It is Truly Right

Third Mode
adapted from Gregory Levitis the Protopsaltis (1777-1822)

It is truly right to call you blest,

O Theotokos, the ever blessed, you who are most pure

and all immaculate and the Mother of our God,

More honorable than the Cherubim, and beyond compare

more glorious than the Seraphim,
At all times, but most of all while chanting,
let us be still and undistracted.
For through distractions,
the demons aim to ruin our prayer.

—St. John of the Ladder