

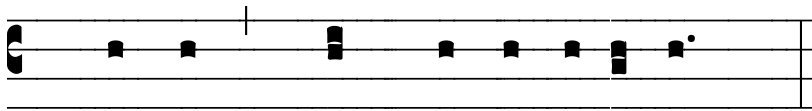
Ad Completorium

The Gasparian Psalter

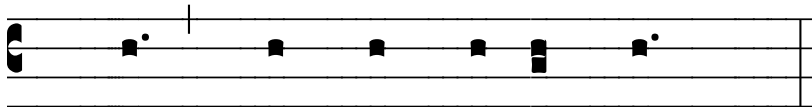


Music by Fr. Jeffrey Keyes, C.P.P.S.
Based on Gregorian Modes
2007

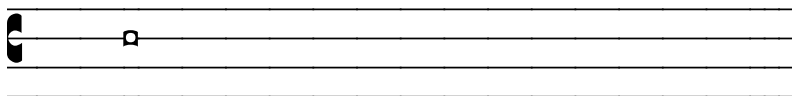
Invitatory



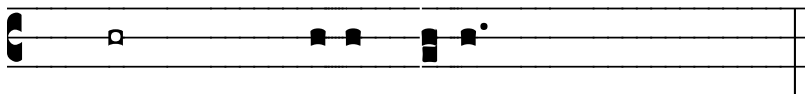
O God, come to my assistance.



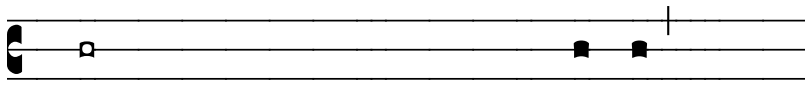
Lord, make haste to help me.



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. Al-le lu -ia

Examination of Conscience or Penitential Rite

Hymn

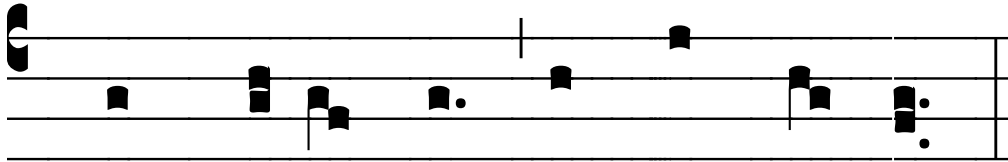
page 27

Sunday or Solemnity I

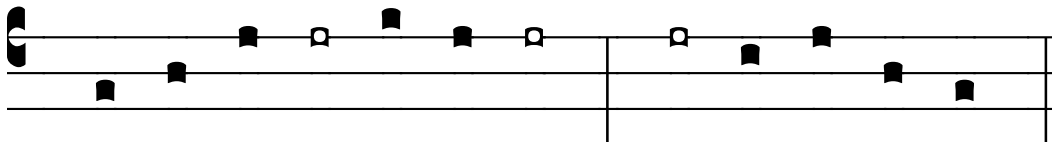
Psalmody

(+1) Psalm 4(4) Night prayer

Cum invocarem



Have mercy, Lord and hear my prayer.



When I call, answer me, O God of justice;
from anguish you released me, have mercy and hear me!

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

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

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

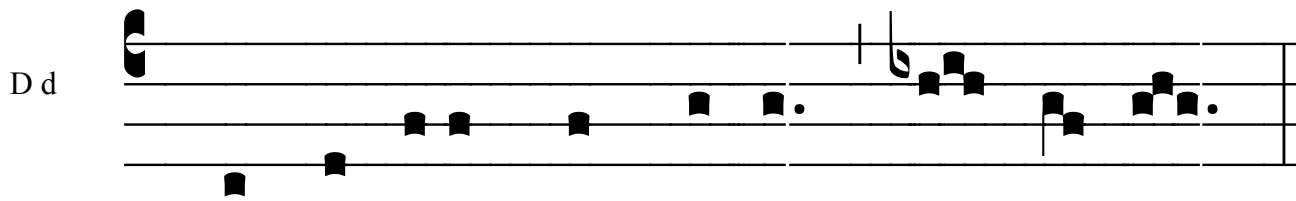
"What can bring us happiness?" many say.
Lift up the light of your face on us, O LORD.
You have put into my heart a greater joy
than they have from abundance of corn and new wine.

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

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.

*Psalm 134(133) Prayer at nighttime
Ecce nunc*



In the silent hours of night, bless the Lord



O come, bless the LORD,
all you who serve the LORD,
who stand in the house of the LORD,
in the courts of the house of our God.

Lift up your hands to the holy place
and bless the LORD through the night.

May the LORD bless you from Zion,
he who made both heaven and earth.

Glory to the Father, and to the Son
And to the Holy Spirit

As it was in the beginning, is now,
And will be for ever, Amen.

Reading

Deut 6:4-7

"Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

Responsory

page 25

Gospel Canticle

page 26

Concluding Prayer

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.

Blessing

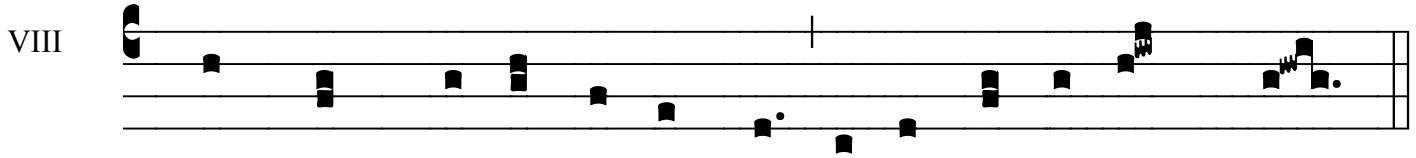
May the all-powerful Lord grant us a restful night and a peaceful death.
-- Amen

Antiphon in honor of the Blessed Virgin

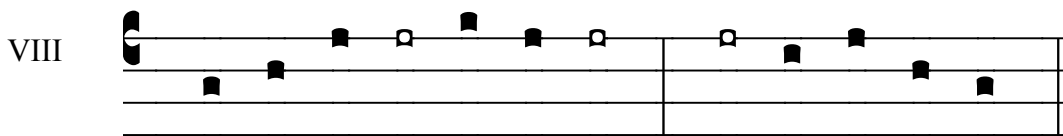
Sunday or Solemnity II

Psalmody

*Psalm 91(90) Under the wing of God's protection
Qui habitat*



Night holds no terrors for me sleeping under God's wings.



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!"

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.

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.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.

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.

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.

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.

Since he clings to me in love, I will free him;
protect you 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.

With length of days I will content him;
I shall let you see my saving power.

Glory to the Father, and to the Son
And to the Holy Spirit

As it was in the beginning, is now,
And will be for ever, Amen.

Reading

Rev 22:4-5

They will look upon his face, and his name will be on their foreheads. Night will be no more, nor will they need light from lamp or sun, for the Lord God shall give them light, and they shall reign forever and ever.

Responsory

page 25

Gospel Cantic

page 26

Concluding 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.

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.

Blessing

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

-- Amen

Antiphon in honor of the Blessed Virgin



Monday

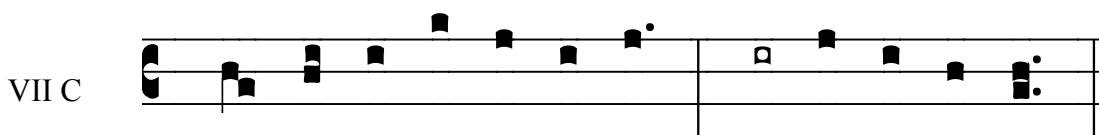
Psalmody

Psalm 86(85) Loyalty in God's service

Inclina, Domine



O Lord, our God, unwearied is your love for us.



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.

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.

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.

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.

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.

Show me, LORD, your way
so that I may walk in your truth.
Guide my heart to fear your name.

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.

The proud have risen against me;
ruthless men seek my life;
to you they pay no heed.

But you, God of mercy and compassion,
slow to anger, O LORD,
abounding in love and truth,
turn and take pity on me.

O give your strength to your servant
and save your handmaid's child.
Show me the sign of your favor
that my foes may see to their shame
that you console me and give me your help.

Glory to the Father, and to the Son
And to the Holy Spirit

As it was in the beginning, is now,
And will be for ever, Amen.

Reading

1 Thess 5:9-10

For God did not destine us for wrath, but to gain salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live together with him.

Responsory

page 25

Gospel Canticle

page 26

Concluding Prayer

Lord,
give our bodies restful sleep
and let the work that we have done today
bear fruit in eternal life.
We ask this through Christ our Lord.

Blessing

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

Antiphon in honor of the Blessed Virgin

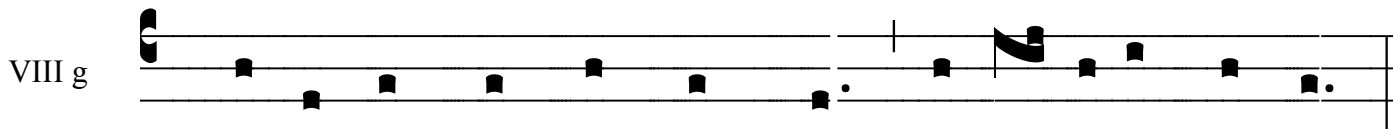


Tuesday

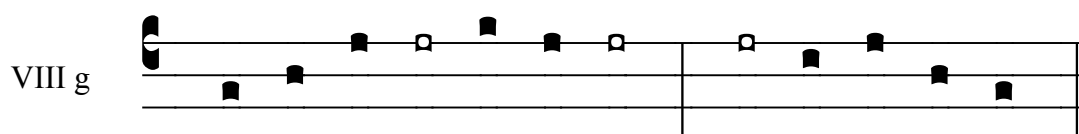
Psalmody

Psalm 143(142) Prayer in desolation

Domine, exaudi



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



LORD, listen to my prayer:
turn your ear to my appeal.
You are faithful, you are just; give answer.
Do not call your servant to judgment
for no one is just in your sight.

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.
Therefore my spirit fails;
my heart is numb within me.

I remember the days that are past:
I ponder all your works.
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.

LORD, make haste and answer;
for my spirit fails within me.
Do not hide your face
lest I become like those in the grave.

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.

Rescue me, LORD, from my enemies;
I have fled to you for refuge.
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.

For your name's sake, LORD, save my life;
in your justice save my soul from distress.

Glory to the Father, and to the Son
And to the Holy Spirit

As it was in the beginning, is now,
And will be for ever, Amen.

Reading

[1 Peter 5:8-9a](#)

Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour. Resist him, steadfast in faith.

Responsory

page 25

Gospel Cantic

page 26

Concluding 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.

Blessing

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

-- Amen

Antiphon in honor of the Blessed Virgin

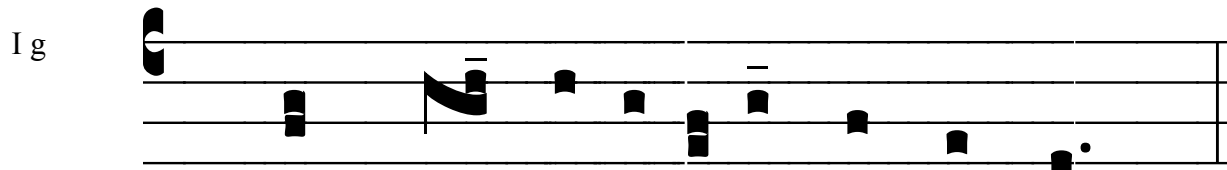


Wednesday

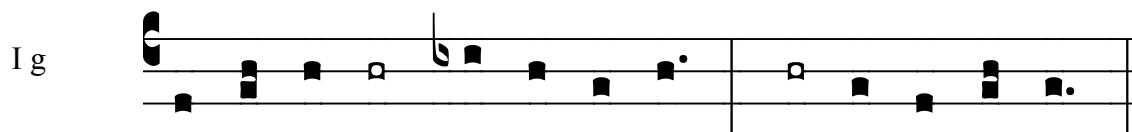
Psalmody

(+1) Psalm 31(30):1-6 A prayer of trust in God

In te, Domine, speravi



Lord God, be my refuge and my strength



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.

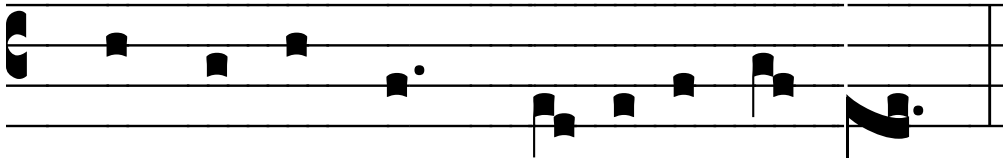
Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, LORD.
Into your hands I commend my spirit.
It is you who will redeem me, LORD.

Glory to the Father, and to the Son
And to the Holy Spirit
As it was in the beginning, is now,
And will be for ever, Amen.

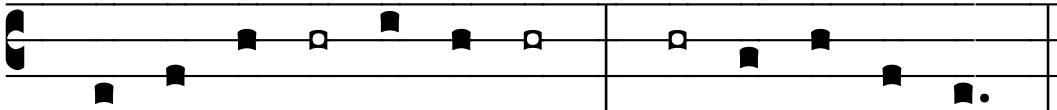
*Psalm 130(129) Sixth psalm of repentance
De profundis*

VIII g



Out of the depths I cry to you, Lord

VIII g



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.

If you, O LORD, should mark our guilt,
LORD, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the LORD.
I count on his word.
My soul is longing for the LORD
more than watchman for daybreak.
(Let the watchman count on daybreak
and Israel on the LORD.)

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

Glory to the Father, and to the Son
And to the Holy Spirit

As it was in the beginning, is now,
And will be for ever, Amen.

Reading

Ephesians 4:26-27

Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil.

Responsory

page 25

Gospel Canticle

page 26

Concluding 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 forever.

Blessing

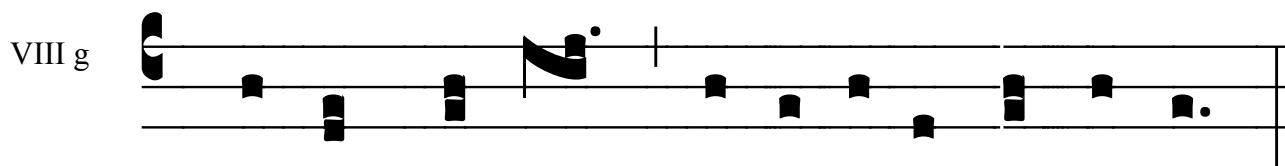
May the all-powerful Lord grant us a restful night and a peaceful death.
-- Amen

Antiphon in honor of the Blessed Virgin

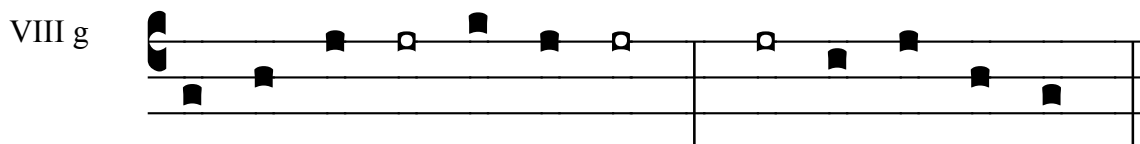
Thursday

Psalmody

*Psalm 16(15) True happiness
Conserva me, Domine*



In you, my God, my body will rest in hope.



Preserve me, God, I take refuge in you.
I say to you LORD: "You are my God.
My happiness lies in you alone."

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.

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!

I will bless you, LORD, you give me counsel,
and even at night direct my heart.
I keep the LORD, ever in my sight:
since he is at my right hand, I shall stand firm.

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.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

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.

Reading

1 Thess 5:23

May the God of peace himself make you perfectly holy and may you entirely, spirit, soul, and body, be preserved blameless for the coming of our Lord Jesus Christ.

Responsory

page 25

Gospel Canticle

page 26

Concluding 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

Blessing

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

-- Amen

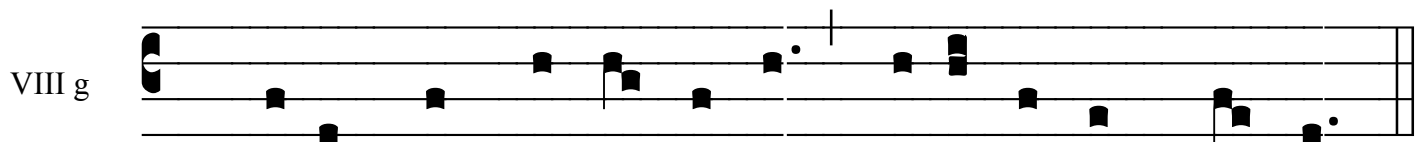
Antiphon in honor of the Blessed Virgin

Friday

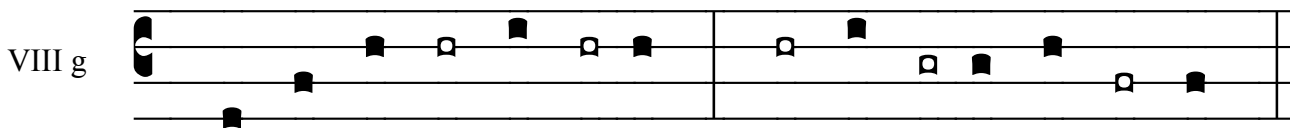
Psalmody

(+1) Psalm 88(87) A prayer in desolation

Domine, Deus



Day and night I cry to you; I cry to you, my God



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.

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,

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.

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.

You have taken away my friends
and made me hateful in their sight.
Imprisoned, I cannot escape;
my eyes are sunken with grief.

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?

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?

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?

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.

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.

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.

Reading

Jer 14:9a

You are in our midst, O LORD,
your name we bear:
do not forsake us!

Responsory

page 25

Gospel Cantic

page 26

Concluding Prayer

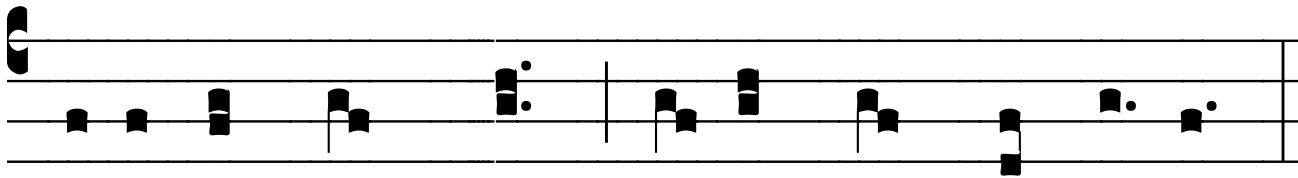
All-powerful God,
keep us united with your Son
in his death and burial
so that we may rise to new life with him,
who live and reigns for ever and ever.

Blessing

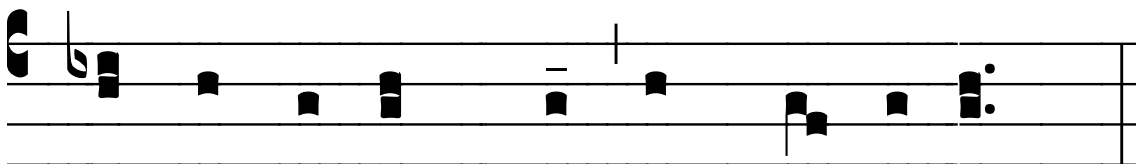
May the all-powerful Lord grant us a restful night and a peaceful death.
-- Amen

Antiphon in honor of the Blessed Virgin

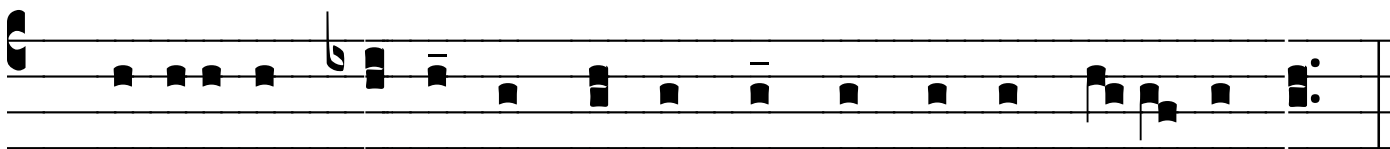
Responsory



Into your hands, Lord, * I commend my spir- it.



You have redeemed us, Lord, God of truth *

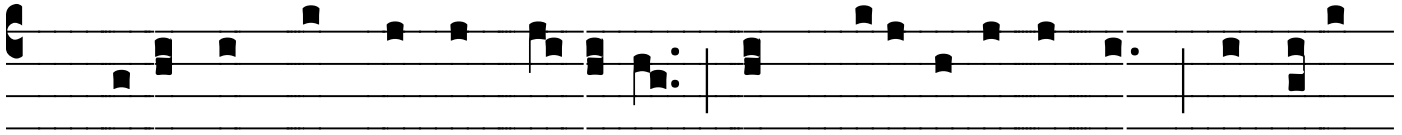


Glory to the Father, and to the Son, and to the Ho-ly Spir-it.

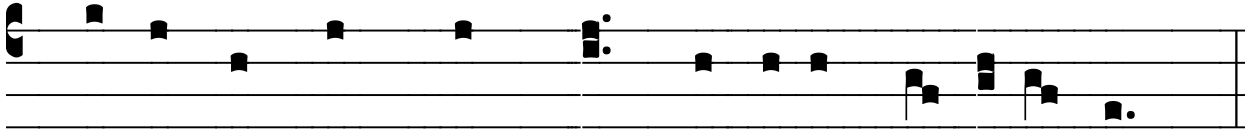


Gospel Canticle

Luke 2:29-32



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.

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

my own eyes have seen the salvation
which you have prepared in sight of every people:

a light to reveal you to the nations,
and the glory of your people Israel.

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.

Te lucis ante terminum

Te lucis ante terminum,
rerum Creator, poscimus
ut pro tua clementia
sis praesul et custodia.

Procul recedant somnia
et noctium phantasmata;
hostemque nostrum comprime,
ne polluantur corpora.

Praesta, Pater piissime,
Patrique compar Unice,
cum Spiritu Paraclito
regnans per omne saeculum.
Amen.

To Thee, before the close of day
Creator of the world, we pray
that with Thy wonted favor, Thou
wouldst be our Guard and Keeper now.

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,
shall live and reign eternally.
Amen.