

AN ORDER OF NIGHT PRAYER - Monday (COMPLINE)

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

O God, make speed to save us;
O Lord, make haste to help us.

**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! (*omitted in Lent*)

PSALMODY

Mondays Psalm 86

Antiphon: You, O Lord, are good and forgiving;
full of kindness and truth.

- 1 Bow down your ear, O Lord, and answer me,* for I am poor and in misery.
- 2 **Keep watch over my life, for I am faithful;*
save your servant who puts his trust in you.**
- 3 Be merciful to me, O Lord, for you are my God;* I call upon you all the day long.
- 4 **Gladden the soul of your servant,*
for to you, O Lord, I lift up my soul.**
- 5 For you, O Lord, are good and forgiving,* and great is your love toward all who call upon you.
- 6 **Give ear, O Lord, to my prayer,*
and attend to the voice of my supplications.**
- 7 In the time of my trouble I will call upon you,* for you will answer me.
- 8 **Among the gods there is none like you, O Lord,*
nor anything like your works.**
- 9 All nations you have made will come and worship you, O Lord,* and glorify your name.
- 10 **For you are great; you do wondrous things;*
and you alone are God.**
- 11 Teach me your way, O Lord, and I will walk in your truth;* knit my heart to you that I may fear your name.
- 12 **I will thank you, O Lord my God, with all my heart,*
and glorify your name for evermore.**
- 13 For great is your love toward me;* you have delivered me from the nethermost Pit.
- 14 **The arrogant rise up against me, O God, and a band of violent men seeks my life;* they have not set you before their eyes.**
- 15 But you, O Lord, are gracious and full of compassion,* slow to anger, and full of kindness and truth.
- 16 **Turn to me and have mercy upon me;* give strength to your servant; and save the child of your handmaid.**

17 Show me a sign of your favour, so that those who hate me may see it and be ashamed;* because you, O Lord, have helped me and comforted me.

Glory to the Father...

**Antiphon: You, O Lord, are good and forgiving,
full of kindness and truth.**

READING

God destined us to obtain salvation through our Lord Jesus Christ, so that whether we wake or sleep we might live with him. (1 Thessalonians. 5.9, 10)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

In Eastertide:

Into your hands, O Lord, I commend my spirit;

alleluia, alleluia.

**Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.**

For you have redeemed me, Lord God of truth.

Alleluia, alleluia.

Glory to the Father and to the Son and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.**

NUNC DIMITTIS

**Antiphon: 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.**

1 Now, Lord, you let your servant go in peace;* your word has been fulfilled.

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

2 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 shall be for ever. Amen.**

**Antiphon: 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.**

PRAYERS & INTERCESSIONS

*(Here there is opportunity for individual prayers and intercessions to be
offered during a time of silence)*

Collect *(one of the following should be said)*

Lighten our darkness, Lord, we pray; and in your mercy defend us from
all perils and dangers of this night; for the love of your only Son,
our Saviour, Jesus Christ.

Amen.

or

Be present, O merciful God, and protect us through the silent hours of
this night, so that we who are wearied by the changes and chances of
this fleeting world may rest in your eternal changelessness; through
Jesus Christ our Lord. **Amen.**

or

Look down, O Lord, from your heavenly throne, illuminate the darkness
of this night with your celestial brightness; and from the children of light
banish the deeds of darkness; through Jesus Christ our Lord.

Amen.

Conclusion

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

Let us bless the Lord; **Thanks be to God.**

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

or

Bless the Lord, the God of our fathers;
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;
Sing his praise and exalt him for ever.

The almighty and most merciful Lord guard us and give us his blessing.
Amen.

AN ORDER OF NIGHT PRAYER – Tuesday (COMPLINE)

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

O God, make speed to save us;
O Lord, make haste to help us.

**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! (omitted in Lent)

PSALMODY

Tuesdays Psalm 143

Antiphon: Do not hide your face from me,
for I put my trust in you.

- 1 Lord, hear my prayer, and in your faithfulness heed my supplications;* answer me in your righteousness.
- 2 **Enter not into judgement with your servant,*
for in your sight shall no one living be justified.**
- 3 For my enemy has sought my life; he has crushed me to the ground;* he has made me live in dark places like those who are long dead.
- 4 **My spirit faints within me;*
my heart within me is desolate.**
- 4 I remember the time past; I muse upon all your deeds;*
I consider the works of your hands.
- 6 **I spread out my hands to you;*
my soul gasps to you like a thirsty land.**
- 7 O Lord, make haste to answer me; my spirit fails me;* do not hide your face from me, or I shall be like those who go down to the Pit.
- 8 **Let me hear of your loving-kindness in the morning, for I put my trust in you;* show me the road that I must walk, for I lift up my soul to you.**
- 9 Deliver me from my enemies, O Lord,* for I flee to you for refuge.
- 10 **Teach me to do what pleases you, for you are my God;* let your good Spirit lead me on level ground.**
- 11 Revive me, O Lord, for your name's sake;*
for your righteousness' sake, bring me out of trouble.
- 12 **Of your goodness, destroy my enemies and bring all my foes to naught,* for truly I am your servant.**

Glory to the Father...

Antiphon: Do not hide your face from me,
for I put my trust in you.

READING

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith.
(1 Peter 5.8,9)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.

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

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

In Eastertide:

Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.

**Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.**

For you have redeemed me, Lord God of truth.
Alleluia, alleluia.

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

NUNC DIMITTIS

Antiphon: 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.**

1 Now, Lord, you let your servant go in peace;*
your word has been fulfilled.

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

3 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 shall be for ever. Amen.

Antiphon: 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.

PRAYERS & INTERCESSIONS

(Here there is opportunity for individual prayers and intercessions to be offered during a time of silence)

Collect *(one of the following should be said)*

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ. **Amen.**

or

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord. **Amen.**

or

Look down, O Lord, from your heavenly throne, illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. **Amen.**

Conclusion

The Lord be with you;
and also with you.

Let us bless the Lord;
Thanks be to God.

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

or

Bless the Lord, the God of our fathers;
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;
Sing his praise and exalt him for ever.

The almighty and most merciful Lord guard us and give us his blessing. **Amen.**

AN ORDER OF NIGHT PRAYER – Wednesday (COMPLINE)

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

O God, make speed to save us;
O Lord, make haste to help us.

**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! *(omitted in Lent)*

PSALMODY

Wednesdays Psalm 31.1-5; Psalm 130

Antiphon: Make haste, O Lord, to deliver me,
for you are my tower of strength.

- 1 In you, O Lord, have I taken refuge; let me never be put to shame;*
deliver me in your righteousness.
- 2 **Incline your ear to me;***
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe, for you are my crag and
my stronghold;* for the sake of your name, lead me and guide me.
- 4 **Take me out of the net that they have secretly set for**
me,* for you are my tower of strength.
- 5 Into your hands I commend my spirit,* for you have redeemed me,
O Lord, God of truth.

Glory to the Father...

- 1 Out of the depths have I called you, O Lord; Lord, hear my voice;*
let your ears consider well the voice of my supplication.
- 2 **If you, Lord, were to note what is done amiss,***
O Lord, who could stand?
- 3 For there is forgiveness with you;* therefore you shall be feared.
- 4 **I wait for the Lord; my soul waits for him;***
in his word is my hope.
- 5 My soul waits for the Lord, more than watchmen for the morning,*
more than watchmen for the morning.
- 6 **O Israel, wait for the Lord,***
for with the Lord there is mercy;
- 7 With him there is plenteous redemption,* and he shall redeem Israel
from all their sins.

Glory to the Father...

Antiphon: **Make haste, O Lord, to deliver me,**
for you are my tower of strength.

READING

Do not let anger lead you into sin; do not let the sun go down on your anger, and give no opportunity to the devil. (Ephesians 4.26)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

In Eastertide:

Into your hands, O Lord, I commend my spirit;

alleluia, alleluia.

**Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.**

For you have redeemed me, Lord God of truth.

Alleluia, alleluia.

Glory to the Father and to the Son and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit;
alleluia, alleluia.**

NUNC DIMITTIS

Antiphon: 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.**

1 Now, Lord, you let your servant go in peace;*
your word has been fulfilled.

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

3 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;*
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PRAYERS & INTERCESSIONS

(Here there is opportunity for individual prayers and intercessions to be offered during a time of silence)

Collect *(one of the following should be said)*

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ.
Amen.

or

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord. **Amen.**

or

Look down, O Lord, from your heavenly throne, illuminate the darkness of this Night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord.
Amen.

Conclusion

The Lord be with you;
and also with you.

Let us bless the Lord;
Thanks be to God.

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

or

Bless the Lord, the God of our fathers;
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;
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The almighty and most merciful Lord
guard us and give us his blessing.
Amen.

AN ORDER OF NIGHT PRAYER – Thursday (COMPLINE)

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

O God, make speed to save us;
O Lord, make haste to help us.

**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! (*omitted in Lent*)

PSALMODY

Thursdays Psalm 16

Antiphon: My body shall rest in hope.

- 1 Protect me, O God, for I take refuge in you;* I have said to the Lord,
'You are my Lord, my good above all other.'
- 2 **All my delight is upon the godly that are in the land,*
upon those who are noble among the people.**
- 3 But those who run after other gods* shall have their troubles multiplied.
- 4 **Their libations of blood I will not offer,*
nor take the names of their gods upon my lips.**
- 5 O Lord, you are my portion and my cup;* it is you who uphold my lot.
- 6 **My boundaries enclose a pleasant land;*
indeed, I have a goodly heritage.**
- 7 I will bless the Lord who gives me counsel;* my heart teaches me, night
after night.
- 8 **I have set the Lord always before me;*
because he is at my right hand I shall not fall.**
- 9 My heart, therefore, is glad, and my spirit rejoices;* my body also shall
rest in hope.
- 10 **For you will not abandon me to the grave,*
nor let your holy one see the Pit.**
- 11 You will show me the path of life;* in your presence there is fullness of
joy, and in your right hand are pleasures for evermore.

Glory to the Father...

Antiphon: My body shall rest in hope.

READING

Humble yourselves under the mighty hand of God, that in due time he may
exalt you. Cast all your anxieties on him, for he cares about you.
(1 Peter 5.6,7)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

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In Eastertide:

Into your hands, O Lord, I commend my spirit;

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NUNC DIMITTIS

**Antiphon: 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.**

1 Now, Lord, you let your servant go in peace;*
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2 **My own eyes have seen the salvation*
which you have prepared in the sight of every people;**

3 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;*
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PRAYERS & INTERCESSIONS

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Collect *(one of the following should be said)*

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ.

Amen.

or

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord. **Amen.**

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Look down, O Lord, from your heavenly throne, illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord.

Amen.

Conclusion

The Lord be with you;
and also with you.

Let us bless the Lord;
Thanks be to God.

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

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Bless the Lord, the God of our fathers;
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;
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The almighty and most merciful Lord
guard us and give us his blessing.
Amen.

AN ORDER OF NIGHT PRAYER – Friday (COMPLINE)

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

O God, make speed to save us;
O Lord, make haste to help us.

**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! (*omitted in Lent*)

PSALMODY

Fridays Psalm 88

Antiphon: O Lord, my God, my Saviour,
by day and night I cry to you.
(*not repeated in the psalm*)

- 2** Let my prayer enter into your presence;*
incline your ear to my lamentation.
- 3** For I am full of trouble;* my life is at the brink of the grave.
- 4** I am counted among those who go down to the Pit;*
I have become like one who has no strength;
- 5** Lost among the dead,* like the slain who lie in the grave,
6 Whom you remember no more,*
for they are cut off from your hand.
- 7** You have laid me in the depths of the Pit,* in dark places,
and in the abyss.
- 8** Your anger weighs upon me heavily,*
and all your great waves overwhelm me.
- 9** You have put my friends far from me; you have made me to be abhorred
by them;* I am in prison and cannot get free.
- 10** My sight has failed me because of trouble;
Lord, I have called upon you daily;*
I have stretched out my hands to you.
- 11** Do you work wonders for the dead?* will those who have died stand up
and give you thanks?
- 12** Will your loving-kindness be declared in the grave?*your faithfulness in the land of destruction?
- 13** Will your wonders be known in the dark?* or your righteousness in the
country where all is forgotten?
- 14** But as for me, O Lord, I cry to you for help;*
in the morning my prayer comes before you.
- 15** Lord, why have you rejected me?* Why have you hidden your face from me?
- 16** Ever since my youth, I have been wretched and at the
point of death;* I have borne your terrors with a troubled mind.
- 17** Your blazing anger has swept over me;* your terrors have destroyed me;
- 18** They surround me all day long like a flood;*
they encompass me on every side.

19 My friend and neighbour you have put away from me,* and darkness is my only companion.

Glory to the Father...

**Antiphon: O Lord, my God, my Saviour,
by day and night I cry to you.**

READING

You are in our midst, Lord, and we bear your name. Do not forsake us.
(Jeremiah 14.9)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.
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In Eastertide:

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NUNC DIMITTIS

**Antiphon: 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.**

1 Now, Lord, you let your servant go in peace;* your word has been fulfilled.

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

3 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 shall be for ever. Amen.

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PRAYERS & INTERCESSIONS

(Here there is opportunity for individual prayers and intercessions to be offered during a time of silence)

Collect *(one of the following should be said)*

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ. **Amen.**

or

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord. **Amen.**

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Look down, O Lord, from your heavenly throne, illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. **Amen.**

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O God, make speed to save us;
O Lord, make haste to help us.

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as it was in the beginning, is now, and shall be for ever. Amen.**

Alleluia! (*omitted in Lent*)

PSALMODY

Saturdays Psalms 4:134

Antiphon: Have mercy on me, O God, **and hear my prayer.**

- 1 Answer me when I call, O God, defender of my cause;* you set me free when I am hard-pressed; have mercy on me and hear my prayer.
- 2 **'You mortals, how long will you dishonour my glory;*
how long will you worship dumb idols
and run after false gods?'**
- 3 Know that the Lord does wonders for the faithful;* when I call upon the Lord, he will hear me.
- 4 **Tremble, then, and do not sin;***
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices* and put your trust in the Lord.
- 6 **Many are saying,
'Who can show us any good?'***
Lift up the light of your countenance upon us, O Lord.
- 7 You have put gladness in my heart,* more than when grain and wine and oil increase.
- 8 **I lie down in peace; at once I fall asleep;***
for only you, Lord, make me dwell in safety.

Glory to the Father...

- 1 Behold now, bless the Lord, all you servants of the Lord,* you that stand by night in the house of the Lord.
- 2 **Lift up your hands in the holy place and bless the
Lord;* the Lord who made heaven and earth bless you
out of Zion.**

Glory to the Father...

Antiphon: Have mercy on me, O God, **and hear my prayer.**

READING

Thus says the Lord God: In returning and rest you shall be saved; in quietness and trust shall be your strength. The Lord waits to be gracious to you; blessed are all those who wait for him. (Isaiah 30.15)

Thanks be to God.

Silence

Response (Psalm 31.5)

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.
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Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord. **Amen.**

or

Look down, O Lord, from your heavenly throne, illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. **Amen.**

Conclusion

The Lord be with you;
and also with you.

Let us bless the Lord;
Thanks be to God.

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

or

Bless the Lord, the God of our fathers;
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;
Sing his praise and exalt him for ever.

The almighty and most merciful Lord
guard us and give us his blessing.
Amen.

