

Liber antiphonarius, 1960, p. 69

Expository (John Rose 2021)

Roman Missal translation

Alma Redemptoris Mater,
quae pervia caeli porta manes,
Et stella maris,

Kind *one*, the Ransomer's Mother,
The open gate→ of heaven you remain,
And Star of Oceans:

Loving Mother of the Redeemer,
who remains the accessible Gateway of Heaven,
and Star of the Sea,

succurre cadenti,
surgere qui curat populo:

Bear aid to those who fall—
Who *falling* strive ←to rise—your people.

Give aid to a falling people
that strives to rise;

Tu quae genuisti,
natura mirante,
tuum sanctum Genitorem:

You who brought to child-birth,
With nature marveling,
Him *who is* your ←holy Father:

O Thou who begot
thy holy Creator,
while all nature marvelled,

Virgo prius ac posterius,
Gabrielis ab ore
sumens illud Ave,
peccatorum miserere.

Virgin before, and forevermore,
From Gabriel's mouth *speaking*,
Taking up that greeting,
On sinners show *your* compassion.

Virgin before and after
receiving that "Ave"
from the mouth of Gabriel,
have mercy on sinners.

*(Arrows show shifts from Latin word order to support
English grammar. Words in italic font are not
directly present in the Latin.)*

(looser translation in modern English breviary)

(or, with weaker fidelity to rhythm and word order)

O nurt'ring Redeemer's Mother,
Who remain the open gate of heaven,
You star above seas:

Loving mother of the Redeemer,
gate of heaven,
star of the sea,

Help up who is falling,
To rise up is the care of this people.

assist your people who have fallen
yet strive to rise again,

(Or: Be raised up; this care-worn people falls.)

You who did engender,
While nature watched in awe,
Your hallowed Progenitor:

To the wonderment of nature
you bore
your Creator,

Virgin at first and even after,
From out of Gabriel's mouth
You welcomed that "Ave";
Show mercy on poor sinners here.

yet remained a virgin after as before,
You who received Gabriel's
joyful greeting,
have pity on us poor sinners.