1) We have thee as an example

of change of life and repentance,

which do thou beg Christ to grant us

now in this season of fasting,

so that with faith and with longing

we might acclaim thee,

O great and all-righteous Mary
2) Thou art the sweetness of Angels, the gladness of afflicted ones, and the protectress of Christians,

O Virgin Mother of our Lord, be thou my helper and save me from out of eternal torments.