1. O father of th’angelic life, and fellow of the saints, 
   You have your dwelling now with Christ the Goal of your restraint. 
   O light of temperance, monks’ defense, we honor you each year; 
   Pray to the Christ who was your Light, that we be saved from fear.

2. As you, through discipline, restored the flesh for Spirit’s task, 
   So guide us now who look to you, each deadly sin unmask. 
   Pray for all monks and nuns this day that they might heed God’s call, 
   And for the folk who sing your praise, that they give God their all.

3. In midst of winter fast and prayer we raise our song of praise 
   To Father, Son, and Spirit, God, who blesses all our days. 
   As we prepare for Christmas now, give us the grace to grow 
   In knowledge and in love of you, that we your grace may show!

Text: J. Michael Thompson, based on the Vespers texts for December 5
Melody: Ellacombe