The Memorare

Prayer to Our Lady attributed to St. Francis de Sales

likely written in Dijon, 1604

Hail, most glorious Virgin Mary, Mother of God. You are my Mother and my Queen. Hence, I beg you to accept me as your son and servant since I want you alone to be my Mother and Mistress. I beg you, my good, gracious and gentle Mother, to bring me comfort in all my anguishes and tribulations of body and soul.

Remember, most gracious Virgin, that you are my Mother and that I am your son, that you are very powerful and I, a poor, vile and feeble creature. Hence, I beg you, my Mother, to govern and defend me in all my ways and actions, for, alas!, I am a poor needy beggar much in need of your holy protection. Most Holy Virgin, my gracious Mother, preserve and free my body and soul from evils and dangers, and grant me a share in your possessions and virtues, especially in your holy humility, excellent purity, and fervent love.

Do not tell me, gracious Virgin, that you cannot, for your beloved Son granted you all power, in Heaven as on Earth. Do not tell me that you ought not, for you are the common Mother of all men and women and especially mine. If you could not, I would excuse you, saying: "It is true that she is my Mother and loves me as her son, but the poor woman has neither wealth nor power." If you were not my Mother, I would wait patiently, saying: "She is rich enough to assist me, but, alas!, since she is not my Mother, she does not love me."

Then, most gracious Virgin, since you are my Mother and you are powerful, how can I excuse you if you do not bring me comforts and grant me your help and assistance? You see, my Mother, that you are compelled to grant me all that I am asking you.

May you be exalted above Heaven and Earth, glorious Virgin and my most Holy Mother Mary, and, for the honor and glory of your Son, accept me as your child, without regard for my miseries and sins. Deliver my soul and body from all evil, and give me a share in all your virtues, especially humility. Grant me all the gifts, favors, and graces that are pleasing to the Most Holy Trinity ... Father, Son, and Holy Spirit. AMEN.