

## The Memorare

Remember, O most gracious Virgin Mary,  
that never was it known , that anyone who fled to  
thy protection, implored thy help, or sought thy  
intercession, was left unaided.

Inspired by this confidence, I fly unto thee,  
O Virgin of virgins, my Mother. To thee do I come,  
before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer me.

Amen.

In the name of the Father, and of the Son,

## Mukumbukire

Mukumbukire Virgo Maria, inu wachifundo chachikulu ndithu, kuti chikhalire sikudamveke konse kuti mudamuumira mtima munthu wofuna chithandizo chanu, kapena wolira utetezi wanu, kapena wopempha unkhoswe wanu, nanenso, ndi chikhulupiriro chotere mumtima, ndithamangira kwa inu, Amayi anga Virgo Woyerayera, ndadza kwa inu, ndagwada pamaso panu ndilikulira, ine wochimwachimwane: Inu Amayi a Mulungu Mwana, musanyoze mau anga, koma mundimvere ndi chifundo ndi kundithangata. Amen.

Mdzina la Atate, ndi la Mwana  
ndi la Mzimu Woyera.

**Amen**