



ἈΡΟΣΤΙΧΑ ΘΕΟΤΟΚΙΟΝ

Third Mode

Ἦχος ᾠ Γα

Ἀσπόρως ἐκ Θείου Πνεύματος



χ 84 π q

eed-less-ly and ___ of the ___ Di - - vine Spir - - - it, χ q and_

___ by the will of ___ the ___ Fa - - - ther, χ q

didst ___ thou ___ con-ceive ___ the ___ Son ___ of ___ God, π q Who,

from ___ the Fa - - - ther, χ q ex - ist - ed ___ be - fore thē ___ ag -

- - es ___ with - - out moth - - - - - er. π q And thou

hast brought forth in the ___ flesh Him Who, for ___ our ___ sakes, came_

forth _____ from _____ thee with - - - out _____ fa - - -
 ther; _____ and thou hast suck - - - led _____ Him as a babe. _____ Where -
 fore, cease _____ not to _____ in - - ter - - cede _____ that _____ our _____ souls _____
 _____ be de - liv - ered _____ from per - ils. _____

This I say, not only that you may yourselves sing praises, but also that you may teach your wives and children to do so, not merely to lighten the work while weaving, but especially at the table. For since Satan is wont to lie in wait at feasts, and to employ as allies drunkenness, gluttony, immoderate laughter, and an inactive mind; on these occasions, both before and after table, it is especially necessary to fortify oneself with the protection of the psalms and, rising from the feast together with one's wife and children, to sing sacred hymns to God.

—St. John Chrysostom