



The Service of Compline
from Ascension Day
until
the Feast of Pentecost

Welcome to Compline in this period of expectance and excitement between Ascension Day and the Pentecost, often thought of as the 'birthday' of the Christian Church.

'Compline' is the ancient 'office' with which monastic communities end their day of prayer. The word 'Compline' comes from the Latin 'Completorium' which means completion, so the day is complete when this time of prayer is offered. It is how the first Bishop of Norwich, Herbert de Losinga, and his community would have ended their day as Compline is derived from the Rule of St Benedict which the community followed. In community it is the beginning of the 'Greater Silence'; after praying Compline, the community would be silent until the next day began to dawn and their prayer together began again.

To help translate this worship to Zoom, the Bishop of Norwich will welcome us each evening and light a candle. An officiant will then lead us through the service and our corporate responses will be led by the person who will read to us from the scriptures. Our own microphones are muted but please do join in with everything in bold with other members of your household too as we pray together

You will find the psalm towards the back of this booklet and the page numbers are given. If you are following this electronically, you will find links to the psalms within this booklet too. If you are following on paper, then you'll find instructions on which page to turn to.

The Blessing of the Light

The Bishop of Norwich greets the assembled

In the evening, Jesus came and stood among the disciples and said to them: 'Peace be with you!'

Alleluia!

The light and peace of the risen and ascended Lord be with you.

All And also with you. Alleluia!

The Bishop lights the candle and the Choral Scholars sing

The officiant continues

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

All Amen.

Our help is in the name of the Lord

All who made heaven and earth.

A period of silence for reflection on the past day may follow.

**All Holy God,
we confess to you
before the company of the faithful in heaven and on earth,
that we have sinned against you,
against one another
and against your creation.
Forgive us in your mercy
help us to forgive each other
and to hold in reverence all that you have made.
Amen.**

○ God, make speed to save us.

All ○ Lord, make haste to help us.

**All Glory 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. Amen. Alleluia.**

The Word of God

Psalmody

Ascension Day:	Click here or turn to page 9
Friday 22 May:	Click here or turn to page 10
Saturday 23 May:	Click here or turn to page 11
Sunday 24 May:	Click here or turn to page 12
Monday 25 May:	Click here or turn to page 13
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A scripture reading follows

Scripture Reading

Ascension Day:	Acts 1. 1-11
Friday 22 May:	Daniel 7. 9-14
Saturday 23 May:	Matthew 6. 9-14
Sunday 24 May:	Luke 10. 1-11
Monday 25 May:	John 3. 1-15
Tuesday 26 May:	John 14. 18-24
Wednesday 27 May:	John 14. 25-end
Thursday 28 May:	John 15. 26 – 16.4
Friday 29 May:	John 16. 7-11
Saturday 30 May:	John 16. 12-15

Responsory

The following responsory is said

Into your hands, O Lord, I commend my spirit. Alleluia! Alleluia!
All **Into your hands, O Lord, I commend my spirit.
Alleluia! Alleluia!**

For you have redeemed me, Lord God of truth.
All **I commend my spirit.**

Glory to the Father and to the Son and to the Holy Spirit.
All **Into your hands, O Lord, I commend my spirit.
Alleluia! Alleluia!**

Keep me as the apple of your eye.
All **Hide me under the shadow of your wings.**

Gospel Canticle

The Nunc dimittis (The Song of Simeon) is said or sung

All **Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

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

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

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

Luke 2.29-32

All **Glory 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. Amen.**

All **Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

Prayers

Intercessions and thanksgivings may be offered here.

The Collect

Silence is kept. One of the following collects is said.

Come, O Spirit of God,
and make within us your dwelling place and home.
May our darkness be dispelled by your light,
and our troubles calmed by your peace;
may all evil be redeemed by your love,
all pain transformed through the suffering of Christ,
and all dying glorified in his risen life.

All **Amen.**

Visit our homes, O Lord, we pray,
and drive far from them the snares of the enemy;
may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.

All **Amen.**

The Lord's Prayer is said.

All **Our Father, who 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 those who 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.**

The Conclusion

In peace we will lie down and sleep;
All **for you alone, Lord, make us dwell in safety.**
Abide with us, Lord Jesus,
All **for the night is at hand and the day is now past.**
As the night watch looks for the morning,
All **so do we look for you, O Christ.**

The Bishop of Norwich gives the blessing.

Christ our exalted King pour upon you his abundant gifts
and bring you to reign with him in glory;
and the blessing of God almighty,
Father, Son and Holy Spirit,
be upon you and remain with you
this night and always.
All **Amen.**

The Lord be with you
All **and also with you.**

Let us bless the Lord. Alleluia!
All **Thanks be to God. Alleluia!**

The Psalms

Thursday 21 May

Ascension Day – Psalm 93

The Lord is king and has put on glorious apparel;
the Lord has put on his glory and girded himself with strength.

All **He has made the whole world so sure
that it cannot be moved.**

Your throne has been established from of old;
you are from everlasting.

All **The floods have lifted up, O Lord,
the floods have lifted up their voice;
the floods lift up their pounding waves.**

Mightier than the thunder of many waters,
mightier than the breakers of the sea,
the Lord on high is mightier.

All **Your testimonies are very sure;
holiness adorns your house, O Lord, for ever.**

All **Glory 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. Amen.**

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Friday 22 May

Psalm 47. 5-10

God has gone up with a merry noise,
the Lord with the sound of the trumpet.

All **O sing praises to God, sing praises;
sing praises to our King, sing praises.**

For God is the King of all the earth;
sing praises with all your skill.

All **God reigns over the nations;
God has taken his seat upon his holy throne.**

The nobles of the peoples are gathered together
with the people of the God of Abraham.

All **For the powers of the earth belong to God
and he is very highly exalted.**

All **Glory 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. Amen.**

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Saturday 23 May

Psalm 136. 1-9

Give thanks to the Lord, for he is gracious,
for his mercy endures for ever.

All **Give thanks to the God of gods,
for his mercy endures for ever.**

Give thanks to the Lord of lords,
for his mercy endures for ever;

All **Who alone does great wonders,
for his mercy endures for ever;**

Who by wisdom made the heavens,
for his mercy endures for ever;

All **Who laid out the earth upon the waters,
for his mercy endures for ever;**

Who made the great lights,
for his mercy endures for ever;

All **The sun to rule the day,
for his mercy endures for ever;**

The moon and the stars to govern the night,
for his mercy endures for ever;

All **Glory 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. Amen.**

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Sunday 24 May

Psalm 115. 1-9

Not to us, Lord, not to us, but to your name give the glory,
for the sake of your loving mercy and truth.

All **Why should the nations say,
'Where is now their God?'**

As for our God, he is in heaven;
he does whatever he pleases.

All **Their idols are silver and gold,
the work of human hands.**

They have mouths, but cannot speak;
eyes have they, but cannot see;

All **They have ears, but cannot hear;
noses have they, but cannot smell;**

They have hands, but cannot feel; feet have they, but cannot walk;
not a whisper do they make from their throats.

All **Those who make them shall become like them
and so will all who put their trust in them.**

But you, Israel, put your trust in the Lord;
for the Lord is their help and their shield.

All **Glory 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. Amen.**

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Monday 25 May

Psalm 115. 12-end

Alleluia! The Lord has been mindful of us and he will bless us;
may he bless the house of Israel; may he bless the house of Aaron;

All **May he bless those who fear the Lord,
both small and great together.**

May the Lord increase you more and more,
you and your children after you.

All **May you be blest by the Lord,
the maker of heaven and earth.**

The heavens are the heavens of the Lord,
but the earth he has entrusted to his children.

All **The dead do not praise the Lord,
nor those gone down into silence;**

But we will bless the Lord,
from this time forth for evermore. Alleluia.

All **Glory 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. Amen.**

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Tuesday 26 May

Psalm 123

To you I lift up my eyes,
to you that are enthroned in the heavens.

All **As the eyes of servants look to the hand of their master,
or the eyes of a maid to the hand of her mistress,**

So our eyes wait upon the Lord our God,
until he have mercy upon us.

All **Have mercy upon us, O Lord, have mercy upon us,
for we have had more than enough of contempt.**

Our soul has had more than enough of the scorn of the arrogant,
and of the contempt of the proud.

All **Glory 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. Amen.**

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Wednesday 27 May

Psalm 121

I lift up my eyes to the hills;
from where is my help to come?

All **My help comes from the Lord,
the maker of heaven and earth.**

He will not suffer your foot to stumble;
he who watches over you will not sleep.

All **Behold, he who keeps watch over Israel
shall neither slumber nor sleep.**

The Lord himself watches over you;
the Lord is your shade at your right hand,

All **So that the sun shall not strike you by day,
neither the moon by night.**

The Lord shall keep you from all evil;
it is he who shall keep your soul.

All **The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.**

All **Glory 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. Amen.**

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Thursday 28 May

Psalm 130

Out of the depths have I cried to you, O Lord;
Lord, hear my voice;
let your ears consider well the voice of my supplication.

All **If you, Lord, were to mark what is done amiss,
O Lord, who could stand?**

But there is forgiveness with you,
so that you shall be feared.

All **I wait for the Lord; my soul waits for him;
in his word is my hope.**

My soul waits for the Lord,
more than the night watch for the morning,
more than the night watch for the morning.

All **O Israel, wait for the Lord,
for with the Lord there is mercy;**

With him is plenteous redemption
and he shall redeem Israel from all their sins.

All **Glory 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. Amen.**

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Friday 29 May

Psalm 146

Alleluia. Praise the Lord, O my soul:
while I live will I praise the Lord;
as long as I have any being, I will sing praises to my God.

All **Put not your trust in princes, nor in any human power,
for there is no help in them.**

When their breath goes forth, they return to the earth;
on that day all their thoughts perish.

All **Happy are those who have the God of Jacob for their help,
whose hope is in the Lord their God;**

Who made heaven and earth, the sea and all that is in them;
who keeps his promise for ever;

All **Who gives justice to those that suffer wrong
and bread to those who hunger.**

The Lord looses those that are bound;
the Lord opens the eyes of the blind;

All **The Lord lifts up those who are bowed down;
the Lord loves the righteous;**

The Lord watches over the stranger in the land;
he upholds the orphan and widow;
but the way of the wicked he turns upside down.

All **The Lord shall reign for ever,
your God, O Zion, throughout all generations. Alleluia.**

All **Glory 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. Amen.**

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Psalm 47

Clap your hands together, all you peoples;
O sing to God with shouts of joy.

All **For the Lord Most High is to be feared;
he is the great King over all the earth.**

He subdued the peoples under us
and the nations under our feet.

All **He has chosen our heritage for us,
the pride of Jacob, whom he loves.**

God has gone up with a merry noise,
the Lord with the sound of the trumpet.

All **O sing praises to God, sing praises;
sing praises to our King, sing praises.**

For God is the King of all the earth;
sing praises with all your skill.

All **God reigns over the nations;
God has taken his seat upon his holy throne.**

The nobles of the peoples are gathered together
with the people of the God of Abraham.

All **For the powers of the earth belong to God
and he is very highly exalted.**

All **Glory 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. Amen.**

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