

The Complines in this booklet are published, along with other prayers, liturgies, meditations and daily readings from the Northumbria Community, in *Celtic Daily Prayer*.

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For more information about the Northumbria Community please contact:

Northumbria Community
Nether Springs | Croft Cottage | Acton Home Farm
Felton | Northumberland | NE65 9NU

office@northumbriacommunity.org

+44 (0)1670 787645

www.northumbriacommunity.org

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Northumbria
COMMUNITY

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COMPLINE

(NIGHT PRAYER)

How to use Compline

‘Shall we say Compline tonight?’

Compline is used in the Northumbria Community as an optional extra to the Daily Office, but brings a perfect end to the day. Many use it on a regular basis, usually just before retiring to bed. On retreats it can be used to bring time together to a close as the whole household goes into quiet until next morning. These prayers are not lengthy and can be offered in just a few minutes.

It is recommended that a time of quietness should precede Compline, emptying out all the tensions and concerns of the past day and shifting the focus of our attention back to God. Then the sign of the cross can be made silently before starting the spoken prayers.

If you have young children, Compline can be used as bed-time prayers with them or over them, substituting the child's or children's names in the boxed sections whenever they cannot say the prayer for themselves. For example: ‘In peace will *Martha* lie down, for it is You, O Lord, You alone who makes *her* to rest secure.’

There is a different form of Compline for each day of the week. Each is named after an individual from the era of the Celtic and the Northumbrian saints, serving as another reminder of the example set by ‘the wise and the good’ who inspire us to seek God as they did. Complines are often said by candlelight – hence the large print used in this booklet.

SUNDAY

THE ITA COMPLINE

Ita, who died in about 570, was the abbess of a women's community at Killeedy, County Limerick, in Ireland. She ran a school for boys where she taught:

Faith in God
with purity of heart;
simplicity of life
with religion;
generosity
with love.

Among those schooled by Ita was Brendan, who honoured her as his foster-mother and adviser. The Compline that follows is named after her because of its emphasis on the examination of the heart, and the prayers of both care and protection for each soul who crosses our path.

The Sa - cred Three to save_____ to shield_____ to sur- round_____

— this_ hearth this home this night ev-ery night. The Sac - red

Three to save to shield. The Sac - red Three to save_____

The musical score is written on three staves in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. The melody is simple and hymn-like, with lyrics written below the notes. The first staff ends with a long note on 'sur-' that carries over to the second staff. The second staff ends with a long note on 'The' that carries over to the third staff. The third staff ends with a double bar line.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in **bold italic type** set between lines should be said by each in turn.

+ (silently.)

The Sacred Three

to save

to shield

to surround

this hearth

this home

this night

every night.

* Search me, O God, and know my heart.
Test me and know my thoughts.

* See if there is any wicked way in me,
and lead me in the way everlasting.

**O Father, O Son, O Holy Spirit,
forgive me my sins.**

**O only-begotten Son of the heavenly Father,
forgive.**

O God who is one,

O God who is true,

O God who is first,

O God who is one substance,

O God only mighty,

**in three Persons, truly merciful,
forgive.**

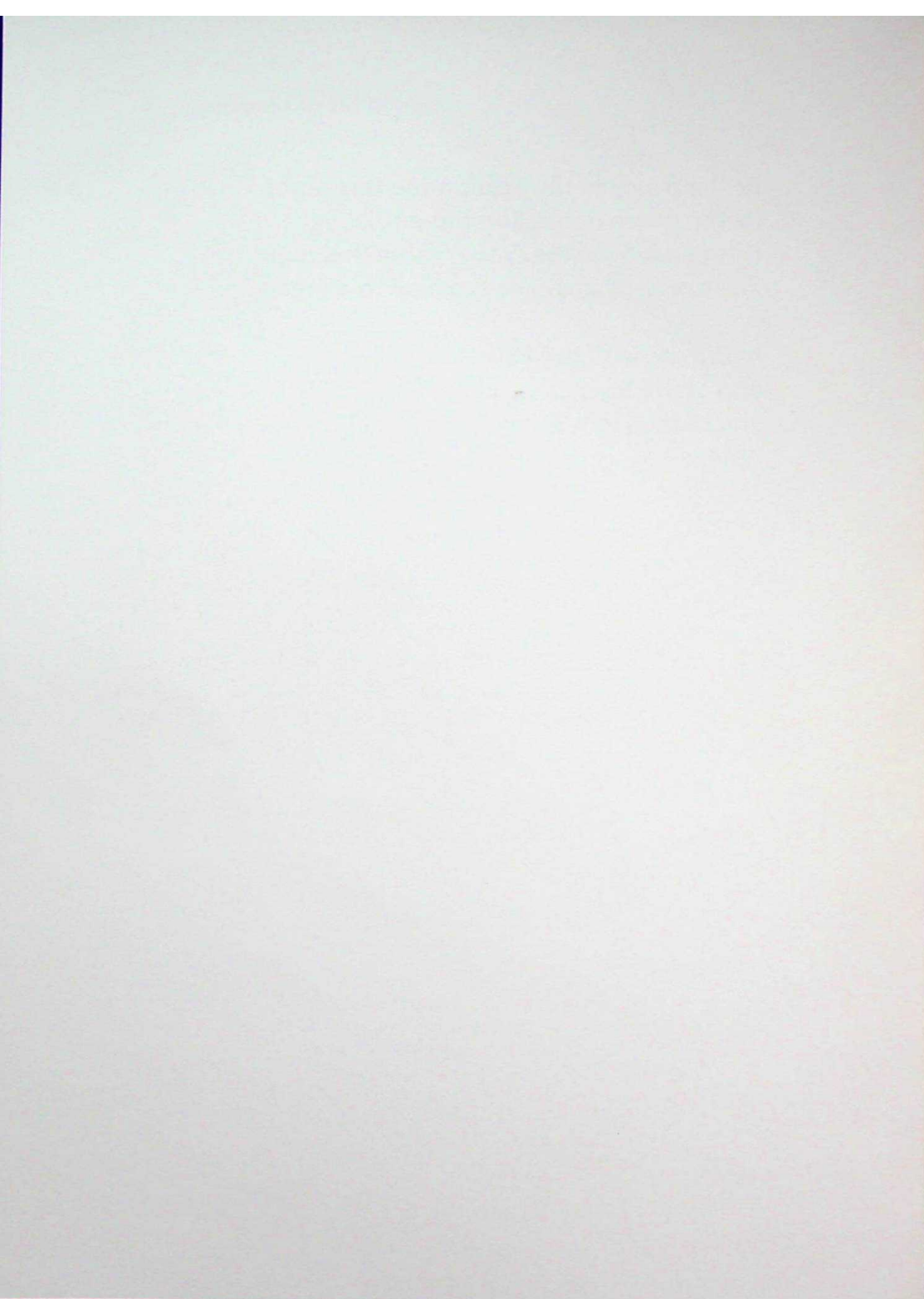
- * O God of life, this night,
O darken not to me Thy light.
- * O God of life, this night,
close not Thy gladness to my sight.
- * Keep Your people, Lord,
in the arms of Your embrace.
Shelter them under Your wings.
- * Be their light in darkness.
Be their hope in distress.
Be their calm in anxiety.
- * Be their strength in weakness.
- * Be their comfort in pain.
- * Be their song in the night.

***In peace will I lie down, for it is You, O Lord,
You alone who makes me to rest secure.***

- * Be it on Your own beloved arm,
O God of grace, that I in peace shall awake.

Be the peace of the Spirit mine this night.
Be the peace of the Son mine this night.
Be the peace of the Father mine this night.
The peace of all peace be mine this night.

+ In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

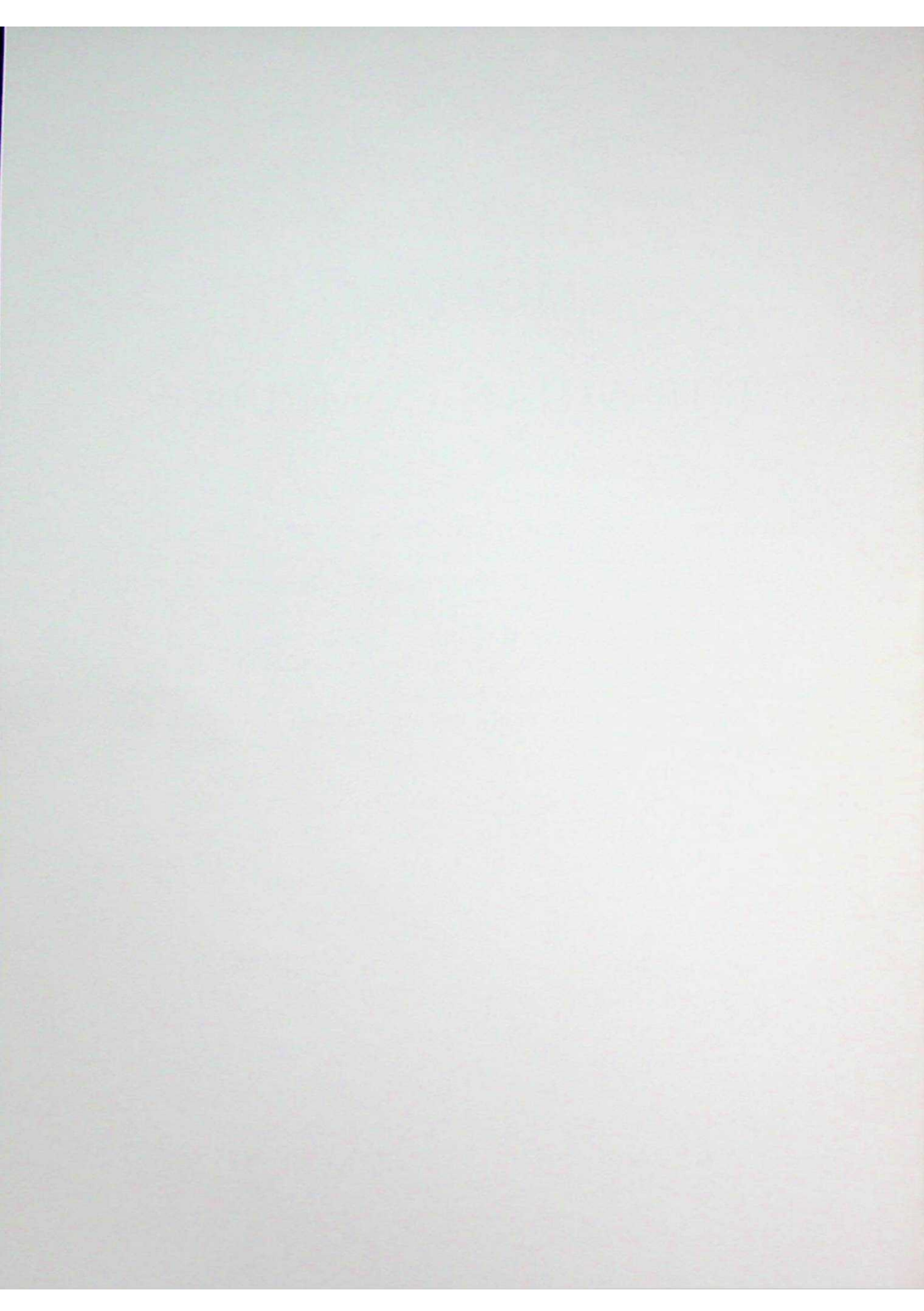


MONDAY

THE AIDAN COMPLINE

Aidan came to Lindisfarne from Iona in the year 635 at the request of King Oswald. He was a man of deep prayer who meditated on the words of Scripture, equipping himself in quiet for an active and highly effective apostolate. He remained at Lindisfarne for sixteen years.

In 651, Aidan was taken ill at Bamburgh and died. Cuthbert, who was at that moment looking after a flock of sheep on the Lammermuir hills, saw a vision of angels taking Aidan's soul to heaven.



+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in ***bold italic type*** set between lines should be said by each in turn.

+ (silently.)

* O Christ, Son of the living God,
may Your holy angels guard our sleep,
may they watch over us as we rest
and hover around our beds.

* Let them reveal to us in our dreams
visions of Your glorious truth,
O High Prince of the universe,
O High Priest of the mysteries.

* May no dreams disturb our rest
and no nightmares darken our dreams.
May no fears or worries delay
our willing, prompt repose.

* May the virtue of our daily work
hallow our nightly prayers.
May our sleep be deep and soft
so our work be fresh and hard.

**I will lie down and sleep in peace
for You alone, Lord, make me dwell in safety.**

I make the cross of Christ up - on my breast, o - ver the
 tab - let of my hard heart, and I be seech the Liv - ing God of the u - ni -
 verse — may the Light of Lights come may the Light of Lights come to my
 dark heart from Thy place; may the Spi - rit's wis - dom come to my
 heart's tab - let from my Sa - viour

***My dear ones, O God, bless Thou and keep,
in every place where they are.***

* Into Your hands I commit my spirit;
I give it to You with all the love of my heart.

* How precious to me are Your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.

**I make the cross of Christ upon my breast,
+ over the tablet of my hard heart,
and I beseech the Living God of the universe –
may the Light of Lights come
to my dark heart from Thy place;
may the Spirit's wisdom come to my heart's tablet
from my Saviour.**

* Christ without sin, Christ of wounds,
I am placing my soul and my body
under Thy guarding this night,
Christ of the poor, Christ of tears.
Thy cross be my shielding this night,
O Thou Son of tears, of the wounds, of the
piercing.

**I am going now into the sleep:
O be it in Thy dear arm's keep,
O God of grace, that I shall awake.**

The peace of all peace be mine this night be mine this
night. The peace of all peace be mine this night be
mine this night in the name of the Fa-ther, and of the Son, and of the
Ho - ly Spi - rit. A - - -
men. A - - - men.

- * My Christ! my Christ!
my shield, my encircler,
each day, each night,
each light, each dark.
- * My Christ! my Christ!
my shield, my encircler,
each day, each night,
each light, each dark.
Be near me, uphold me,
my treasure, my triumph.
-

***Circle me, Lord,
keep protection near
and danger afar.***

- * Circle me, Lord,
keep light near
and darkness afar.
- * Circle me, Lord,
keep peace within;
keep evil out.
- The peace of all peace
be mine this night
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

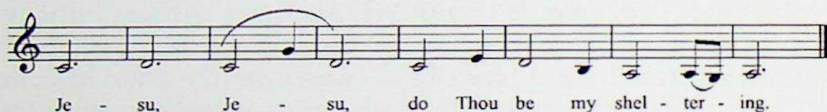
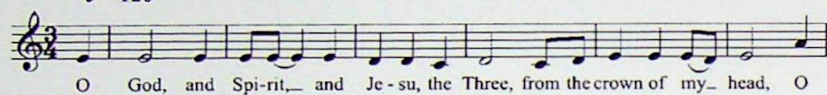
TUESDAY

THE CUTHBERT COMPLINE

Cuthbert, watching sheep one night on the Lammermuir hills, had an angelic vision coinciding with the death of Aidan, which convinced him that he was meant to follow Christ as surely as the beloved founder of the monastic community on Lindisfarne.

Cuthbert became a monk at Melrose Abbey, under the guidance of Boisil, who was then the prior. Cuthbert succeeded him. Later in his life became a dearly loved bishop at Lindisfarne, but before his death in 687, he retreated again into solitude to pray and fast in the hermitage he loved on the island of Inner Farne.

$\text{♩} = 120$



+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in ***bold italic type*** set between lines should be said by each in turn.

+ (*silently*.)

* I will lie down and sleep in peace
for You alone, Lord,
make me dwell in safety.

O God, and Spirit, and Jesu, the Three,
from the crown of my head, O Trinity,
to the soles of my feet mine offering be.
Come I unto Thee, O Jesu, my King –
O Jesu, do Thou be my sheltering.

*My dear ones, O God, bless Thou and keep,
in every place where they are.*

* Whoever has chosen to make
the shelter of the Most High their dwelling place
will stay in His over-shadowing.

* He alone is my refuge, my place of safety;
He is my God, and I am trusting Him.

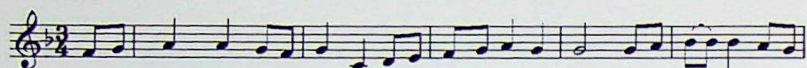
* He will rescue you from the traps laid for your feet,
and save you from the destroying curse.

O God of life, this night, O dark - en not to
me Thy light. O God of life, this night, close not Thy
glad - ness to my sight. O God of life, this night, Thy
door to me, O shut not tight, O God of life, this
night. O dark - en not to me Thy light.

- * His faithful promises are your armour.
You need no longer be afraid of any terror by night,
or the death-arrow that flies by day.
- * The Lord Himself is your refuge;
you have made the Most High your stronghold.
- * Be my strong rock, a castle to keep me safe,
for You are my crag and my stronghold.
- * How precious to me are Your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.

*I will not lie down tonight with sin,
nor shall sin,
nor sin's shadow,
lie down with me.*

O God of life, this night,
O darken not to me Thy light.
O God of life, this night,
close not Thy gladness to my sight.
O God of life, this night,
Thy door to me, O shut not tight,
O God of life, this night.



As the bride-groom to his cho-sen, as the king un-to his realm, as the keep un-to the



cas-tle, as the pi-lot to the helm, so,___ Lord, art Thou___ to me.

* Be it on Thine own beloved arm,
O God of grace,
that I in peace shall waken.

(For optional use, sung as a hymn or spoken reflectively by individual readers. The Cuthbert Compline continues overleaf.)

As the bridegroom to his chosen,
as the king unto his realm,
as the keep unto the castle,
as the pilot to the helm,
so, Lord, art Thou to me.

As the fountain in the garden,
as the candle in the dark,
as the treasure in the coffer,
as the manna in the ark,
so, Lord, art Thou to me.

As the music at the banquet,
as the stamp unto the seal,
as the medicine to the fainting,
as the wine-cup at the meal,
so, Lord, art Thou to me.

As the ruby in the setting,
as the honey in the comb,
as the light within the lantern,
as the father in the home,
so, Lord, art Thou to me.

As the sunshine in the heavens,
as the image in the glass,
as the fruit unto the fig-tree,
as the dew unto the grass,
so, Lord, art Thou to me.

The peace of all peace be mine this night be mine this
night. The peace of all peace be mine this night be
mine this night in the name of the Fa-ther, and of the Son, and of the
Ho - ly Spi - rit. A - - -
men. A - - - men.

* Jesu, Son of Mary!
my helper, my encircler.
Jesu, Son of David!
my strength everlasting.
Jesu, Son of Mary!
my helper, my encircler.

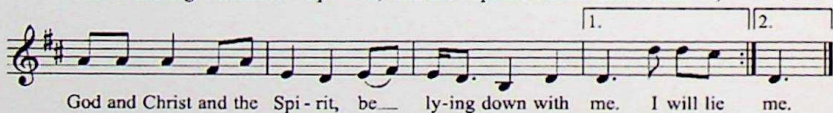
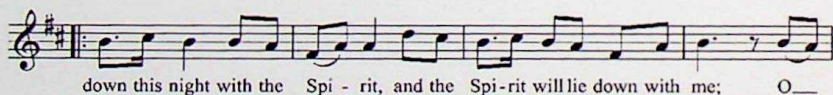
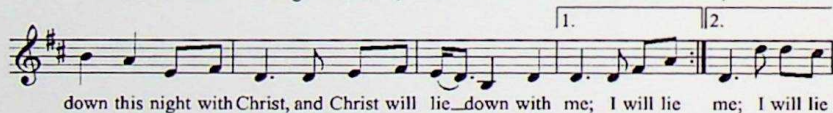
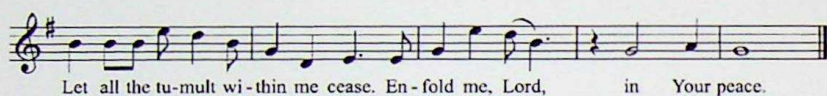
The peace of all peace
be mine this night
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

WEDNESDAY

THE FELGILD COMPLINE

Felgild lived in the late seventh century. After Cuthbert died Ethilwald took his place as hermit of the Inner Farne. Twelve years later, having never left the island, he also died. Felgild was the next hermit to come there, but the rigours of his life in the cell aggravated a swelling on his face. The condition was suddenly healed, allowing him to continue the life of a solitary.

This Compline is dedicated to him because he represents so many whose names we never hear who faithfully follow the example of good men and women of old, continuing in their devotion to prayer and their battle against the power of evil.



+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

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+ (silently.)

Calm me, O Lord, as You stilled the storm.

Still me, O Lord, keep me from harm.

Let all the tumult within me cease.

Enfold me, Lord, in Your peace.

* Father, bless the work that is done,
and the work that is to be.

* Father, bless the servant that I am,
and the servant that I will be.

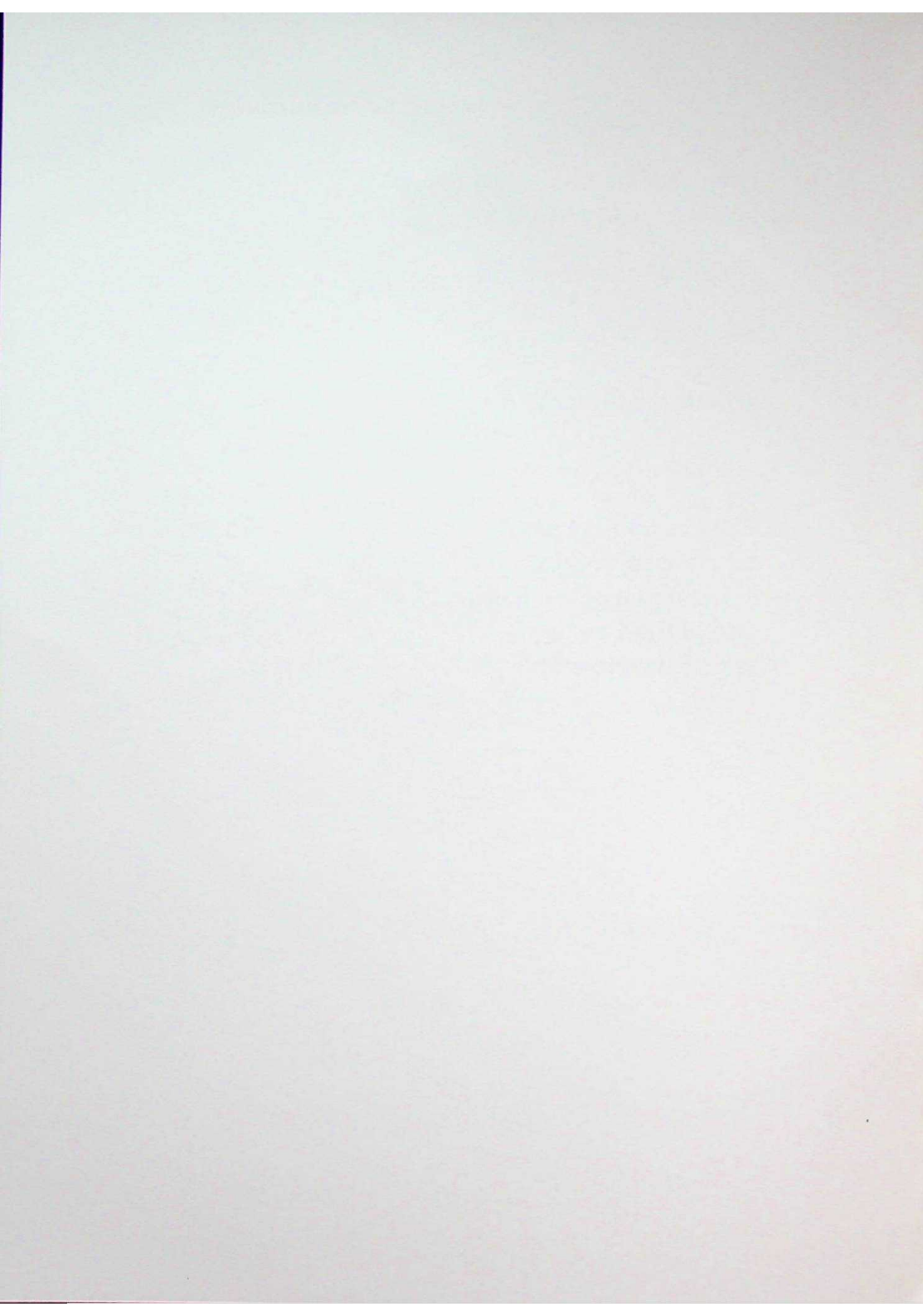
***Thou Lord and God of power,
shield and sustain me this night.***

**I will lie down this night with God,
and God will lie down with me;
I will lie down this night with Christ,
and Christ will lie down with me;
I will lie down this night with the Spirit,
and the Spirit will lie down with me;
O God and Christ and the Spirit,
be lying down with me.**

The peace of all peace be mine this night be mine this
night The peace of all peace be mine this night be
mine this night in the name of the Fa-ther, and of the Son, and of the
Ho - - ly Spi - rit. A - - -
men. A - - - men.

- * The peace of God
be over me to shelter me,
- * under me to uphold me,
- * about me to protect me,
- * behind me to direct me,
- * ever with me to save me.

The peace of all peace
be mine this night
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

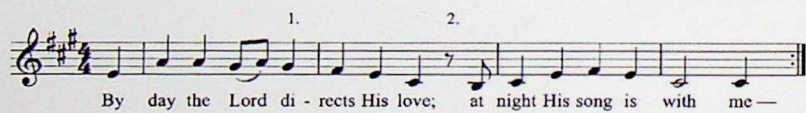


THURSDAY

THE EBBA COMPLINE

Ebba died in the year 683. She was the sister of Oswald and Oswy, who were both kings of Northumbria. She founded the 'double' (i.e. for both men and women) monastery at Coldingham, situated on St Abb's Head (which was subsequently named after her).

Ebba was consecrated as a nun by Aidan. Bede described her as a 'pious woman and a handmaid of Christ'.



+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in **bold italic type** set between lines should be said by each in turn.

+ (silently.)

* Find rest, O my soul, in God alone:
my hope comes from Him.

**Come I this night to the Father,
come I this night to the Son,
come I to the Holy Spirit powerful:
come I this night to God.
Come I this night with Christ,
come I with the Spirit of kindness.
Come I to Thee, Jesus.
Jesus, shelter me.**

* I will lie down and sleep.
I wake again,
because the Lord sustains me.

* By day the Lord directs His love;
at night His song is with me –
a prayer to the God of my life.

* Be strong and take heart,
all you who hope in the Lord.

* This dwelling, O God, by Thee be blest;
and each one who here this night does rest.

The peace of all peace be mine this night be mine this
night The peace of all peace be mine this night be
mine this night in the name of the Fa-ther, and of the Son, and of the
Ho - ly Spi - rit. A - - -
men. A - - - men.

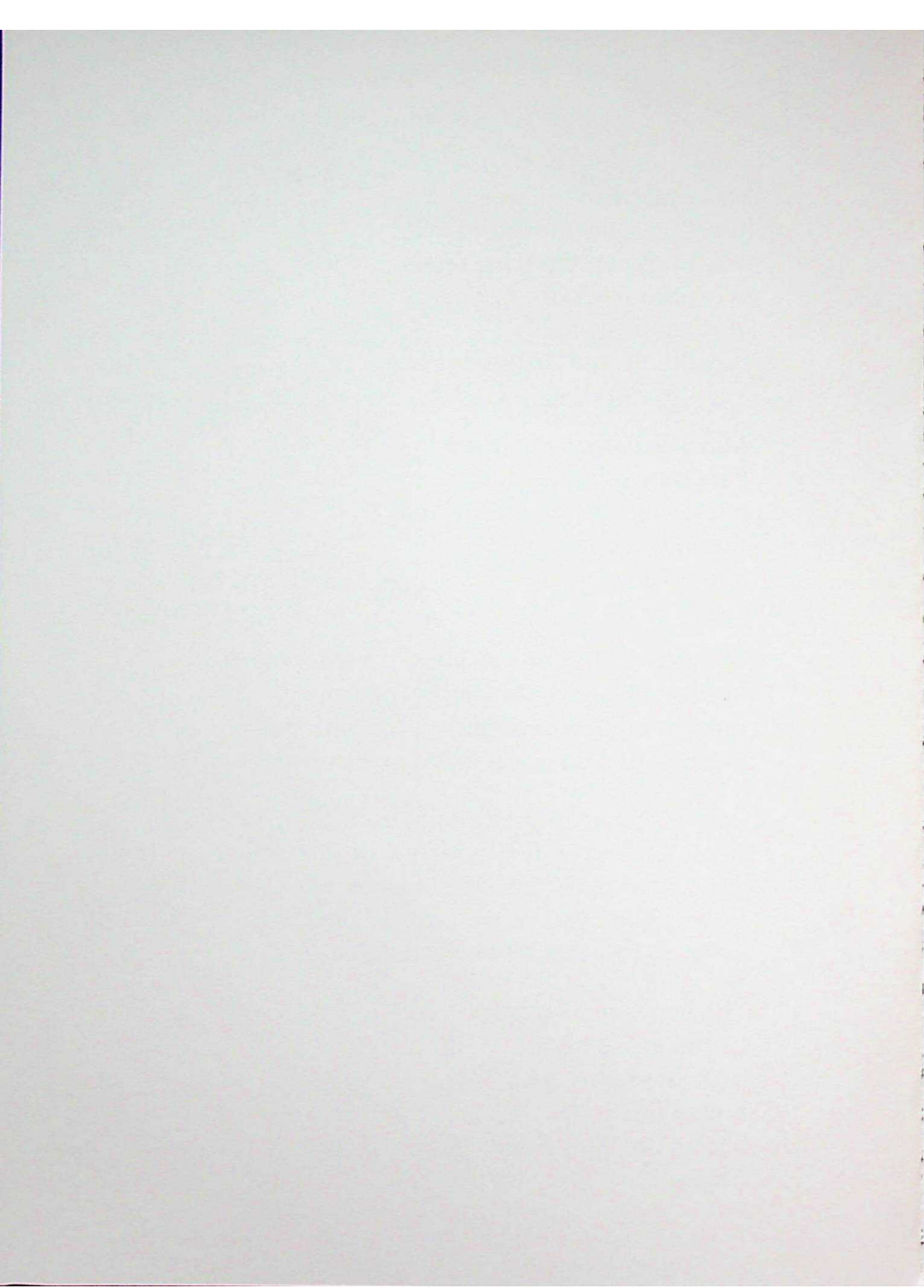
* May God be in my sleep;
 may Christ be in my dreams.
 May the Spirit be in my repose,
 in my thoughts, in my heart.
 In my soul always
 may the Sacred Three dwell.

*May the Father of heaven
 have care of my soul,
 His loving arm about my body,
 through each slumber
 and sleep of my life.*

The Son of God be shielding me from harm,
 the Son of God be shielding me from ill,
 the Son of God be shielding me with power.
 The Son of God be shielding me this night.

* Sleep, O sleep in the calm of each calm.
 Sleep, O sleep in the guidance of all guidance.
 Sleep, O sleep in the love of all loves.
 Sleep, O beloved, in the Lord of life.
 Sleep, O beloved, in the God of life.

The peace of all peace
 be mine this night
 + in the name of the Father,
 and of the Son,
 and of the Holy Spirit.
 Amen.



FRIDAY

THE BOISIL COMPLINE

Boisil, Prior of Melrose Abbey, died in 661. Bede described him as 'a priest of great virtue and prophetic spirit'. Boisil, on his first meeting with Cuthbert, who was to be his pupil, exclaimed, 'Behold, the servant of the Lord!' – recognising the call of God on the young man's life.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in **bold italic type** set between lines should be said by each in turn.

+ (*silently*.)

* Lord, You will keep us safe
and protect us forever.

**I am placing my soul and my body
in Thy safe keeping this night, O God,
in Thy safe keeping, O Jesus Christ,
in Thy safe keeping, O Spirit of perfect truth.
The Three who would defend my cause
be keeping me this night from harm.**

* I call on You, O God,
for You will answer me;
give ear to me and hear my prayer.

* Show the wonder of Your great love,
You who save by Your right hand
those who take refuge in You from their foes.

* Keep me as the apple of Your eye;
hide me in the shadow of Your wings.

God with me pro-tec-ting, the Lord with me di-
 rec-ting, the Spi-rit with me streng-then-ing
 for e-ver and for e-ver-more.

The peace of all peace be mine this night be mine this
 night. The peace of all peace be mine this night be
 mine this night in the name of the Fa-ther, and of the Son, and of the
 Ho-ly Spi-rit. A-men. A-men.

*Lighten my darkness, Lord.
Let the light of Your presence
dispel the shadows of night.*

* Christ with me sleeping,
Christ with me waking,
Christ with me watching,
each day and each night.

* Save us, Lord, while we are awake,
guard us while we are asleep;
that, awake, we may watch with Christ,
and, asleep, may rest in His peace.

**God with me protecting,
the Lord with me directing,
the Spirit with me strengthening
for ever and for evermore.**

* In the name of the Father precious,
and of the Spirit of healing balm.
In the name of the Lord Jesus,
I lay me down to rest.

**The peace of all peace
be mine this night
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**

SATURDAY

THE PATRICK COMPLINE

Patrick (389-461) was a Briton and a former slave in Ireland. He became the 'Apostle to Ireland', travelling widely, evangelising tirelessly and organising churches and monasteries. He established his episcopal seat in Armagh, which became the centre of Christianity in the whole of Ireland.

Patrick was fearless in pursuit of his aim: to destroy paganism and to exalt the name of the Triune God.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The words in **bold italic type** set between lines should be said by each in turn.

+ (silently.)

**In the name of the King of life;
in the name of the Christ of love;
in the name of the Holy Spirit:
the Triune of my strength.**

* I love you, O Lord my strength.

The Lord is my rock,
my fortress and my deliverer.
My God is my rock
in whom I take refuge.

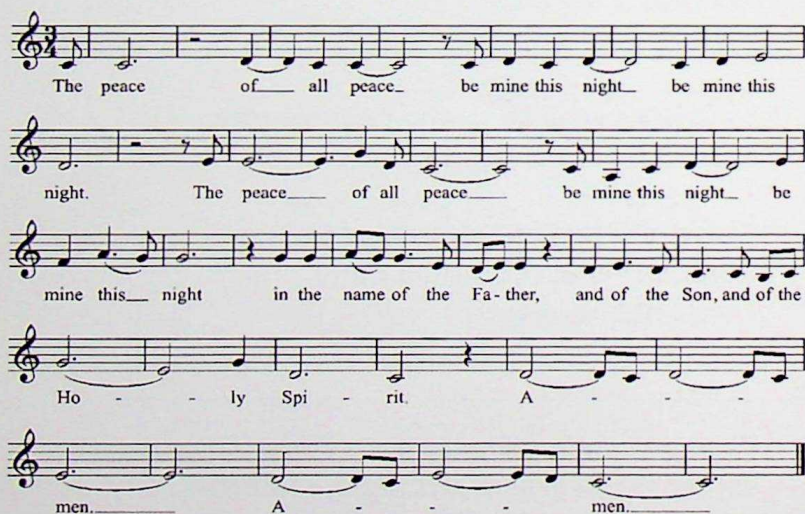
* I will praise the Lord who counsels me;
even at night my heart instructs me.

* I have set the Lord always before me.
Because He is at my right hand,
I shall not be shaken.

***I am placing my soul and my body
under Thy guarding this night, O Christ.
May Thy cross this night be shielding me.***



May___ God shield me; may___ God fill me; may___ God keep me; may___ God
 watch me; may___ God bring me this night_____ to the near - ness
 of___ His love,_____ to the near - ness of___ His love._____



The peace of___ all peace_ be mine this night_ be mine this
 night. The peace___ of all peace___ be mine this night_ be
 mine this___ night in the name of the Fa - ther, and of the Son, and of the
 Ho - - ly Spi - rit. A - - -
 men,_____ A - - - men._____

* Into Your hands I commit my spirit;
redeem me, O Lord, the God of Truth.

* The God of life with guarding hold you;
the loving Christ with guarding fold you;
the Holy Spirit, guarding, mould you;
each night of life to aid, enfold you;
each day and night of life uphold you.

**May God shield me;
may God fill me;
may God keep me;
may God watch me;
may God bring me this night
to the nearness of His love.**

* The peace of the Father of joy,
the peace of the Christ of hope,
the peace of the Spirit of grace,

**the peace of all peace
be mine this night**

**+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**