Alma redemptoris mater, que pervia celi Porta manes et stella maris, succurre cadenti Surgere qui curat populo, tu que genuisti, Natura mirante, tuum sanctum genitorem. Virgo prius ac posterius, Gabrielis ab ore Sumens illud Ave, peccatorum miserere.

—attr. Hermannus Contractus (1013-1054)

Nurturing mother of the Redeemer, who ever remainest Portal of heaven and star of the sea, succour the fallen People who struggle to rise, thou who hast given birth, While nature marveled, to thine own sacred creator, Maiden before and after, from Gabriel’s lips Hearing that fateful “Hail,” have mercy on sinners.

—(Translation: Joseph W. Weinberg)