

The Memorare

Remember O most loving Virgin Mary that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help or sought your intercession and was left unaided.
Filled therefore with confidence in your goodness,
I fly to you O Mother, Virgin of virgins,
to you I come, before you I stand, a sorrowful sinner.
Despise not my poor words O Mother of the Word of God,
but graciously hear and grant my prayer. Amen



*"In dangers, in doubts, in difficulties, think of Mary, call upon Mary.
Let not her name depart from your lips, never suffer it to leave your heart.
And that you may obtain the assistance of her prayer, neglect not to walk in her footsteps....."*
Saint Bernard of Clairvaux