Aposticha Theotokion

Third Mode

Ἡχός Ἑκατόν

Ἀσπόρας ἐκ θείου Πνεύματος

eed-lessly and of the Divine Spirit, and

by the will of the Father,

didst thou conceive the Son of God, Who,

from the Father, existed before the ages without mother.

And thou hast brought forth in the flesh Him Who, for our sakes, came.
forth ______ from ______ thee without ______ father; ______ and thou hast sucked ______ Him as a babe. ______ Wherefore, cease ______ not to ______ intercede ______ that ______ our ______ souls ______ be delivered ______ from perils. ______

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