Athonite Hymn  
to the Panagia*

Grave Mode (Diatonic) 
Triple Meter

adapted from oral tradition  
as recorded by Hieromonk Hierotheos of Philotheou

Intonation: #22

Moderato  \( \downarrow 120 \)

* This paraliturgical hymn may be chanted during the distribution of the antidoron after liturgy. In some monasteries on the Holy Mountain, it is chanted after the procession back into church following the meal after a vigil on feast days of the Mother of God.

www.stanthonysonymonastery.org/music/Menaion.htm
pure one. Hasten to deliver all of us from every danger and necessity and from a sudden death, which destroyeth utterly and finally. We know that thou art capable to consummate all things that thou dost want to do. Lady of the universe, the hope and the protection of the world, O Maid-en full of grace, come hearken unto us who pray to
Athonite Hymn to the Panagia