

Antiphon by Hildegard von Bingen (to Virgin Mary)

O frondens virga,	O leafy branch,
In tua nobilitate stans,	Standing in your nobility,
Sicut aurora procedit.	As dawn breaks !
Nunc gaude et laetare	Now rejoice, exult
Et nos debiles dignare	And deign liberate us so weak
A mala consuetudine	liberare Frome vil habits,
Atque manum tuam porrige	And extend your hand
Ad erigendum nos.	To help us to get up again.