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Cantiga de loor (The Seven Joys)

From this day forth my song will be
of our worthy Lady
the blessed and holy one
in whom God was pleased to take human flesh
to give us a great reward
in his Kingdom, and to win us
as members of his household
in life everlasting
without our having to pass
through death again.

And so I will begin my song
with how she was greeted
by the angel Gabriel, who hailed her:
“Happy Maid, beloved of God
you now carry a child
who will save the world;
look at your sister in law
Elisabeth, who did not believe,
and is now put to shame.”

And next I will relate
how she journeyed wearily to
Bethlehem, and found shelter
in the gateway
where she soon bore
Christ Jesus, and, like a pauper,
laid him in the manger
where fodder is put
and sheltered him
among beasts of the plough.

And I will not forget to tell
how the angels' song was
praise to God
and peace on Earth,
nor how the star
showed the Three Kings from over the sea
the way to that country,
so that straightway
came to give their
rare and precious gifts.

The next thing I will relate
which Mary Magdalen told her
was how she saw

the stone rolled away
from the tomb, and an angel
guarding it, saying to her
“Sorrowing woman
take comfort
for Jesus whom you came here to seek
rose from the dead this morning”.

And then I will show you
the great heartfelt joy
she felt when she saw
her son ascend in the fiery cloud
and when it had ascended
angels were seen to pass
among the assembled throng
who were full of wonder
and they said, “Thus will he come
in judgement, so it is written”.

And I will not fail to tell
of the coming of
the grace which God sent them
in such abundance
by which the company of apostles
which God brought together
was encouraged and taught
so that they could preach the word
therupon without more ado.

And by our Lord I cannot keep silent,
on how she was crowned
when it pleased her son
to take her, once she had passed on
from this world and was reunited
with him in heaven, at his side
There she was hailed as Queen
Daughter, Mother and Handmaiden;
and so she must help us
for she is our advocate.