

## **Stabat Mater dolorosa - English translation**

### **1. Stabat Mater dolorosa iuxta crucem lacrimosa dum pendebat Filius**

The Mother stood sorrowing by the cross weeping while her Son hung there

### **2. Cuius animam gementem contristatam et dolentem pertransivit gladius**

Whose soul, lamenting, sorrowing and grieving, was pierced by the sword

### **3. O quam tristis et afflicta fuit illa benedicta Mater Unigeniti**

O how sad and afflicted was that blessed Mother of her Only-begotten Son

### **4. Quae moerebat et dolebat Pia Mater dum videbat nati poenas incliti**

For she grieved and sorrowed, the pious Mother, as she witnessed the pains of her great Son.

### **5. Quis est homo qui non fleret Matri Christi si videret in tanto supplicio?**

What man would not weep if he saw the Mother of Christ in such torment?

### **6. Quis non posset contristari Matrem Christi contemplari dolentem cum filio?**

Who could not be sorrowful to behold the pious Mother grieving with her Son?

### **7. Pro peccatis suae gentis vidit Iesum in tormentis et flagellis subditum**

For the sins of His people she saw Jesus in torment and subdued with whips

### **8. Vidit suum dulcem natum moriendo desolatum dum emisit spiritum**

She saw her sweet Son dying desolate as He gave up the spirit

### **9. Eia Mater, fons amoris, me sentire vim doloris fac ut tecum lugeam**

O Mother, fountain of love, make me feel the power of sorrow, that I may grieve with you

**10. Fac ut ardeat cor meum in amando Christum Deum ut sibi complaceam**

Make my heart burn with the love of Christ-God, and find grace in his eyes

**11. Sancta Mater, istud agas, crucifixi fige plagas cordi meo valide**

Holy Mother, may you do this: of the Crucified one fix the wounds in my heart securely

**12. Tui nati vulnerati tam dignati pro me pati poenas mecum divide**

Of your wounded Son who submits to suffer for my sake, let me share the pains

**13. Fac me vere tecum flere crucifixo condolere donec ego vixero**

Make me truly weep with you, grieving with Him who is crucified, so that I may live

**14. Iuxta crucem tecum stare et me tibi sociare in planctu desidero**

To stand with you beside the Cross and share your grief is my desire

**15. Virgo virginum praeclara mihi iam non sis amara fac me tecum plangere**

Virgin of virgins, resplendent, do not now be harsh to me, let me weep with you

**16. Fac ut portem Christi mortem passionis fac consortem et plagas recolere**

Let me bear Christ's death, let me share his Passion, enduring his wounds.

**17. Fac me plagis vulnerari fac me cruce inebriari et cruore filii**

Let me be wounded with his wounds, let that cross inspire me with love for your Son

**18. Flammis ne urar succensus, per te, Virgo, sim defensus in die iudicii**

Burning in the flames, O Virgin, may I be defended by you, on the day of judgement

**19. Christe cum sit hinc exire da per matrem me venire ad palmam victoriae**

Christ, when I depart hence, grant that through your mother I may come to the victor's palms

**20. Quando corpus morietur fac ut animae donetur paradisi gloria. Amen**

When my body dies, let my soul be given the glory of paradise. Amen