O Theotokos and Virgin

Plagal First Mode

adapted from Ancient Melody
"from the City" (Constantinople)

"Here is the Virgin, full of grace, rejoicing,
O Mary; the Lord is with thee. Blessed art thou
among women, "

Duration: 2:45
Intonation: #16

Θεοτόκε Παρθένε
For prayer and psalmody,
as for many other things, every
time is suitable; so that we praise God
with psalms and hymns and spiritual songs,
while we move our hands in work, chanting with
our tongue if this is possible and conducive to the
edification of the faith, but if not, then in the heart.

—St. Basil the Great