Benedicta sit Hora quo Tempore

The following Advent prayer was composed over 500 years ago by Saint Colette and has never been translated into English until now. A Poor Clare Nun has provided us with the English for this beautiful Latin hymn:

Benedicta sit hora quo tempore
Dominus noster Jesus Christus et Deus et homo natus est.
Benedictus sit Sanctus Spiritus de quo ille conceptus est.
Benedicta sit Virgo Maria gloriosa ex ea Verbum incarnatum est.
Audiat Dominus preces nostras intercessione Mariae Virginis gloriosa et in memoriam horae beatae quo tempore Verbum Incarnatum factum est, ut omnia quae desideremus exitum bonum habeant ad gloriam tuam et ad salutem nostram.

O pie Jesu, O Jesu Redemptor, noli relinquere nos propter peccata nostra sed audi preces nostrorum humiles et concede ea quae petimus per intercessionem beatissimae Virginis Mariae et ad gloriam nominis sancti tui. Amen

Blessed be the hour
in which our Lord Jesus Christ, God and Man was born.
Blessed be the Holy Spirit by Whom He was conceived.
Blessed be the glorious Virgin Mary of whom the Incarnate Word was born. May the Lord hear our prayers through the intercession of the glorious Virgin Mary and in memory of that most sacred hour in which the Incarnate Word was born, that all our desires may be accomplished for your glory and our salvation.

O good Jesus! O Jesus our Redeemer, do not abandon us as our sins deserve, but hear our humble prayer and grant what we ask through the intercession of the Most Blessed Virgin Mary and for the glory of your Holy Name.

Amen.

A Poor Clare Nun

Anno Domini December 5, 2007