I lifted up my eyes to the mountains. 

From there my help will come.

Incarnate One of the Virgin before the ages, O Word, 
today you come to the temple to complete the Law 
for the salvation of the nations.

Glory to the Father and to the Son and to the Holy Spirit.

Extolled by the angels, you are seated upon an uncreated throne.

Today you were held in the arms of Simeon.
You will consecrate us to eternal life.

Now and always and unto the ages of ages. Amen.

You free the captives, O gift-giver to all.

Today by the plea of the aged man,

free me, too, a manifold sinner, from deadly captivity

to eternal life.