

## AVE MARIS STELLA



The hymn *Ave Maris Stella* (Hail Star of the Sea) printed below in English is a wonderful tribute, both in prayer and song, to the Blessed Virgin Mary. The original Latin text dates back to around the 8th- 9th centuries although it has been attributed to St. Bernard of Clairvaux (1090-1153). It was a particular favorite of those chanting it as part of the Divine Office (the Liturgy of the Hours) in the Middle Ages.

**Hail, bright star of ocean,  
God's own Mother blest,  
Ever sinless Virgin,  
Gate of heavenly rest.**

**Taking that sweet Ave  
Which from Gabriel came,  
Peace confirm within us,  
Changing Eva's name.**

**Break the captives' fetters,  
Light on blindness pour,  
All our ills expelling,  
Every bliss implore.**

**Show thyself a Mother;  
May the Word Divine,  
Born for us thy Infant,  
Hear our prayers through thine.**

**Virgin all excelling,  
Mildest of the mild,  
Freed from guilt, preserve us,  
Pure and undefiled.**

**Keep our life all spotless,  
Make our way secure,  
Till we find in Jesus,  
Joy forevermore.**

**Through the highest heaven  
To the Almighty Three,  
Father, Son and Spirit,  
One same glory be. Amen.**