

VIA MATRIS

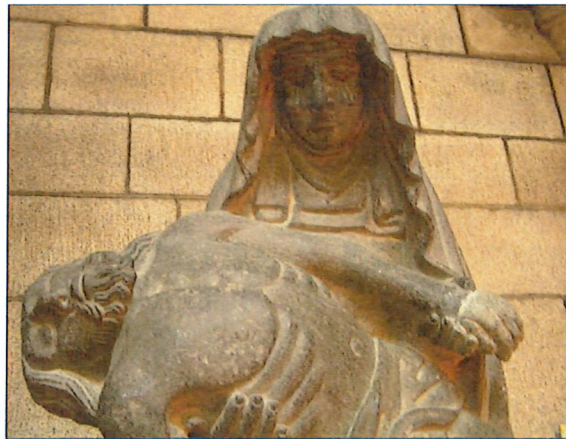
The Way of the Mother

a stational celebration of the

SEVEN SORROWS OF OUR LADY

in Servite communities and churches

fr Paul M. Addison OSM



*Pietà granite 14c from Breton monastery
given in 1929 to Truro Cathedral Cornwall ©PMA*

St Mary's Priory London SW10 9EL © PMA 2012-2026

VIA MATRIS - SPIRITUAL INTRODUCTION

THE memory of Mary at the foot of the Cross urges us to follow the call of St. Paul, "I complete in my own body what is lacking in the sufferings of Christ", because the Body of Christ continues to suffer and rise from the dead until the end of time.

The *Via Matris* (*The Way of the Mother*) is the path taken by the Blessed Virgin Mary, not only during the passion of her Son, but right through her life on earth. It is a path of suffering, the way all people have to walk. We join the Virgin Mary on this path, for she is our Mother, who has already suffered before us.

This path leads firstly to the summit of Calvary, but from the Sepulchre of Death it opens out beyond the horizons of mortal life to the Resurrection of Christ the Lord.

The Servants of Mary, who have learned from her positive response to God to listen to the Word of God and to share in the saving mission of Mary's Son, endeavour to understand and alleviate human suffering (Servite Friars' Constitutions, no. 6). They have helped the Christian people in the past to deepen their awareness of the place of suffering in the mystery of human life.

Without losing sight of the Resurrectional conquest of suffering, and without glorifying suffering in its own right, the traditional devotions of the Servants of Mary have concentrated upon the sufferings of the Body of Christ - Head and Members - and especially upon the sufferings of Mary, Mother-Member of the Body of Christ. They have wished to draw people, with the Blessed Virgin, both emotionally and mentally, personally and corporately, closer into the mystery of the Passover of Christ. They have wished to emphasise such virtues of Mary as integrity, sacrifice for Truth, courage, conviction, compassion, patience, endurance, trust, obedience and faith, realising with the Christian people that Mary is the most deeply human model of that closeness to Christ which lovingly bring about life and freedom.

As Pope St. Paul VI wrote in *Marialis Cultus*, 1974: "Human beings today are often torn between anguish and hope; beaten down by a sense of their limitations, yet raised high by their limitless aspirations; troubled in their spirit, divided in their heart; baffled by the enigma of death, oppressed by loneliness yet longing for fellowship; the prey of nausea and boredom. When they see Mary and her place in the Gospel story, together with her present place in the City of God, they can find words of serenity and encouragement. Hope overcomes anxiety; fellowship defeats loneliness; peace replaces confusion; beauty and joy are victorious over boredom and disgust, while eternal horizons outrun temporal ones, and life conquers death." (MC 57)

GUIDELINES FOR CELEBRATING THE VIA MATRIS

Flexibility: these texts are a guide, and should be adapted to local needs.

1. The meditations make continued direct use of the Scriptures. The Scripture readings, therefore, may be substituted by other passages, or omitted, depending on the biblical sophistication of the assembly.
2. The use of appropriate sounds and sights should be amply exploited. Sometimes other images besides the seven stations could be used. For example, a slide presentation, during the reflections, may help to connect the sorrows of Mary with present-day suffering. Similarly, suitable music chosen to concur with the mood of the reflections could be played while the reflections are being read.
3. The use of silence should not be under-estimated. Give sufficient time for silent reflection on the theme of each reflection.
4. The traditional form of a procession through seven stations is most becoming. Whenever possible all the people making the *Via Matris* should walk in the procession.

Participation: the general liturgical principle of active, intelligent participation remains valid for such devotions as the *Via Matris*. A wide variety of functions should characterise the celebration, with different leaders for the prayers, different readers, and so forth, according to the pastoral needs and possibilities of the assembly at prayer. The arrangement of the reflections and prayers of the *Via Matris* should be easy to follow, from the technical point of view, so that no obstacle arises to tranquil reflection and prayer.



*Our Lady of Sorrows E window detail Servite church of
Our Lady of Dolours London Te Deum 7 Founders window 1888*

This version of *Via Matris* was prepared in 1975 by fr. Paul M. Addison OSM while working for the International Liturgical Commission of the Friar Servants of Mary.

VIA MATRIS

¶ After an initial greeting the Director of the *Via Matris* explains briefly the reflective character of the devotion in the following or similar words:

Director:

Dear brothers and sisters: we are aware of the place of suffering in the mission of Christ, and He himself explained to His disciples (Lk. 24:25) how it was necessary for the Messiah to suffer grievously (Mt. 16:21) before coming into His glory.

The Virgin Mary was close to the Lord throughout His mission, and we learn from her how to follow Christ, entering the mystery of suffering with courage; sharing the crosses of others with compassion, trusting the Father always, and living with joyful faith in the Resurrection of Christ.

During this time together, let us reflect on the sorrows and compassion of Mary, and pray to be joyful disciples of the Lord, whose burden is light (Mt. 11:30) for those who love Him.

OPENING PRAYER

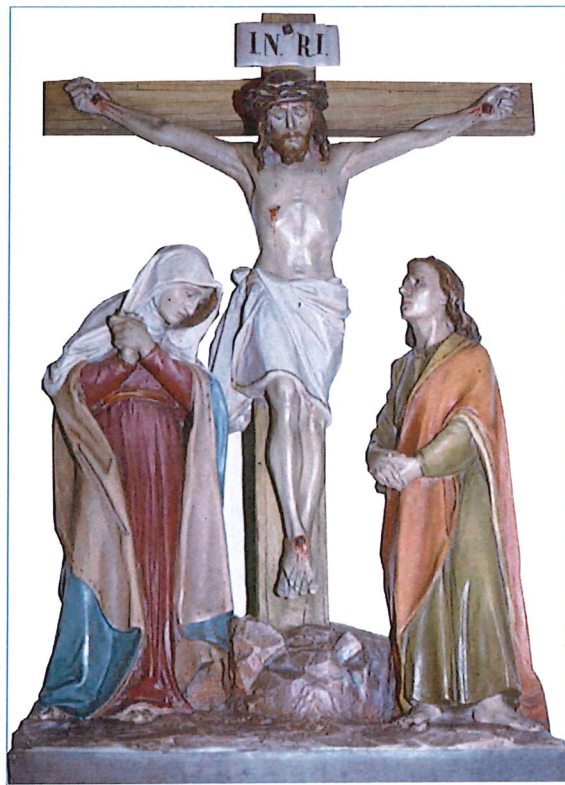
¶ after saying “let us pray” and pausing briefly, the Director leads the assembly in asking for a spirit of openness and prayer, as follows:

**Merciful Father,
your Son Jesus Christ gave his life on the Cross,
that we might be saved from sin and death:
open our souls to the Holy Spirit of Life,
as we reflect on the sorrows of Mary.
May we benefit from this time of reflection and prayer
so that our following of Christ
in both suffering and joy,
may become richer
through the example and prayers of our Lady.
This we ask through Christ our Lord. Amen.**

HYMN

¶ the following hymn of 8 stanzas, or an appropriate equivalent, may be sung between the commemorations of the *Via Matris*. Its meter is "*Tantum Ergo*":

**1. God of tender grace and mercy
May we turn our hearts toward
That great sorrow of the Virgin
Standing there by Christ the Lord,
Drawn into His perfect giving,
Pierced as by the Prophet's sword.**



12th Station Way of the Cross Dundee Servite Priory church of St Vincent - Austrian wood carving

1 1st COMMEMORATION - THE PROPHECY OF SIMEON

"You yourself shall be pierced with a sword of sorrow" (Luke 2:35)

SCRIPTURE READING

I Kgs. 19:9-13a

Director: On the theme of openness to the revelation of God, we listen to the story of Elijah, who encountered God in the emptiness of the wilderness.

Reader: At the mountain of God, Elijah went into the cave and spent the night in it. Then the word of the Lord God came to him saying, "What are you doing here, Elijah?". He replied, "I am filled with jealous zeal for the Lord God of Hosts, because the sons of Israel have deserted you, broken down your altars and put your prophets to the sword. I am the only one left, and they want to kill me." Then he was told, "Go out and stand on the mountain before the Lord God". Then the Lord God himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord God. But the Lord God was not in the wind. After the wind came an earthquake. But the Lord God was not in the earthquake. After the earthquake came a fire. But the Lord God was not in the fire. After the fire there came the sound of a gentle breeze. And when Elijah heard this he covered his face with his cloak and went out, and stood at the entrance of the cave.

¶ silent pause for reflection

REFLECTION

¶ the reflection should be read slowly by one of the assembly

Reader: We recall the prophecy of Simeon that Christ would define what is true and what is false, and that Mary would suffer a sword of sorrow at His side (Lk. 2:33-35).

It is difficult to welcome the truth when it hurts and disturbs. Those who love this world's peace (Jn. 14:27) - a deadly peace which is afraid of Truth - cannot welcome the challenge of prophecy.

But Mary was prepared to hear and receive the Word of God (Lk. 11:27-28) in its entirety. She preferred to remain open to the risk of hearing unpleasant as well as pleasant revelations. So she embraced the truth with trust and openness, and did not close her heart (Ps. 94:8) to the Way of the Cross.

PRAYER

All: Holy Mary
as you were invited by the Angel
to share in the birth of Christ,
so through holy Simeon you were called
into the mystery of the Saviour's
suffering and death.

We honour your integrity and faith,
O Virgin Mary,
for you listened to the words of prophecy
and pondered them in your heart:
for you did not refuse to open yourself
to a sword of sorrow,
but rather preferred the pain of Truth,
and shared the Way of Christ
wherever it would lead you.
Pray for us to be pure in heart,
ready to suffer for what is right.

HYMN

**2 Welcoming the Word made Flesh,
The Virgin pondered what she heard:
Joy announced by God's Archangel,
Sorrow by the Prophet's word.
In both Cross and Resurrection
Christ's own mission she has shared.**



Presentation of Jesus E window St Peter Mancroft church Norwich 15c © PMA

2

2nd COMMEMORATION - THE FLIGHT INTO EGYPT

"Flee to Egypt: Herod is searching for the child to destroy him" (Mt.2:13)

SCRIPTURE READING

Luke 9:22-24

Director: On the theme of oppression, we listen to Christ calling us to suffer with Him as His followers.

Reader: Jesus said to His disciples, "The Son of Man is destined to suffer grievously, to be rejected by the elders and chief priests and scribes, and to be put to death, and to be raised up on the third day". Then He said to all, "If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will save it".

¶ silent pause for reflection

REFLECTION

Reader: Like David before Him (I Samuel 18:6 – 19:25), Christ was to suffer grievously from the violent envy of worldly rulers (Jn. 15:18-21) before coming into His Kingdom (Lk. 24:26). So, the brutality of Herod caused Mary and Joseph to share with Christ in the human misery of fear, insecurity and homelessness, forced to be refugees in a foreign land.

The strength of Mary's faith and pure love was tested against the evil of prejudice, corruption, violence and hatred.

But she stayed close to Christ and did not lose hope. She whom "God allowed to suffer, entrusted herself to the constancy of the creator, and went on doing good" (I Peter 4:19).

PRAYER

All: Holy Mary,
as you were invited to share
in the joy of Christ's birth,
so, through oppression and violence,
you were called to share in His humiliation.
We honour your courage, O Virgin Mary,
for you suffered homelessness and persecution
in your steadfast closeness to Christ.
The enemies of truth,
who had previously exiled the patriarch Joseph
and the upright King David,
were now enraged in violence
against the humble Messiah.
Pray for us to be strong in Truth,
and compassionate in the midst of conflict.

HYMN

**3 Herod fearing Christ the King, sent
soldiers to achieve his will:
Rachel's harmless children perished
as he gave the word to kill.
Mary, though oppressed in exile
trusted and was loving still.**



*Flight into Egypt, Massacre of Innocents -
ivory book cover, Cologne 11c in V&A Museum - © PMA*

3

3rd COMMEMORATION - THE LOSS OF JESUS IN JERUSALEM

*"Son, why have you done this to us?
Your father and I have been searching for you in sorrow" (Luke 2:48)*

SCRIPTURE READING

Genesis 22:1-3

Director: on the theme of losing one's life to gain it, we listen to the story of Abraham's willingness to lose his son for the sake of God's plans.

Reader: It happened some time later that God put Abraham to the test. "Abraham, Abraham", he called. "Here I am", he replied. "Take your son," God said, "your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you." Rising early next morning Abraham saddled his donkey and took with him two of his servants and his son Isaac. He chopped wood for the burnt offering and started on his journey to the place God had pointed out to him.

¶ silent pause for reflection

REFLECTION

Reader: Mary received the Son of God for her to give Him forth to the world. For her motherhood could not bear much fruit (Jn. 12:24) unless she was prepared to lose Him to herself and give Him over to the Father's work. She endured such a loss for the sake of everyone else, so much poorer than herself (II Cor. 8:9), for she loved them as a generous mother. So, as a true disciple, she accepted that "the one who loses her own life for the sake of Christ will gain it" (Lk. 9:24).

Sometimes the loss of Christ happens to us because we have indulged in selfishness. Hopefully, such a loss will bring us to relinquish our self-centredness and gain our true Selves in Christ.

Sometimes we suffer the loss of Christ because our knowledge of Him is too restricted and needs to grow. Hopefully, we will welcome such darkness, and not fill it with false lights; for it is an invitation to enter more deeply into the Mystery of God.

PRAYER

All: Holy Mary:
as you were invited to be
the joyful Bearer of the Son of God,
so you were called
to relinquish your child into manhood,
that He might face the hardship of the world
and go forth on the Father's mission.
We honour your obedience and faith,
O Virgin Mary,
for you listened to the Word of God,
who is Christ,
and accepted His mission
to give Himself over into the hands of sinners.
Pray for us
to lose our selfishness in suffering
rather than keep the Father's gifts to ourselves.

HYMN

4 For the sake of our salvation
God gave forth His only Son.
Mary in this myst'ry shared, to
lose the Lord that she had won.
To his Father's work He went, as
Mary said, "Your Will be done".



Loss of Jesus in Jerusalem Canterbury Gospels 7th c Corpus Christi College Cambridge

4a

4th COMMEMORATION THE MEETING ON THE WAY TO CALVARY

¶ for an alternative 4th Commemoration see page 14 below

"Pilate delivered Jesus up to their wishes to be crucified" (Lk. 23:25; Mt. 27:26)

SCRIPTURE READING

Lamentations 3:17-22.25-26

Director: Remembering Mary's trust in affliction, we listen to the sorrow and confidence expressed by the prophet Jeremiah in his Lamentations.

Reader: My soul is shut out from peace; I have forgotten happiness. And now I say, "My strength is gone, that hope which came from the Lord God". Brooding on my anguish and affliction is gall and wormwood. My spirit ponders it continually and sinks within me. This is what I shall tell my heart, and so recover my hope: the favours of the Lord God are not all past his kindnesses are not exhausted; the Lord God is good to those who trust Him, to the soul that searches for Him. It is good to wait in silence for the Lord God to save.

¶ silent pause for reflection

REFLECTION

Reader: After letting her Son go forth (Gal. 4:4; Rom. 8:13) to encounter the weakness and malice of mankind, Mary suffered the anguish of seeing Him rejected, flogged, unjustly condemned and hustled out of the city to be executed.

Helpless against the flood of hateful violence (I Peter 4:4), she could not reach Him or protect Him with her great love.

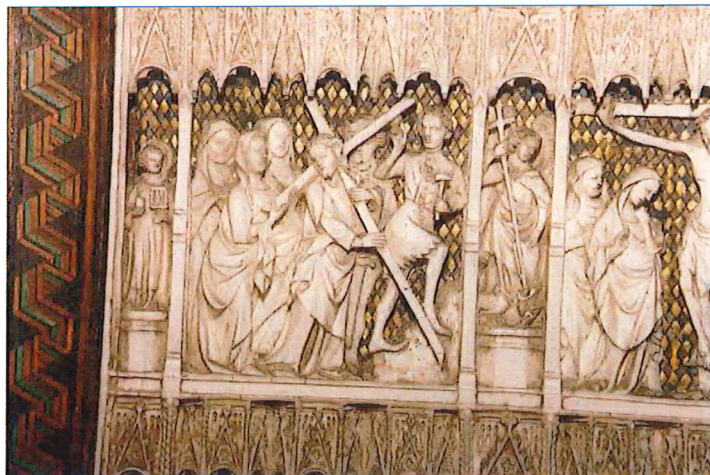
She could only be there, helpless, yet not afraid of looking at the destructive corruption that is in us all, without condemning or losing trust in the healing power of God (Hebr. 5:7).

PRAYER

All: Holy Mary,
as you were invited to share in Christ's mission
of healing and reconciliation,
so you were called to see Him
unjustly condemned and attacked
and cut off from the land of the living.
We honour your steadfastness,
O Virgin Mary,
for you entered fully into His Way of the Cross,
and did not hide from human suffering
even though you were free from sin.
Pray for us to take up the Cross of Christ
and to carry one another's burdens.

HYMN

**5 Bringing light to save His people
Christ was spurned and thrust away:
In rejection He was given
all our debts to bear and pay.
May the presence of His Mother
help us lift His Cross each day.**



Way to Calvary ivory, French 15th c V&A Museum © PMA

4b

Alternative 4th COMMEMORATION JESUS IS REJECTED IN HIS OWN TOWN

"No prophet is without honour except in his own native place" (Mt. 13:57)

SCRIPTURE READING

Jeremiah 38:4-6

Director: On the theme of rejection, we listen to how the great prophet Jeremiah was silenced and rejected.

Reader: The leading men spoke to the king: "Let this man (Jeremiah) be put to death: he is unquestionably disheartening the remaining soldiers in the city, and all the people too, by talking like this. The fellow does not have the welfare of this people at heart so much as its ruin." King Zedekiah replied, "He is in your hands as you know, for the king is powerless against you". So they took Jeremiah and threw him into the well of Prince Malchiah in the Court of the Guard, letting him down with ropes. There was no water in the well, only mud. And into the mud Jeremiah sank.

¶ silent pause for reflection

REFLECTION

Reader: When Jesus proclaimed the Good News in His own town of Nazareth, he was cast out by His own people, who sought to kill Him (Lk. 4:28ff). With her Son, Mary suffered the loss of family and friends (cf. Mk. 10:29-30) for the sake of the Kingdom of Heaven. The rejection of Jesus thus became deeply personal for her.

Following the truth so often seems to break up and divide people, so that it costs dearly to be both honest and loving together.

PRAYER

All: Holy Mary,
as you were invited to share
with the strangers from the East
in welcoming the Saviour,
so you were called to see your own people
reject your Son and cast Him out.
We honour your unfailing loyalty,
O Virgin Mary,
for you remained a true relative
of Christ in the spirit,
and did not refuse to be
a suffering servant at His side.
Pray for us
to choose truth above popularity,
and to love those who hurt us.

HYMN

**5 Bringing light to save His people
Christ was spurned and thrust away:
In rejection He was given
all our debts to bear and pay.
May the presence of His Mother
help us lift His Cross each day.**



Way to Calvary ceramic Via Crucis Servite church of Our Lady of Sorrows, Salford

5

5th COMMEMORATION THE CRUCIFIXION AND DEATH OF JESUS

"Near the Cross of Jesus stood His mother" (John 19:25)

SCRIPTURE READING

Revelation 12:1-6

Director: On the theme of our birth from Christ's labour on the cross, we listen to the Vision of St. John, who witnessed the Great Birth of the children of God.

Reader: Now a great sign appeared in heaven: a woman adorned with the sun, standing on the moon, and with twelve stars on her head for a crown. She was pregnant, and in labour, crying aloud in the pangs of childbirth. Then a second sign appeared in the sky, a huge red dragon which had seven heads and ten horns, and each of the seven heads crowned with a coronet. Its tail dragged a third of the stars from the sky and dropped them to the earth, and the dragon stopped in front of the woman as she was having her child, so that he could eat it as soon as it was born from its mother. The woman brought forth a male child into the world, the son who was to rule all the nations with an iron sceptre, and the child was taken straight up to God and to his throne, while the woman escaped into the desert, where God had made a place of safety ready, for her to be looked after in the twelve hundred and sixty days.

¶ silent pause for reflection

REFLECTION

Reader: Mary stood beneath the cross, as the Lord gave forth His spirit (Jn. 19:30). In the midst of such cruelty she stood firm in the belief that the children of God were being born from the violent pain of Christ's labour on the Cross.

On Calvary she is given to us as our Mother (Jn. 19:26-27), a sign of that motherhood which gives forth new and eternal life.

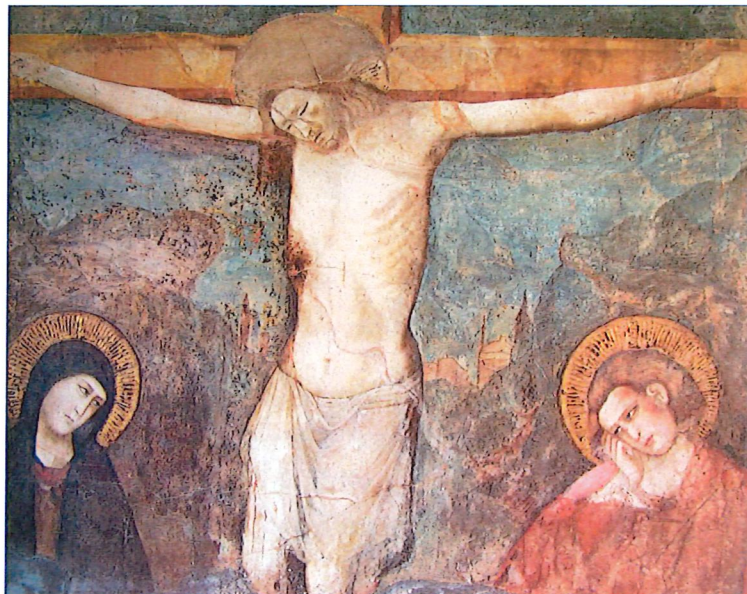
We too are called to share with the Lord Jesus in giving ourselves forth to God and to Humankind with courage and trust, so that the Life of the Spirit may continue to be poured forth (Rom. 5:5; 8:19-23) into the whole creation.

PRAYER

All: Holy Mary,
as you were invited to the loving joy of Cana,
when the Hour of Christ had not yet come,
so you were called to stand by the Cross
and share in the saving Hour of His death.
We honour your trust,
O Virgin Mary,
for you stood firm in belief
that the toil and labour of Jesus on the Cross
would give birth in Water and Blood
to the Church, His living Body.
Pray for us,
named by Christ as your children,
to give ourselves completely to the Father.

HYMN

6 He whose Hour had not yet come is
raised on high to be our shame:
from His side in Blood and Water
we are born to bear His Name.
Mary there we take as Mother
in His power as in His pain.



*Crucifixion - fresco in Chapter Room at
Servite Priory, Forlì, Italy, St. Peregrine's priory*

6

6th COMMEMORATION THE BODY OF JESUS IS TAKEN DOWN FROM THE CROSS

"They came and took the body away" (John 19:38)

SCRIPTURE READING

Isaiah 53:2-8

Director: On the theme of suffering for others, we listen to the prophecy of Isaiah about the great Suffering Servant of God.

Reader: Like a sapling he grew up in front of us, like a root in arid ground. Without beauty, without majesty we saw him, no looks to attract our eyes; a thing despised and rejected by men, a man of sorrows and familiar with suffering, a man to make people screen their faces; he was despised and we took no account of him.

And yet our were the sufferings he bore, ours the sorrows he carried. But we, we thought of him a someone punished, struck by God, and brought low. Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed.

We had all gone astray like sheep, each taking his own way, and the Lord God burdened him with the sins of all of us. Harshly dealt with, he bore it humbly, he never opened his mouth. For our faults he was struck down in death.

¶ silent pause for reflection

REFLECTION

Reader: The Virgin had received and welcomed the living Word of God (Lk. 11:27-28) in her heart and in her flesh. Now she received the Son of God into her arms as a lifeless corpse. His own people, who failed to welcome Him (Jn. 1:11) had exhausted their violent rage and gone away.

And in the darkness of death, the wounds of Christ would call to her, "Do you believe that in dying to self a person is born to eternal life?"

PRAYER

All: Holy Mary,
as at Bethlehem you gave God's Son
to the world in living hope,
so on Calvary you received
His shattered body back again
from Humankind still unredeemed.
We honour your sinless love,
O Virgin Mary,
for your gift to God's children
was hurled back at your feet,
yet you responded with mercy and peace.
Pray for us to enter into grief
with silent trust in the power of God
and with merciful forgiveness in our hearts.

HYMN

7 Father, take our heartfelt cry of
trust, your Servants hope in You.
At the foot of countless crosses
we will stand and suffer, too,
'till all tears are wiped away and
all creation lives anew.



Pietà 15th c. English, Peterhouse College chapel Cambridge - © PMA

7

7th COMMEMORATION - THE BURIAL OF JESUS

*"Taking the body, Joseph laid it in his own tomb,
hewn from a formation of rock." (Mt. 27:60)*

SCRIPTURE READING

Isaiah 53:9-11

Director: On the theme of victory after suffering, we listen to the marvellous prophecy of Isaiah, that the Suffering Servant would be vindicated and rewarded.

Reader: They gave him a grave with the wicked, a tomb with the rich,
though he had done no wrong and there had been no perjury in his mouth.
The Lord God has pleased to crush him with suffering.
If he offers his life in atonement, he shall see his heirs,
he shall have a long life,
and through him what the Lord God wants shall be done.
His soul's anguish over, he shall see the light and be content.
By his sufferings shall my Servant justify many, taking their faults on himself.

¶ silent pause for reflection

REFLECTION

Reader: Mary's Son had said that the grain of wheat must fall into the earth and die (Jn. 12:24) in order to generate life. Now He had emptied Himself (Phil. 2:7) and died in humiliation, and she laid His body to rest in the earth.

Remaining always close to Christ, she placed all her trust in the power of God to raise up His Son (Hebr. 5:7) to the fulness of life. For, indeed, neither famine nor the sword, nor powers above or below, nor any created thing could ever come between her and the love of God, made visible in Christ Jesus (Rom. 8:35ff). She had a share in the sufferings of Christ, yet rejoiced, for she was to enjoy a much greater gladness when His glorious Resurrection would be revealed (I Peter 4:13).

PRAYER

All: Holy Mary,
as you were invited to be the living earth
which gave forth the Saviour,
so you were called to bury
His crucified body in the earth
after His sacrificial death.
We honour your holy motherhood,
O Virgin Mary,
for you shared most intimately with Christ
in giving forth Life to the world.
Pray for us, members of His living Body,
to rise up in the Life of the Spirit,
for the glory of God the Father
and the well-being of all God's People.

HYMN

8 Praise and glory be to God through
Jesus Christ the risen Son,
in the oneness of the Spirit
from the Church redeemed and won,
with the Virgin and all Servants
while eternal ages run.



Burial - Via Crucis fired ceramic, Colette Cullen 1980s

CONCLUSION

MEMORIAL OF CHRIST'S VICTORY OVER SUFFERING

¶ parts of this commemoration may be omitted during Lent and Holy Week

SCRIPTURE READING

Matthew 28:1-10

Director: Dear brothers and sister: let us keep the Resurrection of our Lord Jesus Christ to the fore in our minds, and listen with confidence to the proclamation of His victory over death.

Reader: After the Sabbath and towards dawn on the first day of the week, Mary Magdalen and the other Mary went to visit the sepulchre. And all at once there was a violent earthquake, for the Angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken, so frightened of him, that they were like dead men. But the angel spoke, and he said to the women, "There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, 'He has risen from the dead and now he is going before you to Galilee; it is there you will see him'. Now I have told you." Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples. And there, coming to meet them, was Jesus. "Greetings," he said. And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, "Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there".

CANTICLE

Regina Cæli ¶ outside of Lent

Joy fill your heart, O Queen most high, Alleluia
Your Son who in the tomb did lie, Alleluia
Has risen as he did prophesy, Alleluia
Pray for us Mother when we die. Alleluia x 4

Regina cœli lætâre, Allelúia
Quia quem meruísti portâre, Allelúia
Resurréxit sicut dixit, Allelúia
Ora pro nobis Deum. Allelúia

trns James Quinn SJ

CANTICLE *Ave Regina Coelorum* ¶ during Lent: meter “When I survey”

Hail Queen of heav'n beyond compare
To whom the angels homage pay;
Hail, Root of Jesse, Gate of Light
That opened for the world's new Day.

Rejoice, O Virgin unsurpassed
In whom our ransom was begun.
For all your loving children pray
To Christ our Saviour and your Son.

Ave, Regina Cœlorum.
Ave, Dómina angelórum.
Salve, Radix, salve Porta
ex qua mundo Lux est orta.
Gaude, Virgo Gloriósa
Super omnes speciósa.
Vale, o valde decra
Et pro nobis Christum exóra!

CLOSING PRAYER

All: God our Father, we thank you
for the example of the blessed Virgin Mary,
and commend ourselves to her motherly prayers.
For she urges us to enter
into the mysterious Passover of Christ,
to overcome Death, passing over to Life;
to overcome Sin, passing over to Goodness;
to overcome Selfishness
passing over to Communion and Love;
to overcome Terror, passing over to Peace.
Encouraged by Mary,
may we take up the cross of Christ without fear
and bear the burdens of others with compassion.
So may the life of your Holy Spirit
be revealed for all your People.
We ask this through the same
Jesus Christ our Lord. *R.* Amen



*Ascension - 14thc altar retable detail
south chapel Norwich Cathedral ©PMA*

CONCLUDING BLESSING

(Nunc Dimittis Lk. 2:29-32)

Director: Lord, now let your servants go in peace,
because your word has been fulfilled.

All: Our eyes have seen your salvation
brought to us through Mary, His Mother;
a Light to reveal your glory to the nations.
Now let your servants go in the peace of Christ. *(All:)* Thanks be to God.



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