

ANTIPHON

Beata es Maria *

AG 309

VIII

M

A-ry heard * the word of God and kept it; she pondered it

† in her heart. P.T. : † in her heart. al- le-luia.

LUKE 1: 46–55

CANTICLE OF MARY

My sôul proclaims the gréatness of the Lórd, †
 my spírit rejóices in Gód my Sávior *
 for he has lóoked with fávör on his lówly sêrvant.

From this dáy all generátions will cáll me bléssed: †
 the Almíghty has dóné great thínks for mé, *
 and hólý is his náme.

He has mércy on thóse who féar him *
 in évery generátion.

He has shówn the stréngth of his árm, *
 he has scátered the pród in their concéit.

He has cást down the míghty from their thrónes, *
 and has lífted up the lówly.

He has filled the húngry with good thínks, *
 and the rích he has sént away émpy.

He has cóme to the hélp of his sêrvant Ísrael *
 for he has remémbered his prómise of mércy,
 the prómise he máde to our fátters, *
 to Ábraham and his chíldren for éver.