

Sunday Theotokion on the Praises

Optina Pustyn Chant, Tone 2

Podoben "When From the Tree"

Both now and ever, and unto the ag - es of ag - es. A - men.

2

Most bless - ed art Thou, O Virgin The - o - to - - - kos.

3

For through Him Who became in-car - nate of thee is hades led cap - tive.

5

Adam recalled, the curse an-nulled, Eve set free,

7

death slain and we are giv - en life. Wherefore we cry a-loud in praise:

9

Blessed art Thou, O Christ God, Who has been thus well pleased, glo-ry to Thee.