

## 48. Marian antiphons

The marian antiphons are customarily sung after each hour of the Divine Office according to the time of year. Alma Redemptoris Mater is sung from the beginning of Advent through to Candlemas (2nd February). Ave Regina Cælorum is sung from Candlemas through Lent till Wednesday of Holy Week. No antiphons are sung for the Sacred Triduum. Easter Sunday brings the Regina Cæli which is also sung in place of the Angelus. After the Friday after Pentecost the Salve Regina is sung.

### Alma Redemptoris Mater

V.  
**A** *Alma \* Redemptóris Mater, quæ pérvia cæli por-*  
*O loving Mother of our Saviour Gate of heaven*

*ta manes, Et stella maris, succúrre cadénti súrgere qui*  
*and star of the sea: Help a fallen people striving once again*

*curat pópulo: Tu quæ genu-ísti: natúra miránte, tu-*  
*to rise from sin. You gave birth, while all nature stood in awe,*

*um sanctum Genitórem: Virgo pri-us ac postéri-us, Gabri-*  
*to your own all-holy Maker. Ever Virgin after and before Gabriel*

*élis ab ore sumens illud Ave, peccatórum miseré-re.*  
*greeted thee with that solemn Ave: Have mercy on us sinners.*

Ascribed to Hermann the Cripple, 1013-54

## Ave Regina cælorum

VI.

**A** - ve Regina cælorum,\* A-ve Dómina Ange-lórum:  
*Hail, Queen of heaven, Hail, Lady of the Angels*

Salve radix, salve porta, Ex qua mundo lux est orta,  
*Hail root and door through which Light entered the world,*

Gaude Virgo glo-ri-ó-sa, Super omnes speci-ó-sa, Vale,  
*Rejoice, O glorious Virgin, Above all other creatures Farewell,*

o valde decó-ra, Et pro nobis Christum exó-ra.  
*O most beautiful one, And pray for us to Christ.*

## Regina cæli

VI.

**R** egina cæli \* lætáre, allelúia: Qui-a quem me-  
*O Queen of heaven, rejoice For Him whom*

ru-ísti portáre alle lú-ia: Resurréxit, sicut dixit,  
*thou didst merit to bear, Is risen as He said,*

allelú-ia: Ora pro nobis De-um, allelú- ia:  
*Pray for us to God,*

Salve Regina

V.  
**S** Alve, Regína,\* Mater misericórdi-æ: Vi-ta, dulcè-  
*Hail, holy Queen Mother of mercy. Hail, our life,*

do, et spes nostra salve. Ad te clamámus, éxsules,  
*our sweetness and our hope. To thee do we cry, poor banished children*

fí-li-i Hevæ. Ad te suspirámus, geméntes et flentes in hac  
*of Eve. To thee do we send up our sighs, mourning and weeping in*

lacrimárum valle. Eia ergo, Advocáta nostra, illos  
*this vale of tears. Turn then, most gracious Advocate,*

tu-os misericórdes óculos ad nos convérte. Et Jesum,  
*thine eyes of mercy towards us and after this our exile*

benedíctum fructum ventris tu-i, nobis post hoc exsíl-i-um  
*show unto us the blessed fruit of thy womb, Jesus.*

ostende. O clemens: O pi-a: O dulcis  
*O clement, O loving, O sweet Virgin Mary.*

Virgo Mari-a.