

## PANGE LINGUA ... PROELIUM

1. Sing, O my tongue, of the battle, of the glorious struggle;  
and over the trophy of the Cross proclaim the noble triumph;  
tell how the redeemer of the world won victory through his sacrifice.
2. The Creator looked on sadly as the first man, our forefather, was deceived,  
and as he fell into the snare of death, taking a bite of the lethal fruit; it was then  
that God chose this blessed piece of wood to destroy the other tree's curse.
3. Such was the act called for by the economy of our salvation:  
to outwit the resourceful craftiness of the Traitor and to obtain our remedy  
from the very weapon with which our enemy struck.
4. And so, when the fullness of that blessed time had come, the Son,  
the Creator of the world, was sent from the throne of the Father;  
and, having become flesh, he came forth from the womb of a Virgin.
5. When six times five years had passed, at the end of his earthly life,  
he willingly gave himself up to the Passion; it was for this that he was born.  
The Lamb was lifted up onto a cross, offered in sacrifice on wood.
6. Equal and eternal glory to the Father and to the Son and to the illustrious  
Paraclete, the Blessed Trinity whose divine grace redeems  
and conserves us always. Amen.

Source: Pluscarden Abbey  
The Liturgy of Holy Week CD  
<http://www.pluscardenabbey.org>