

# Compline : Night Prayer for S. Benedict

*Taken from The Divine Office, the Liturgy of the Hours  
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*.... Let all guests that come be received like  
Christ himself... let them first pray together and  
associate with one another in peace... and  
afterwards let all kindness be shewn him”  
(Ch 53)*

*“...let not those who are sent on a journey allow  
the appointed Hours to pass by; but, as far as  
they can, observe them by themselves.... (ch. 50)*

## The Gathering ...

Welcome and introduction

*From our cycle of prayer for this dispersed  
worshipping community: Tonight's Office Prayer is  
offered for*

- the priest, clergy team, people and  
community of S. Timothy, Ely, Cardiff, in  
Llandaff Diocese*
- and for the S. David's Diocese.*
- And also on this S. Benedict's Day, for all  
religious communities, especially for the  
Order of S. Benedict*

S. Benedict was born around 480AD in Nursia, 70 miles from Rome, and is known as the “Father of Western Monasticism”. He is also co-patron of Europe. Finding himself at odds with the type of society in which he lived, he withdrew to live as a hermit, but as news of his life spread, he found he was joined by others who came to seek wisdom and companionship in faith with him. Eventually, he set up a little monastic community, which grew and grew as the foundation of the many Benedictine religious communities which still bless us all today.

In order to help his little community live together, he wrote what he termed a “little Rule, ... written for beginners”, drawing from the wisdom of desert monks before him and steeped in scripture, which became the Rule of Life for his communities, and for many beyond them also

*helping and guiding as how to live a life in faith, and most importantly for Benedict, in community, and in integration of all aspects of life. It is such a wise and balanced rule, that it has been a great source of inspiration and wisdom for many throughout the following centuries, and not only in religious circles, hence the fact he is co-patron of Europe...*

As the Divine Office observes today “for those of us in the world, too, the Rule of S. Benedict has much to say: it drags our eyes up to the stars, but keeps our feet firmly on the ground; it calls us to perfection, but keeps us sane”

His rule begins... “Hearken... and incline the ear of thine heart: receive with joy, and faithfully fulfil the admonition of thy loving Father... in the first place, whatever good work thou beginnest to do, beg of him with most earnest prayer to perfect:...” (prologue)

O God, come to our aid,  
O Lord, make haste to help us

**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. Alleluia**

## Hymn

Jubililate Deo  
omnis terra.  
Servite Domino  
in laetitia.  
Alleluia! Alleluia!  
in laetitia ...  
Alleluia! Alleluia!  
in laetitia...

*Rejoice in the Lord all ye lands!  
Serve the Lord with gladness! Alleluia! Alleluia!*

*Text : Trad  
Music: Jacques Berthier ©Taize Community  
(HON Liturgiical 872)*

## **Psalmody**

### **I will bless the Lord at all times**

I will bless the Lord at all times,  
his praise is always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called, the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped  
around those who revere him,  
to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints,  
they lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.  
*.Psalm 34: 2-11*

**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.**

### **I will bless the Lord at all times**

## **Scripture reading**

My child, if you accept my words  
and treasure up my commandments within you,  
making your ear attentive to wisdom  
and inclining your heart to understanding;  
if you indeed cry out for insight,  
and raise your voice for understanding;  
if you seek it like silver,  
and search for it as for hidden treasures—  
then you will understand the fear of the Lord  
and find the knowledge of God.

For the Lord gives wisdom;  
from his mouth come knowledge and  
understanding;  
he stores up sound wisdom for the upright;  
he is a shield to those who walk blamelessly,  
guarding the paths of justice  
and preserving the way of his faithful ones.  
Then you will understand righteousness and justice  
and equity, every good path;  
for wisdom will come into your heart,  
and knowledge will be pleasant to your soul;  
prudence will watch over you;  
and understanding will guard you.

*Proverbs 2: 1-9  
Taken from the Lectionary for the day*

## **Responsory**

Into your hands, Lord, I commend my spirit,  
**Into your hands, Lord,  
I commend my spirit**

You have redeemed us, Lord God of truth.  
**Into your hands, Lord,  
I commend my spirit**

Glory be to the Father,  
and to the Son, and to the Holy Spirit  
**Into your hands, Lord,  
I commend my spirit**

## **Intercession...**

*..... intercession.... Bringing to mind those whom we  
pray for and holding them in God's love..., bringing  
the needs of the world, the church, and those who  
have no-one to pray for them...*

## **The Lord's Prayer**

**Our Father,  
which 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 them  
that trespass against us.**

**And lead us not into temptation  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

## ***Nunc Dimittis (Gospel Canticle)***

**Save us Lord, while we are awake;  
protect us while we sleep;  
that we may keep watch with Christ,  
and rest with him in peace.**

**At last, all-powerful Master,  
you give leave to your servant  
to go in peace,  
according to your promise.**

**For my eyes have seen your salvation  
which you have prepared for all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.**

**Glory be to the Father,  
and to the Son  
and to the Holy Spirit.  
As it was in the beginning, is now  
and shall be for ever,  
world without end. Amen**

**Save us Lord, while we are awake;  
protect us while we sleep;  
that we may keep watch with Christ,  
and rest with him in peace.**

## ***Blessing and departure***

Let us pray

Lord God,  
you appointed Saint Benedict  
to be a wise master  
in the school of your service.  
Give us grace to put your love before all else,  
and so to run with joy  
in the way of your commandments.  
We make our prayer through

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

The Lord grant us a quiet night and a perfect  
end.

**May the Lord bless us, protect us from  
all evil, and bring us to everlasting life.**

**Amen**

Goodnight ....