

*O Mother of Perpetual Succour • behold me a miserable sinner at thy feet • I have recourse to thee and put my trust in thee • O Mother of Mercy, have pity upon me. • I hear thee called by all • the refuge and the hope of sinners; • be then my refuge and my hope. • succour me for the love of Jesus Christ; • stretch forth thy hand to me, • a poor sinner, • who recommend and dedicate myself to thee • as thy perpetual servant • I bless and thank God for having in His mercy given me this confidence in thee • the pledge, as I believe of my eternal salvation • Alas, too often in past times have I miserably fallen • because I had not recourse to thee • I know that with thy help I shall conquer • I know that thou will help me • if I recommend myself to thee • but I fear lest in the occasion of falling • I should cease to call upon thee • and so should lose my soul. • This then is the grace I seek from thee, • and I beg of thee, as far as I know how and can, • to obtain it for me, • namely, in the assaults of hell, • always to have recourse to thee and to say to thee: • O Mary help me • Mother of Perpetual Succour, • suffer me not to lose my God • Amen.*

