

MEMORARE

The Memorare is a prayer that reminds us that we have a wonderful advocate and protector in the mother of our Lord, Mary our Good Mother. This was certainly the case with St. Marcellin Champagnat. He confided in her all the time.

In our prayers to her we honor her Son, Jesus, who listens to His Mother on our behalf.

The Memorare, printed below, invites us to ask our Good Mother for her assistance and her grace, especially when we feel most troubled in our daily lives.

The actual author of the Memorare is unknown. It has been traditionally attributed to the abbot St. Bernard of Clairvaux from the 12th century.



REMEMBER, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession was left unaided.

Inspired by this confidence,
I fly unto you, O Virgin of virgins, my Mother;
to you do I come; before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions,
but in your mercy hear and answer me.

Amen.

SALVE REGINA (HAIL HOLY QUEEN)

In Latin

Salve Regina, mater misericordiae:
vita, dulcedo, et spes nostra, salve.

Ad te clamamus exsules filii Hevae.

Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.

Eia, ergo, advocata nostra,
illos tuos misericordes oculos ad nos
converte.

Et Iesum, benedictum fructum ventris
tui, nobis post hoc exsilium ostende.

O clemens,
O pia,
O dulcis Virgo Maria.
Amen.

In English

Hail holy Queen, Mother of mercy,
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 valley of
tears.

Turn then, most gracious Advocate,
thine eyes of mercy toward us.

And after this our exile shows unto us
the blessed fruit of thy womb, Jesus.

O clement,
O loving,
O sweet Virgin Mary.
Amen.