

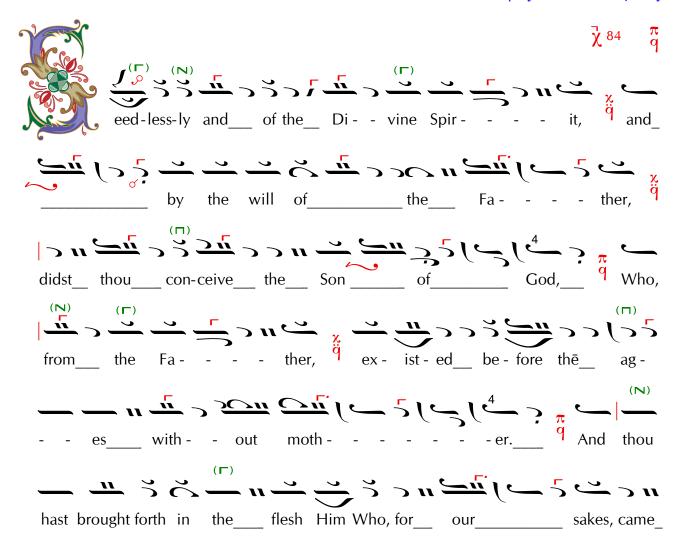
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## **АРОЅТІСНА ТНЕОТОКІОН**

## **Third Mode**

Ήχος ή Γα

'Ασπόρως ἐκ θείου Πνεύματος



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