



# ἈΡΟΣΤΙΧΑ ΘΕΟΤΟΚΙΟΝ

Diatonic Grave Mode

Andante  $\text{♩} = 84$

ὑπὸ τὴν σὴν

B $\downarrow$

Flee - ing for\_\_ ref - - - uge un - - - der

G

thy\_\_\_\_\_ shel - ter,\_\_\_\_\_ O\_\_\_\_\_ La - - - dy,

B $\downarrow$  G

all we,\_\_\_\_\_ the earth - born, cry\_\_\_\_\_ out\_\_\_\_\_

D C D

to\_\_\_\_\_ thee: O\_\_\_\_\_ The - - o - to - - -

B D

kos,\_\_\_\_\_ our\_\_\_\_\_ hope,\_\_\_\_\_ de - liv - er\_\_\_\_\_ us from our

count - less \_\_\_\_\_ of - fen - ces \_\_\_\_\_

and\_ save\_ our\_ souls. \_\_\_\_\_

Un. B rit.

The Apostle admonishes women to be silent in church, yet they do well to join in a psalm; this is gratifying for all ages and fitting for both sexes. Old men ignore the stiffness of age to sing [a psalm], and melancholy veterans echo it in the joy of their hearts; young men sing one without the bane of lust, as do adolescents without threat from their insecure age or the temptation of sensual pleasure; even young women sing psalms with no loss of wifely decency, and girls sing a hymn to God with sweet and supple voice while maintaining decorum and suffering no lapse of modesty. Youth is eager to understand [a psalm], and the child who refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more learning than that which is dispensed with stern discipline.

-St. Ambrose, *On Psalm 1*