

The Seasonal Marian Antiphons

Traditional Catholic Prayers
and Songs of Our Lady
for living the whole Church Year



This guide is an offering of *Singing with the Saints*, a ministry whose purpose is to bring the ancient Truth, Goodness, and Beauty of the Church into the hearts and homes of Catholic families through sacred music.

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The Beauty of the Seasonal Marian Antiphons

The four seasonal Marian Antiphons are one of the easiest ways for your family to learn about and grow closer to Our Lady. They are also a practical approach to help live out the cycle of our Catholic Church Year, and shape your home into more of a Domestic Monastery. And thankfully, these antiphons can do so by being incorporated into the liturgies of our busy lives in so many simple ways.

For example your family can:

- pray the English versions at an assigned meal or time each day
- play and sing along with the Latin chants at the beginning of a meal or during the day
- play and sing along with the Latin chants as part of your family's bedtime ritual
- Memorize the Latin and/or English versions of each prayer
- Use the Latin chants as your family's hymn study
- Use the English prayers for sentence diagraming practice
- Use the Latin text for Latin practice
- Use the Latin or English version of the prayer for penmanship practice
- Use unfamiliar words for vocabulary practice
- Use the text of the prayers as the basis for basic or advanced family catechesis and theological discussion

As part of our family's bedtime liturgy, after prayers and hymns the last thing our children hear and sing is one of the four seasonal Marian Antiphons. These ancient chants not only give them a little more calmness at the close of the day, but more importantly something to turn their thoughts heavenward as they drift to sleep.

These antiphons are probably already familiar to some of your family members in the form of their English prayers and in a few minutes a day, before you know it, your children, will be singing these beautiful chants along with the monks too.

You can find recordings for the simple tone chants we use at www.BarefootAbbey.com/marian-antiphons

Hail, Holy Queen

Pentecost - Advent

**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 show unto us
the blessed fruit of thy womb, Jesus.**

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

**V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the promises of Christ.**

**Let us pray. Almighty, everlasting God,
who by the cooperation of the Holy Spirit,
didst prepare the body and soul
of the glorious Virgin-Mother Mary
to become a worthy dwelling for Thy Son;
grant that we who rejoice in her commemoration may,
by her loving intercession,
be delivered from present evils
and from the everlasting death. Amen.**

The History of the Seasonal Marian Antiphons

What I especially adore about the practice of bringing Marian Antiphons into the home is that it is borrowed directly from the monastic tradition. In the life of a monastic house, the final occasion of group prayer each day before the Great Silence and Lights Out is the office of Compline. And the final prayer of Compline is always a seasonal Marian Antiphon.

The O Antiphons, sung at the office of Vespers the last seven days of Advent, have seen a resurgence of popularity in recent years, and I would love for the same to soon be said of these later medieval chants as well.

The seasonal Marian Antiphons are the Alma Redemptoris Mater, the Ave Regina Caelorum, Regina Caeli, and the Salve Regina.

From Advent through February 2nd (Candlemas) the Alma Redemptoris

Mater or "O Loving Mother of Our Redeemer" is sung. It was written in the 11th century by Bl. Herman Contractus, a Benedictine monk and composer. And parts of this antiphon's text were inspired by the words of St. Irenaeus, the 2nd century Early Church Father.

Next we sing the Ave Regina Caelorum or "Hail, O Queen of Heaven

Enthroned " beginning the day after Candlemas until Easter. This antiphon is also thought to be penned by Bl. Herman Contractus. The versicle and response are quotes from St. Ephrem the Syrian, a 4th century deacon.

The Regina Caeli or "Queen of Heaven, Rejoice." is used the entirety of

Easter tide ending with Pentecost. Legend holds that at least a portion of this prayer was transcribed by St. Gregory the Great in the late 6th century. It is said that during an outdoor procession to end pestilence in Rome St. Gregory suddenly heard this antiphon being sung by angels. The Regina Caeli also replaces the Angelus daily a gam, noon, and 6pm throughout Eastertide.

Finally, the Salve Regina or "Hail, Holy Queen" spans from Pentecost until Advent begins and has the longest season of the four Marian Antiphons. It is often attributed to St. Bernard in the early 12th century, and according to several Marian visionaries, like St. Dominic, it is highly favored by Our Lady.

Pentecost - Advent

Salve Regina

Salve, Regina, mater misericordiae,

vita, dulcedo, et spes nostra, salve.

Ad te clamamus exsules filii Hevae.

Ad te suspiramus, gementes et lentes

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.

V. Ora pro nobis, sancta Dei Genetrix.

R. Ut digni efficiamur promissionibus Christi.

Oremus

Omnipotens sempiterna Deus,

qui gloriosae Virginis Matris Mariae corpus et animam,

ut dignum Filii tui habitaculum effici mereretur,

Spiritu Sancto cooperante,

praeparasti: da, ut cuius commemoratione laetamur;

eius pia intercessione, ab instantibus malis,

et a morte perpetua liberemur.

Per eundem Christum Dominum nostrum. Amen.

Alma Redemptoris Mater

Advent - Candlemas

**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.**

**During Advent: 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 eius et
crucem, ad resurrectionis gloriam perducamur. Per
eundem Christum Dominum nostrum. Amen**

**Christmas Eve to Candlemas: V. Post partum, Virgo,
inviolata permansisti.
R. Dei Genetrix, intercede pro nobis.**

**Oremus. Deus, qui salutis aeternae, beatae Mariae
virginitate fecunda, humano generi praemia praestitisti:
tribue, quaesumus; ut ipsam pro nobis intercedere
sentiamus, per quam meruimus auctorem vitae suscipere,
Dominum nostrum Iesum Christum, Filium tuum. Amen.**

Queen of Heaven, Rejoice

Easter - Pentecost

**V. Queen of Heaven, rejoice, alleluia.
R. For He whom you did merit to bear, alleluia.**

**V. Has risen, as he said, alleluia.
R. Pray for us to God, alleluia.**

**V. Rejoice and be glad, O Virgin Mary, alleluia.
R. For the Lord has truly risen, alleluia.**

**Let us pray.
O God, who gave joy to the world
through the resurrection of Thy Son,
our Lord Jesus Christ,
grant we beseech Thee,
that through the intercession of the Virgin Mary,
His Mother, we may obtain the joys of everlasting life.
Through the same Christ our Lord. Amen.**

O Loving Mother of Our Redeemer

Advent - Candelmas

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 wondrous,
Yet remainest ever Virgin, taking from Gabriel's lips
that joyful "Hail": be merciful to us sinners.

During Advent: 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.

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.

Easter - Pentecost

Regina Caeli

V. Regina, caeli, laetare, alleluia:
R. Quia quem meruisti portare, alleluia,

V. Resurrexit sicut dixit, alleluia.
R. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, alleluia,
R. Quia surrexit Dominus vere, alleluia.

Oremus
Deus, qui per resurrectionem Filii tui,
Domini nostri Iesu
Christi, mundum laetificare dignatus es: praesta,
quaesumus; ut, per eius
Genetricem Virginem Mariam,
perpetuae capiamus gaudia vitae.
Per eundem Christum Dominum nostrum. Amen.

Ave Regina Caelorum

Candlemas - Easter

**Ave, Regina caelorum,
Ave, Domina Angelorum:
Salve, radix, salve, porta,
Ex qua mundo lux est orta:**

**Gaude, Virgo gloriosa,
Super omnes speciosa,
Vale, o valde decora,
Et pro nobis Christum exora.**

V. Dignare me laudare te, Virgo sacrata.

R. Da mihi virtutem contra hostes tuos.

Oremus

**Concede, misericors Deus, fragilitati
nostrae praesidium; ut, qui sanctae Dei Genetricis
memoriam agimus;
intercessionis eius auxilio,
a nostris iniquitatibus resurgamus.
Per eundem Christum Dominum nostrum. Amen.**

Hail, O Queen of Heaven Enthroned

Candlemas - Easter

**Hail, O Queen of Heaven enthroned.
Hail, by angels mistress owned.
Root of Jesse, Gate of Morn
Whence the world's true light was born:**

**Glorious Virgin, Joy to thee,
Loveliest whom in heaven they see;
Fairest thou, where all are fair,
Plead with Christ our souls to spare.**

V. Vouchsafe that I may praise thee, O sacred Virgin.

R. Give me strength against thine enemies.

**Let us pray: We beseech thee,
O Lord, mercifully to assist our infirmity:
that like as we do now commemorate
Blessed Mary Ever-Virgin, Mother of God;
so by the help of her intercession
we may die to our former sins
and rise again to newness of life.
Through the same Christ our Lord. Amen.**