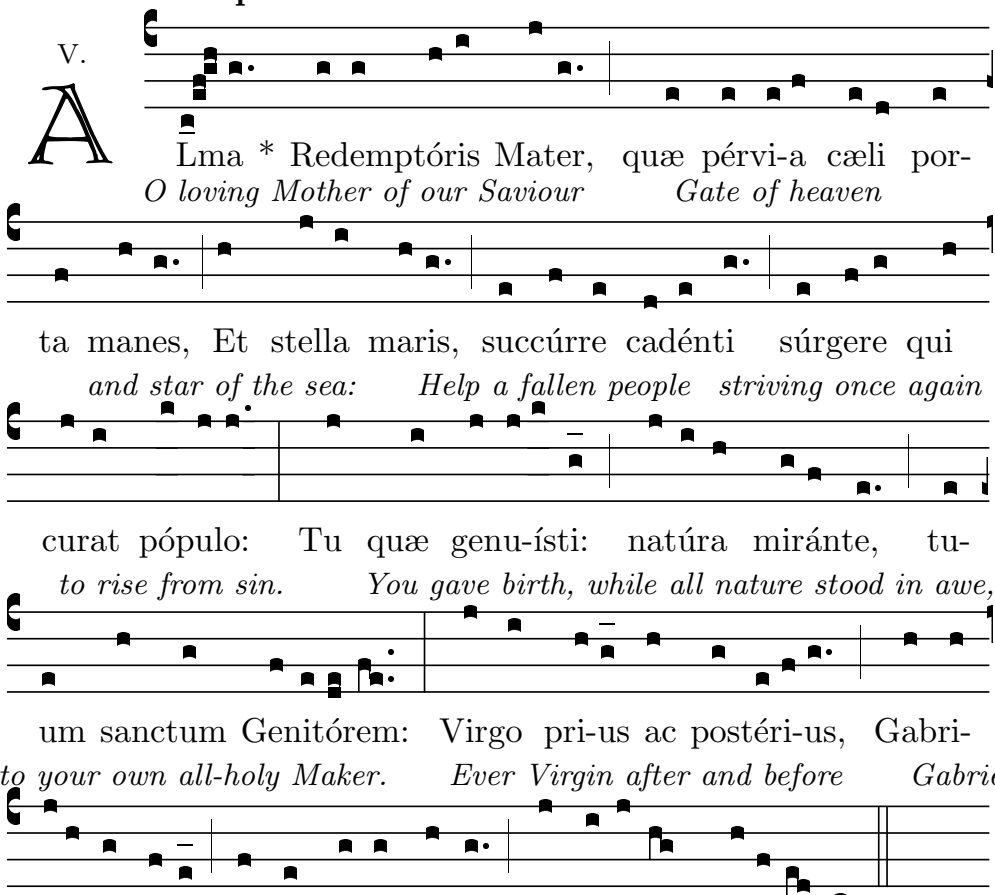


Marian antiphons

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 lma * 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 of Reichenau, 1013-54