

Alma Redemptoris Mater: English and Latin

This is one of four Marian antiphons, with following versicles and prayers, traditionally said or sung after night prayer, immediately before going to sleep. It is said from the beginning of Advent (from night before the fourth Sunday before Christmas) through February 1.

O Loving Mother of our Redeemer

O loving Mother of our Redeemer, gate of heaven, star of the sea,
Hasten to aid thy fallen people who strive to rise once more.
Thou who brought forth thy holy Creator, all creation wond'ring,
Yet remainest ever Virgin, taking from Gabriel's lips
that joyful "Hail!": be merciful to us sinners.

Up through the day before Christmas Eve:

V. The Angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection, through the same Christ our Lord. Amen.

From Christmas Eve on:

V. Thou gavest birth without loss of thy virginity:

R. Intercede for us, O holy Mother of God.

Let us pray. O God, Who by the fruitful virginity of blessed Mary hast offered unto the human race the rewards of eternal salvation,

grant, we beseech thee, that we may know the effects of her intercession, through whom we have deserved to receive the author of life, our Lord Jesus Christ, Thy Son. Amen.

Alma Redemptoris Mater

Alma Redemptoris Mater, quae pervia caeli
Porta manes, et stella maris, succurre cadenti,
Surgere qui curat populo: tu quae genuisti,
Natura mirante, tuum sanctum Genitorem,
Virgo prius ac posterius, Gabrielis ab ore
Sumens illud Ave, peccatorum miserere.

Usque ad diem 23 decembris:

V. Angelus Domini nuntiavit Mariae.
R. Et concepit de Spiritu Sancto.

Oremus. Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut, qui, angelo nuntiante, Christi Filii tui incarnationem cognovimus, per passionem ejus et crucem, ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum. Amen.

A die 24 decembris:

V. Post partum, Virgo, inviolata permansisti.
R. Dei Genitrix, intercede pro nobis.

Let us pray. Deus, qui salutis aeternae, beatuae Mariae virginitate fecudna, humano generi praemia praestitisti: tribue, quaesumus, ut ipsam pro nobis intercedere sentiamus, per quam meruimus

auctorem vitae suscipere, Dominum nostrum Iesum Christum,
Filius tuum. Amen.