

The Liturgy of the Hours



Volume 11 Compline for Lent

Nothing is to be preferred to the Work of God.
Rule of Benedict 43:3

Conception Abbey
Conception, Missouri

2012

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Compline in Lent

Leader: O God, come to my assistance.

All: O Lord, make haste to help me.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

EXAMINATION OF CONSCIENCE

[kneel or sit]

Leader: I confess to Almighty God / and to you, my brothers and 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 blessèd Mary ever virgin, blessèd Michael the Archangel, / blessèd John the Baptist, the holy Apostles Peter and Paul, / our blessèd Father Benedict, all the saints, and you, my brothers and sisters, / to pray for me to the Lord our God.

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

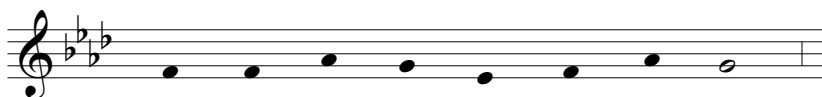
All: Amen.

HYMN

C09



- (2*) 1. We praise you, — Fa - ther, for your gifts
 2. With - in your — hand we rest se - cure;
 3. Your glo - ry — may we ev - er seek



1. Of dusk and night - fall ov - er earth,
 2. In qui - et sleep our strength re - new.
 3. In rest as in ac - tiv - i - ty,



1. Fore - shad - ow - ing the mys - ter - y
 2. Yet give your peo - ple hearts that wake
 3. Un - til its full - ness is re - vealed,



1. Of death that — leads to end - less day.
 2. In love to — you, un - sleep - ing Lord.
 3. O source of — life, O Trin - i - ty.



A - men. —

Text: © 1995, Benedictine Nuns of St. Mary's Abbey, West Malling, Kent ME19 6JX
 Tune: AD HORAM MEDIAM (TEMPORE QUADRAGESIMAE), LM (*Lib. Hymn.* 1983)

PSALMODY

Monday, Thursday, Saturday

PSALM 4

Security under God's Protection

You will suffer in the world. But take courage. I have overcome the world. Jn 16:33



Melody: CA 2001, © 2010 Conception Abbey, Conception, MO, adapt *Antiphonale Romanum*

- 2 *I called, the God of justice gave me **answer**; **
 from **anguish** you released me, have **mercy** and **hear** me!
- 3 Children of men, how long will my glory be **dishonored**, *
 will you love what is **futile** and seek what is **false**?
- 4 Know that the **LORD** works wonders for his **faithful** one; *
 the **LORD** will hear me whenever I **call** him.
- 5 Tremble, do not **sin**: ponder on your **bed** and be **still**. *
- 6 Offer right **sacrifice**, and trust in the **LORD**.
- 7 "What can bring us **happiness**?" many **say**. *
 Lift up the light of your face on us, O **LORD**.
- 8 You have put into my heart a greater **joy** *
 than abundance of grain and new wine can provide.
- 9 In peace I will lie down and fall **asleep**, *
 for you alone, O **LORD**, make me dwell in **safety**.

PSALM 134 (133)
Night Prayer in the Temple

Praise our God, all you his servants, you who fear him, small and great. Rv 19:5



Melody: CA 2001, © 2010 Conception Abbey, Conception, MO, adapt *Antiphonale Romanum*

- 1 *O côme, bléss the LÓRD, **
 áll you sérvants of the LÓRD,
Who stánd by níght in the cóurts *
 of the hóuse of the LÓRD.
- 2 Lift up your hánds to the hóly place, *
 and bléss the LÓRD.
- 3 May the LÓRD bléss you from Síon, *
 he who máde both héaven and éarth.

Glory...



PSALMODY

Sunday, Tuesday, Wednesday, Friday

PSALM 91(90)

Security under God's Protection*I have given you the power to tread upon serpents and scorpions. Lk 10:19*Melody: CA 2001, © 2010 Conception Abbey, Conception, MO, adapt *Antiphonale Romanum*

- 1 *He who dwélls in the shéltér of the Most **Hígh**, **
and abídes in the sháde of the **Almíghty**,
- 2 Sáys to the LÓRD, "My **réfuge**, *
my stróngthold, my Gód in whom I **trúst!**"
- 3 He will fréé you from the snáre of the **fówler**, *
from the destrúctive **plágue**;
- 4 Hé will concéal you with his pínions, +
and únder his wíngs you will find **réfuge**. *
His fáithfulness is búckler and **shíeld**.
- 5 You will not féar the térror of the **níght**, *
nor the árrów that flíes by **dáy**,
- 6 Nor the plágue that prówls in the **dárkness**, *
nor the scóurge that lays wáste at **nóon**.
- 7 A thóusand may fáll at your síde, +
ten thóusand fáll at your **ríght**: *
yóu it will néver **appróach**.
- 8 Your éyes have ónly to **lóok** *
to sée how the wícked are repáid.
- 9 Because you háve the LÓRD as your **réfuge**, *
and have máde the Most **Hígh** your **dwélling**,
- 10 Upon yóu no évil shall fáll, *
no plágue **appróach** your **tént**.



Melody: CA 2001, © 2010 Conception Abbey, Conception, MO, adapt *Antiphonale Romanum*

- 11 For **yóu** has he commáded his **ángels** *
to kéept you in áll your **wáys**.
- 12 They shall béar you upón their **hánds**, *
lest you stríke your fóot against a **stóne**.
- 13 On the líon and the víper you will **tréad**, *
and trámples the young líon and the sérpent.
- 14 Since he clíngs to me in lóve, I will **frée** him, *
protéct him, for he knóws my **náme**.
- 15 When he cálls on mé, I will án(swer him); +
I will bé with hím in distréss; *
I will delíver him, and gíve him **glóry**.
- 16 With léngth of dáys I will **contént** him; *
I will shów him my sáving **pówer**.

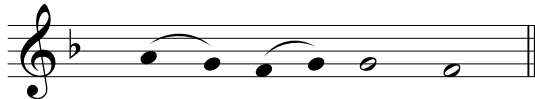
Glory...

BRIEF READING

RESPONSE



(6*) In - to your hands, — O — Lord, — * I com -



mend — my — spir - it.

You have redeemed us, LORD God of truth. I commend...

Glory... Into your hands...

Text: *In manus tuas* [Ps 31:6], tr ICEL 1975

Melody: *In manus tuas (per annum)*, *Ant. Rom.* 1912, adapt CA 1998, © 2010 Conception Abbey, Conception, MO 64433

CANTICLE OF SIMEON [Lk 2:29-32]

C04

(3) *Pro-TECT* us, Lord, as we stay a-wake; watch
 o - ver us as we sleep, that a -
 wake we may keep watch with Christ,
 and a - sleep rest in his peace.

PS044

- 6 *Now you dismiss your sérvant in péace,
 according to your wórd, O MÁster;
 For my éyes have séen your salvátion,
 which you made réady in the síght of all the péoples:
 A líght for revelátion to the Géntiles,
 and glóry for Ísrael your péople.*

Glory...

Text: Text: *Salva nos, Domine, vigilantes*, tr ICEL 1975

Melody: *Salva nos, Domine, vigilantes*, *Ant. Rom.* 1912, adapt CA 1988,

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Leader: Let us pray.

ORATION

Leader: Let us bless the Lord.

All: Thanks be to God.

BLESSING

MARIAN ANTIPHON

C10

VI

A -ve Re-gi-na cæ-ló-rum,* Ave 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 exó- ra.

Queen of the heavens, we hail you.
Queen of angel hosts, we salute you.
You are the root and the portal,
The Fount of Light immortal.
Hail, Virgin robed in glory,
Crown of all creation's story!
Beauty excelling, we greet you:
Oh, beseech your Son for us, we pray.