



Hail Holy Queen (Salve Regina)

This incredibly beautiful traditional prayer has its origin in the 11th century; it was composed by a Benedictine monk, Bl. Herman. Here are the Latin and the English versions.

Hail Holy Queen

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.

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 and everlasting God, Who by the working of the Holy Spirit didst prepare both the body and the soul of the glorious Virgin Mother Mary, that she might deserve to be made a worthy dwelling for Thy Son, grant that we who rejoice in her memory may, by her loving intercession, be delivered from present evils and from lasting death, through the same Christ our Lord. Amen.

Salve Regina

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 exilium ostende.
O clemens, O pia, O dulcis Virgo Maria.

V. Ora pro nobis, sancta Dei Genitrix.

R. Ut digni efficamur promissionibus Christi.

Oremus. Omnipotens sempiternus 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.