



Virgin Mary, my good Mother,
if I called upon you more often
I would have less cause to groan inwardly.

Help me, O my Mother,
by your powerful intercession,
to carry out better than I have until now
all the obligations your dear Son
has imposed upon me,
so that, with your help,
my reward is to conscientiously carry them out.

And as I grow less unworthy,
I promise to strive toward
and to enter into the still-greater reward
that awaits me in Heaven.

*Composed by Saint Eugène de Mazenod,
30 October 1818*