, have mercy.

H: Jesus Christ, purify our hearts, that we may accept and love your gospel: Christ, have mercy.

A: Christ, have mercy.

H: Lord Jesus, purify our lips, that we may speak your message without fear: Lord, have mercy.

A: Lord, have mercy.

H: Have mercy on us, Lord, and speak to us your word of forgiveness and love. Lead us to everlasting life.

A: Amen.

SCRIPTURE READINGS

Proverbs 3:24b-26

When you lie down, your sleep will be sweet. Do not be afraid of sudden panic, or of the storm that strikes the wicked; for the LORD will be your confidence and will keep your foot from being caught.

Isaiah 26:8-9a

In the path of your judgments, O Lord, we wait for you; your name and your renown are the soul's desires. My soul yearns for you in the night, my spirit within me earnestly seeks you.

Isaiah 42:16

I will lead the blind by a road they do not know, by paths they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.

Matthew 11:28-29

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

1 Corinthians 16:13-14

Keep alert, stand firm in your faith, be courageous, be strong. Let all that you do be done in love.

Scripture Readings

2 Corinthians 1:10

He who rescued us from so deadly a peril will continue to rescue us; on him we have set our hope that he will rescue us again.

Colossians 3:15, 17

Let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Philippians 4:4-7

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1 John 1:5-7

This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all. If we say that we have fellowship with him while we are walking in darkness, we lie and do not do what is true; but if we walk in the light as he himself is in the light, we have fellowship with one another and the blood of Jesus his Son cleanses us from all sin.

CONCLUDING PRAYERS

1

May your peace and love enfold us as we retire tonight, Lord. Forgive us for the wrong we have done and the good we have failed to do today. And gladden us with the brightness of your countenance shedding light upon us. We make our prayer through Christ our Lord. Amen.

2

Eternal Shepherd, as we prepare to rest tonight, we put our trust in your loving providence. Guard and protect us, we pray. Save us from all the forces that would harm us, so that, in the morning, we may rise to join all those who serve and praise you. We make this prayer through Christ, our Lord. Amen.

3

Great God, in the stillness of this night, we turn to you, our Rock, our Health and our Fortress. We leave everything into your hands and we pray that we shall not turn to other things for security. May we always live in your presence so that saved from the corruption of death and sin, we may rejoice in your unending glory. We ask this through Christ, our Lord. Amen.

Concluding Prayers

4

With you as our Protector and Refuge, Father, we rest secure that nothing can harm us. Protect us from all danger and show us your salvation, so that in the morning we may spend the day proclaiming your kindness. We ask this through Christ, our Lord. Amen.

5

God our Father, you have called us to be one family. Grant us bonds of real sisterhood that caring for and loving one another, we may experience the plentitude of your gifts which you have lavished on Christ our Head and Lord. We ask this through Christ, our Lord. Amen.

6

May we spend our days, Lord, proclaiming your kindness in the morning and your faithfulness in the night. As you protect us from all harm may our gaze be always on you and our lives ordered for the good of others. We ask this through Christ, our Lord. Amen.

7

O Lord, our God, to whom the forces of nature submit, illumine our darkness with your light and gird us with your strength. Deliver us from all that is harmful. We trust in your protective love and power. This we ask through Christ, our Lord. Amen.

PRAYER TO SAINT BENEDICT

God our Father, you blessed Saint Benedict, both in grace and in name. Through his intercession, may we be defended from all the snares of the devil. May we find strength and comfort at the hour of death, and may we rejoice in your love and protection today and every day of our life. We make our prayer through Christ our Lord. Amen.

BLESSING

Prioress / Superior: May the all-powerful Lord grant us a quiet night and
and a perfect end.

A: Amen.

**ANTIPHONS IN HONOR
OF THE
BLESSED VIRGIN**

Alma Redemptoris Mater

Begin with Compline after 1st Vespers of the 1st Sunday of Advent:

Alma Redemptoris Mater

A  L-ma * Red-emptó-ris Ma-ter, quæ pérv- a cæ-li Pór-

 ta manes, et stella ma-ris, succúrre cadénti, Súrge-re qui

 cu-rat, pópu-lo : Tu quæ genu- ísti, Na-tú-ra mi-ránte, tu-um

 sanctum Ge-ni-tó-rem, Virgo pri- us ac posté-ri- us, Gabri- é-

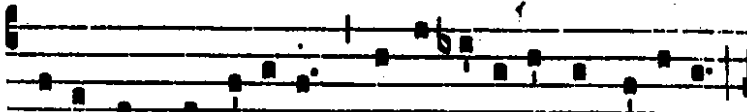
 lis ab o-re Sumens il-lud Ave, pecca-tó-rum mi-se-ré-re.

Antiphons in Honor of the Blessed Virgin

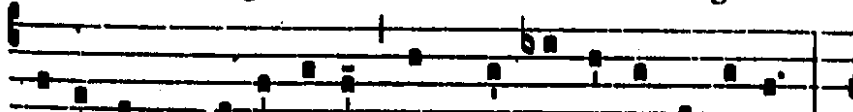
Begin with Compline of February 2, Presentation of the Lord:

Ave Regina Caelorum

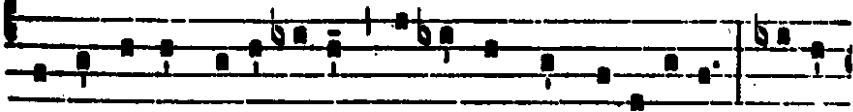
VI



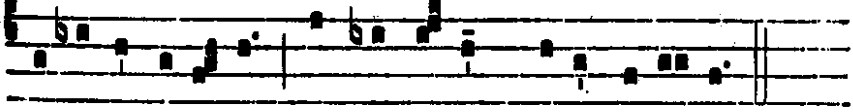
A ve Re-gí-na cæ-ló-rum,* Ave Dó-mi-na Ange-ló-rum



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 exó-ra.

Regina Caeli

Begin with Compline of Easter Sunday:

Regina Caeli

VI

R Egí-na cæ-li * læ-tá-re, alle-lú-ia : Qui- a quem me-
ru- í-sti portá-re, alle-lú-ia : Re-surréxít, sic-ut di-xít, al-
le-lú-ia : O-ra pro no-bis De- um, alle-lú- ia.



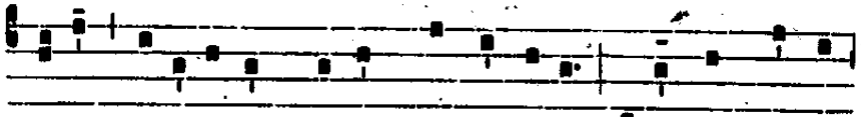
Antiphons in Honor of the Blessed Virgin

Begin with Compline of Monday after Pentecost Sunday:

Salve Regina

S ^v Alve Re-gi-na, * ma-ter mi-se-ri-córdi-æ, Vi-ta, dul-
cé-do, et spes nostra, salve. Ad te clamámus, éxsu-
les, (i-li- i Ilevæ. Ad te suspi-rámus, geméntes et flentes
in hac lacrimárum valle. E-ia ergo, Advo-cá-ta nostra,
il-los tu-os mi-se-ri-córdes ó-cu-los ad nos convér-te. Et

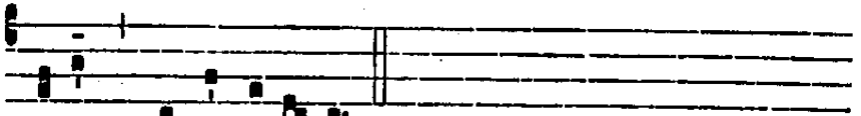
Salve Regina



Je-sum, be-ne-díctum fructum ventris tu-i, no-bis post hoc ex-



si-li-um osténde. O cle-mens, O pi-a, O



dulcis * Virgo Ma-rí- a.

ANTIPHONS IN HONOR
OF THE
BLESSED VIRGIN

(On Solemnities)

Alma Redemptoris Mater

Ant.

v
A

L- ma * Redemptó-ris Ma- ter, quæ pér-
vi- a cæ-li Por-ta ma- nes, Et stel- la ma- ris, suc-
cúr-re cadén- ti Súr-ge-re qui cu- rat pópu- lo : Tu quæ
genu- í- sti, Na- tú- ra mi- rán- te, tu- um sanctum Ge- ni- tó-
rem : Vir- go pri- us ac posté- ri- us, Gabri- é- lis
ab o- re Sumens il- lud Ave, * pecca- tó- rum mi- se- ré- re.

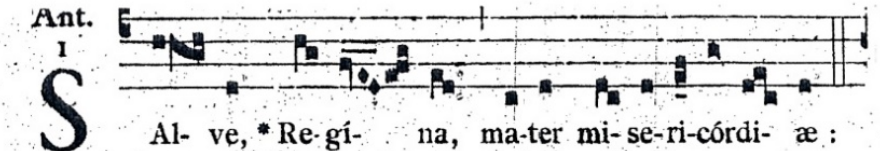
Regina Caeli

Ant.
VI

R Egí-na cæ-li * læ-tá-re, alle-
lú-ia : Qui-a quem me-ru-ísti por-
tá-re, alle- lú-ia : Re-surré-xit, sic-ut di-xit, alle-
lú-ia : O-ra pro no-bis De-um, alle-
* lú-ia.

Salve Regina

Ant.
I



S Al- ve, * Re- gí- na, ma- ter mi- se- ri- córdi- æ :



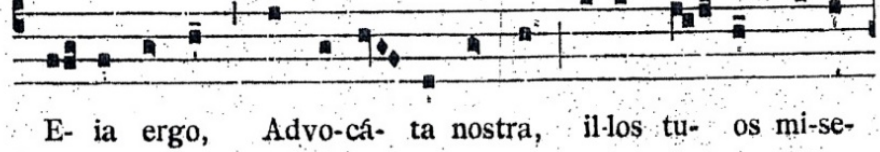
Vi- ta, dulcé- do, et spes nostra, sal- ve. Ad te



clamá- mus, éxsu- les, fi- li- i He- væ. Ad te suspi- rá-



mus, geméntes et flentes in hac lacrimá- rum val- le.



E- ia ergo, Advo- cá- ta nostra, il- los tu- os mi- se-



ri- córd- es ó- cu- los ad nos convér- te. Et Je- sum, be-

Salve Regina—solemn tone

ne-dí- ctum fructum ventris tu- i, no- bis post hoc exsí-
li- um osténde : O cle- mens : O pi- a : O
dulcis * Virgo Ma- ri- a.

ACKNOWLEDGEMENT

The responsory on pp. 30,42,47 and Canticle of Simeon with its antiphon on pp. 31,43,48 are by Sr. Mary Placid Abejo, OSB.

The responsory on pp. 18 and 36 are by Ingeborg del Rosario.

The Canticle of Simeon on p. 38 with its antiphon on p. 37 is by Sister Celestine Marino, OSB.

INDEX OF HYMNS

All praise to you...	Thomas Ken 1709 *
Holy Darkness...	Dan Schutte, taken from Pax 2
Now that the daylight...	“ <i>Te lucis ante terminum,</i> ” altr. St. Ambrose, 4 th cent., tr. Bl John Henry Newman, 1836 *
O Christ, you are...	“ <i>Christe qui lux es at dies</i> ”, altr. St. Ambrose, 4 th cent.; tr. William J Copeland et al., 1906 *
Our God, our help...	Isaac Watts, 1674-1748 *
Shelter me, O God...	Bob Hurd, taken from Pax 2
To do your will...	Trad. Scottish ballad *

* *Public Domain*

GUIDELINES

1. In consonance with liturgical laws, our Constitutions states “*The hours (of the Divine Office) should be scheduled in such a way that their purpose, the sanctification of the day becomes clear.*” (Const. III N 303);

Compline closes the day’s common activities (303.1)

Cf. to SC IV, 89 (b)) “*Compline is to be drawn up so as suitably to mark the end of the day.*”; and GILH II-VI Art. 84 “*Compline is the final prayer of the day to be said before going to bed, even if this is after midnight.*”

2. Taking into consideration the particular set-up of the Manila Priory with numerous active ministries, especially in large institutions – it has been the practice to integrate Compline with Vespers twice-a-week, usually on Wednesdays and Saturdays, that is, on so-called “Free evenings” for the Sisters.
3. Other than these days agreed upon by each community, Compline prayed in its entirety is to be preferred. This is especially meaningful on Sundays and Solemnities,
4. On Solemnities, when these occur on the designated “Free Evenings” (cf. #2 above), a break of three minutes is given before starting Compline in its entirety.
5. At any time Hymns from other sources (e.g., Pax 1 and Pax 2) other than those given in the Compline Booklet may be used.
6. On Death Notices: “*Psalm 130 is said at Compline upon receipt of the death notice of Sisters from other Priories* (Manila Priory Statutes 2001...I, N 311.2).

Guidelines

7. While we keep the custom of saying the devotional *Prayer to St. Benedict* after the Commemoration of the Dead, it is good to note that this is an insertion, and is not an official part of the structure of Compline.

SC - (*Sacrosanctum Concilium*) The Constitution on the Sacred Liturgy

GILH - General Instruction on the Liturgy of the Hours

Guidelines

Chapter II – VI. Night Prayer (*Taken from GILH*)

- Art. 84. Night prayer is the last prayer of the day, said before retiring at night, even after midnight.
85. Night prayer begins, like the other Hours, with the verse, **God, come to my assistance**, with the **Glory to the Father... As it was in the beginning** and the **Alleluia** (omitted in Lent).
86. An examination of conscience may suitably follow; in a celebration in common this takes place in silence or as part of a penitential rite using the formulas of the Roman Missal.
87. An appropriate hymn follows.
88. After Evening Prayer I of Sunday the psalmody consists of psalm 4 and psalm 134; after Evening Prayer II of Sunday it consists of psalm 91.

On the other days psalms are chosen which are full of confidence in the Lord; it is permissible to use the Sunday psalms instead, for the convenience especially of those who may wish to say Night Prayer from memory.

89. After the psalmody there is a reading, followed by the responsory, **Into your hands**. Then, as a climax to the whole Hour, the Cantic of Simeon, **Lord, now you let your servant go in peace** is said, with its antiphon.
90. The concluding prayer is then said.
91. After the prayer the blessing, **May the all-powerful Lord** is said, even in private recitation.
92. Finally, one of the antiphons in honor of the Blessed Virgin Mary is said. In the Easter Season this will be the **Regina Caeli**. In addition to the antiphons given in The Liturgy of the Hours others may be approved by the conference of bishops. [15].