

The LITTLEMORE FELLOWSHIP

Founded MMXX

Saint John Henry Newman
Victoria, BC



In your hearts reverence Christ as Lord. Always be prepared to make a defense to anyone who calls you to account for the hope that is in you, yet do it with gentleness and reverence.

1 Peter 3:15

Littlemore gatherings aim to honour the Eucharistic fellowship that flows from the Mass, the source and summit of the Christian life (CCC 1324).

We are mindful that we have an obligation to think with the Church (*sentire cum Ecclesia*) and to pray with the Church (*orare cum Ecclesia*) as we explore aspects of Christian thought and practice, and examine current issues that impact our lives, so that we may remain united in faith and practice with the Church (*cum Ecclesia concorditer agere*) and improve our Christian witness for the salvation of souls.

We draw upon the many spiritual treasures of the English Patrimony that we celebrate in the Ordinariate to open us to God's grace, to inform our thinking and to configure our attitudes and behaviour to the holiness and charity of God, resources which necessary include Holy Scripture, the Catechism of the Catholic Church, and the works of orthodox witnesses to the Faith, especially those writings of our holy patron Saint John Henry Newman, Doctor of the Church.

The Littlemore Fellowship Order of Compline follows
the pattern found in the *Saint Gregory Prayer Book* by Dr. Clinton A. Brand, KSG.

An ORDER for MEETINGS

Opening Prayer	
Presentation & Reflection	5 to 10 minutes
Discussion then Refreshments	90 minutes
Organization & Information	5 minutes
Compline	15 minutes

An Officiant is appointed.

The OPENING PRAYER *Spoken*

Stand

Officiant ✕ In the Name of the Father, and of the Son, and of the Holy Ghost.
Response **Amen.**

Spoken by All

O Holy Spirit, guide us in all things, for where Thou art Guide no ill can come. Let us not be led by selfishness or fear but by Thy power and love, that we may abound in hope; through our Lord Jesus Christ, with Whom and the Father Thou livest and reignest one God, world without end. Amen. Father Andrew, S.D.C.

An ORDER for COMPLINE

Omnes ergo in unum positi compleant.

All having assembled in one place, let them say compline.

The PREPARATION *Spoken*

Stand

Officiant ✕ The Lord Almighty grant us a quiet night and a perfect end.
Response **Amen.**

Officiant Brethren: be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist, steadfast in the faith.
1 Peter 5:8-9

Officiant But thou, O Lord, have mercy upon us.
Response **Thanks be to God.**

The CONFSSION *Spoken*

Kneel or sit as you are able.

Officiant Let us humbly confess our sins unto God.

A moment of silence may be observed. ✕ = strike the breast

Said by All I confess to God, to Blessed Mary, and to all the Saints, that I have sinned exceedingly in ✕ thought, ✕ word, and ✕ deed, through my own fault; I ask holy Mary, and all the Saints of God, to pray for me. Amen.

Said

Stand

Officiant **℟ O God, make speed to save us.**

Response **O Lord, make haste to help us.**

Officiant **All Bow** Glory be to the Father, and to the Son, and to the Holy Ghost.

Response **Upright** As it was in the beginning, is now, and ever shall be, world without end. Amen.

Officiant Praise ye the Lord.

Response **The Lord's name be praised.**

The PSALMODY

One or more of the following psalms may be spoken or chanted following the practice of a medial respiration (:) of two counts. Regardless of which psalm initiates the *Psalmody*, please remain standing for the first verse and be seated thereafter.

After the last psalm, stand and conclude with the *Glory Be* (p.4).

Psalm 4

Cum invocarem



Hear me when I call, O God of my *right-eous-ness* : thou hast set me at liberty when I was in trouble; have mercy upon me, and hearken un-to my prayer.

(Sit)

2. **O ye sons of men, how long will ye blaspheme mine *hon-our* : and have such pleasure in vanity, and seek af-ter leas-ing?**
3. Know this also, that the Lord hath chosen to himself the man that is *god-ly* : when I call upon the Lord, he *will* hear me.
4. **Stand in awe, and sin not : commune with your own heart, and in your chamber, and be still.**
5. Offer the sacrifice of *right-eous-ness* : and put your trust *in* the Lord.
6. **There be many that say : Who will show us a-ny good?**
7. Lord, lift thou *up* : the light of thy countenance *up-on* us.
8. **Thou hast put gladness in my *heart* : yea, more than when their corn, and wine and oil in-creas-ed.**
9. I will lay me down in peace, and take my *rest* : for it is thou, Lord, only that makest me dwell in safe-ty.



In thee, O Lord, have I put my trust; let me never be put to con-fu-sion : deliver me in thy *right-eous-ness*.

2. **Bow down thine ear to me : make haste to de-liv-er me.**
3. And be thou my strong rock, and house of *de-fence* : that thou may-est save me.
4. **For thou art my strong rock, and my cas-tle : be thou also my guide and lead me for thy Name's sake.**
5. Draw me out of the net that they have laid privily for *me* : for thou *art* my strength.
6. **Into thy hands I commend my spir-it : for thou hast redeemed me, O Lord, thou God of truth.**



Who so dwelleth under the defence of the *Most High* : shall abide under the shadow of the *Al-might-y*.

2. **I will say unto the Lord, Thou art my hope, and my strong-hold : my God, in him will I trust.**
3. For he shall deliver thee from the snare of the *hunt-er* : and from the noisome *pes-ti-lence*.
4. **He shall defend thee under his wings, and thou shalt be safe under his feath-ers : faithfulness and truth shall be thy shield and buck-ler.**
5. Thou shalt not be afraid for any terror by *night* : nor for the arrow that fli-eth by day;
6. **For the pestilence that walketh in *dark-ness* : nor for the sickness that destroyeth in the noon-day.**
7. A thousand shall fall beside thee, and ten thousand at thy right *hand* : but it shall not come nigh thee.
8. **Yea, with thine eyes shalt thou be-hold: and see the reward of the un-god-ly.**
9. For thou, Lord, art my *hope* : thou hast set thine house of defence *ve-ry* high.
10. **There shall no evil happen unto thee : neither shall any plague come nigh thy dwell-ing.**
11. For he shall give his angels charge over *thee* : to keep thee in *all* thy ways.

12. They shall bear thee in their *hands* : that thou hurt not thy foot *a-against* a stone.

13. Thou shalt go upon the lion and *ad-der* : the young lion and the dragon shalt thou tread *un-der* thy feet.

14. Because he hath set his love upon me, therefore will I deliver *him* : I will set him up, because he hath *known* my Name.

15. He shall call upon me, and I will *hear* him : yea, I am with him in trouble; I will deliver him, and bring him *to hon-our*.

16. With long life will I satisfy *him* : and show him my *sal-va-tion*.

Psalm 134

Ecce nunc



Behold now, praise the *Lord* : all ye servants of the *Lord*.

2. Ye that by night, stand in the house of the *Lord* : even in the courts of the house of our *God*.

3. Lift up your hands in the *sanc-tu-a-ry* : and *praise* the *Lord*.

4. The *Lord* that made heaven and *earth* : give thee blessing out of *Si-on*.

The Conclusion of the Psalmody

Stand

Bow Glory be to the Father, and to the *Son* : and to the *Ho-ly Ghost* :

Upright As it was in the beginning, is now, and ever *shall* be : world without *end*. A-men.

The CHAPTER

Read by the appointed Lector

Sit

Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen. Hebrews 13:20-21

- or -

Thou, Lord, art in the midst of us, and we are called by thy Name; leave us not, O Lord our God. Jeremiah 14:9

Response **Thanks be to God.**

The RESPONSORY

Said

Stand

Officiant Into thy hands, O Lord, I commend my spirit;
Response **Into thy hands, O Lord, I commend my spirit.**

Officiant For thou hast redeemed me, O Lord, thou God of truth;
Response **I commend my spirit.**

Officiant *Bow* Glory be to the Father, and to the Son, and to the Holy Ghost.
Response *Upright* **Into thy hands, O Lord, I commend my spirit.**

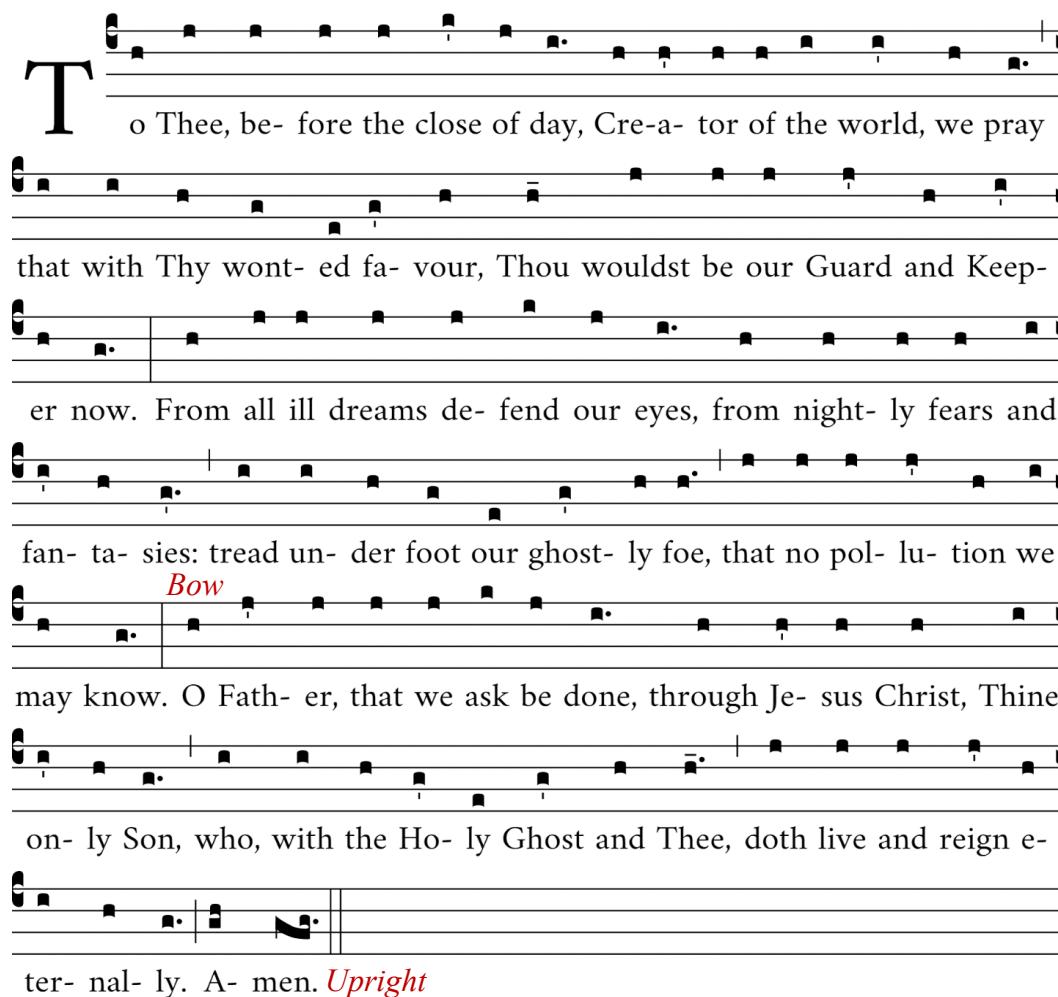
The HYMN

Sung

Te lucis ante terminum

Standing

Bow at the third verse O Father, that we ask



T o Thee, be- fore the close of day, Cre-a- tor of the world, we pray
that with Thy wont- ed fa- vour, Thou wouldst be our Guard and Keep-
er now. From all ill dreams de- fend our eyes, from night- ly fears and
fan- ta- sies: tread un- der foot our ghost- ly foe, that no pol- lu- tion we
Bow
may know. O Fath- er, that we ask be done, through Je- sus Christ, Thine
on- ly Son, who, with the Ho- ly Ghost and Thee, doth live and reign e-
ter- nal- ly. A- men. *Upright*

Spoken Officiant Keep me as the apple of an eye;
Response **Hide me under the shadow of thy wings.**

Remain Standing

The GOSPEL CANTICLE *Spoken by All*
The Song of Simeon | St. Luke 2:29-32

Remain Standing
Nunc Dimitis

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

All

LORD, ~~now~~ now lettest thou thy servant depart in peace, according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of thy people Israel.

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

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

The PRECES *Chant Recto Tono (G)*

Kneel or sit as you are able.

Officiant Lord, have mercy upon us.

Response **Christ, have mercy upon us.**

Officiant Lord, have mercy upon us.

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. Amen.

Officiant O Lord, hear our prayer;

Response **And let our cry come unto thee.**

Officiant VISIT, we beseech Thee, O Lord, this habitation: drive far from it all snares of the enemy; let Thy holy Angels dwell herein to preserve us in peace, and let Thy blessing be ever upon us; through Jesus Christ our Lord. **Amen.**

- and/or -

KEEP watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for Thy love's sake. **Amen.**

The following may be added:

O LORD, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done; then in thy mercy, grant us a safe lodging, and a holy rest, and peace at the last; through Jesus Christ our Lord. **Amen.**

- on Saturdays -

WE give Thee thanks, O God, for revealing Thy Son Jesus Christ to us by the light of his resurrection: Grant that as we sing Thy glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery; through Jesus Christ our Lord. **Amen.**

The FELLOWSHIP PRAYER *Spoken by All*

St John Henry Newman

DEAR JESUS, stay with me, and then I shall begin to shine as Thou shinest: so to shine as to be a light to others. The light, O Jesus, will be all from Thee. None of it will be mine. No merit to me. It will be Thou who shinest through me upon others. O let me thus praise Thee, in the way which Thou dost love best, by shining on all those around me. Give light to them as well as to me; light them with me, through me. Teach me to show forth Thy praise, Thy truth, Thy will. Make me preach Thee without preaching—not by words, but by my example and by the catching force, the sympathetic influence, of what I do—by my visible resemblance to Thy saints, and the evident fullness of the love which my heart bears to Thee. **Amen.**

Officiant Let us bless the Lord.

Response **Thanks be to God.**

Our Lady of Walsingham **Pray for us.**

Holy Michael, Archangel **Pray for us.**

Saint Joseph **Pray for us.**

Saint John Henry Newman **Pray for us.**

Officiant May the almighty and merciful Lord, **✠ Father, Son and Holy Ghost, bless us and keep us. Amen.**

Stand for the Marian Anthem



ANTHEMS of the BLESSED VIRGIN MARY

Alma Redemptoris Mater
From Advent Sunday to Candlemas

Loving Mother of the Redeemer
Hermannus Contractus 1013–1054



V
A L-ma * Redemptó-ris Ma-ter, quæ pérvi- a cæ- li
porta manes, Et stella ma-ris, succúrre cadénti súrge-
re qui cu-rat pópu-lo: Tu quæ genu- ísti, na-tú-ra mi-
ránte, tu- um sanctum Ge-ni-tó-rem: Virgo pri- us ac po-
sté- ri- us, Gabri- é-lis ab o-re sumens illud Ave, pecca-
tó-rum mi-se-ré- re.

*Mother of Christ! hear thou thy people's cry.
Star of the deep, and Portal of the sky.
Mother of Him who thee from nothing made!
Sinking we strive, and call to thee for aid:
Oh, by that joy that Gabriel brought to thee,
Thou Virgin first and last, let us thy mercy see.*

Translation of Edward Caswall (1814-1878)

✠ May the divine assistance remain with us always. **Amen.**

Ave Regina Cælorum

After Candlemas to Wednesday in Holy Week

Hail, O Queen of Heaven

12th Century

VI

A - ve Re-gí-na cæ-ló- rum, * A-ve Dómi-na Ange-
ló-rum: Salve ra-dix, salve porta, Ex qua mundo lux est
orta: Gaude Virgo glo- ri- ó-sa, Super omnes spe-ci- ó-sa:
Va-le, o valde decó- ra, Et pro no- bis Christum ex-ó- ra.



Hail, O Queen of Heaven.

Hail, O Lady of Angels

Hail! thou root, hail! thou gate

From whom unto the world a light has arisen:

Rejoice, O glorious Virgin,

Lovely beyond all others,

Farewell, most beautiful maiden,

And pray for us to Christ.

✠ May the divine assistance remain with us always. **Amen.**



Regina Cæli

From Easter to the Eve of Trinity Sunday

Queen of Heaven

c. 1200

VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
alle- lú-ia: O- ra pro no-bis De- um, alle-lú- ia.

Queen of heaven, rejoice, alleluia.

The Son you merited to bear, alleluia,

Has risen as he said, alleluia.

Pray to God for us, alleluia.

✠ May the divine assistance remain with us always. **Amen.**



Salve Regina

From the Eve of Trinity Sunday to the Eve of Advent Sunday

Hail, Holy Queen

11th Century

Alve Re-gí-na, * ma-ter mi-se-ri-córdi- æ, Vi-ta, dul-
cé- do, et spes nostra, salve. Ad te clamámus, éxsu-
les, fí- li- i Hevæ. Ad te suspi-rámus, geméntes et flen-
tes in hac lacrimá-rum valle. E-ia ergo, Advo-cá-ta
nostra, illos tu- os mi-se-ri-córdes ó-cu-los ad nos con-
vér-te. Et Je-sum, be-ne-dictum fructum ventris tu- i,
no-bis post hoc exsí- li- um osténde. O cle- mens:
O pi- a: O dulcis Virgo Ma-ri- a.

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

✠ May the divine assistance remain with us always. **Amen.**

Brief Counsels

On One's Calling in Life

Saint John Henry Newman

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments. Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

On Thanksgiving

John Wesley

Thanksgiving is inseparable from true prayer; it is almost essentially connected with it. One who always prays is ever giving praise, whether in ease or pain, both for prosperity and for the greatest adversity. He blesses God for all things, looks on them as coming from Him, and receives them for His sake - not choosing nor refusing, liking or disliking, anything, but only as it is agreeable or disagreeable to His perfect will.

Five Helps for the New Year

Michael Ramsey

1. *Thank God – often and always.* Thank Him carefully and wonderingly for your continuing privileges and for every experience of His goodness. Thankfulness is a soil in which pride does not easily grow.
2. *Take care about confession of your sins.* As time passes the habit of being critical about people and things grows more than each of us realise.
3. *Be ready to accept humiliations.* They can hurt terribly but they can help to keep you humble. (Whether trivial or big, accept them). All these can be so many chances to be a little nearer to our Lord. There is nothing to fear if you are near to the Lord and in His Hands.
4. *Do not worry about status.* There is only one status that our Lord bids us be concerned with, and that is our proximity to Him. “If a man serves me, let him follow me, and where I am there also shall my servant be.” (John 12:26). That is our status: to be near our Lord wherever He may ask us to go with Him.
5. *Use your sense of humour.* Laugh at things, laugh at the absurdities of life, laugh at yourself. Through the year people will thank God for you. And let the reason for their thankfulness be not just that you were a person whom they liked or loved, but because you made God real to them.

On Virtue

Saint Thomas More

If we lived in a state where virtue was profitable, common sense would make us saintly. But since we see that avarice, anger, pride and stupidity commonly profit far beyond charity, modesty, justice and thought, perhaps we must stand fast a little, even at the risk of being heroes.

Patrimonial Prayers

A Prayer for God's Assistance

1789 BCP

DIRECT US, O Lord, in all our doings with thy most gracious favour, and further us with thy continual help; that in all our works begun, continued, and ended in Thee, we may glorify thy holy Name. And finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

A Prayer for the Working Life

William Bright

WE OFFER to Thee, O Lord our God, the work which Thou hast appointed for us. Help us to do it heartily and faithfully, as in Thy sight and for Thy glory, that so we may be drawn nearer to Thee and confirmed in Thy service, which alone is true freedom; in the name of our Master and Saviour, Jesus Christ. Amen.

A Prayer for the Family

Ordinariate of the Chair of St Peter

ALMIGHTY FATHER, who didst entrust thy Holy One, the Child of Blessed Mary to the care and guardianship of Saint Joseph: Hallow our homes, we beseech thee, by thy Holy Spirit, that parents and children may dwell together in the unity of thy love; through the same Jesus Christ our Lord. Amen.

A Prayer to Our Lady of Walsingham

OBLESSED VIRGIN MARY, Our Lady of Walsingham, Mother of God and our most gentle Queen and Mother, look down in mercy upon us, our parish, our country, our homes, and our families, and upon all who greatly hope and trust in thy prayers. By thee it was that Jesus, our Saviour and hope, was given to the world; and He has given thee to us that we may hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold they may be united to the Chief Shepherd, the Vicar of thy Son. Pray for us all, dear Mother, that by faith, fruitful in good works, we all may be made worthy to see and praise God, together with thee in our heavenly home. Amen.

A Prayer for Tranquility of Spirit

Jeremy Taylor

GUIDE US, LORD, in all the changes and varieties of the world; that we may have evenness and tranquility of spirit: that we may not murmur in adversity nor in prosperity wax proud, but in serene faith resign our souls to Thy divinest will; through Jesus Christ our Lord. Amen.

A Prayer for the Ordinariate

ALMIGHTY AND EVERLASTING GOD, Who dost govern all things in heaven and earth, mercifully hear our prayers, and grant to this Ordinariate all things needful for its spiritual welfare: priests and deacons to labour in this portion of Thy vineyard; holy, learned, and zealous religious; churches complete in the beauty of holiness. Strengthen and confirm the faithful; protect and guide the children. Visit and relieve the sick; turn and soften the wicked. Arouse the careless; recover the fallen. Restore the penitent. Remove all hindrances to the advancement of Thy truth; and bring us all to be of one heart and mind within the fold of Thy holy Church, to the honour and glory of Thy blessed Name. Through Jesus Christ our Lord. Amen.