Stichera at the Praises
Nativity of the Theotokos - September 8

Sticheron 1
Tone 1

Soprano

Alto

Tenor

Bass

Oh, the marvel-ous won-der! The source of Life is born of a
bar-ren wom-an, and grace gloriously begins to bear its fruit.

Rejoice, Joachim, who have become the father of the The-o-to-kos!

There is no oth-er like you among earthborn fathers, O man in-spi-red

© 2010 The Orthodox Church in America. Permission is granted to duplicate for liturgical use only. All other rights reserved.
by God; for the Maiden in whom God would come to dwell, the
Tabernacle of God, the all-holy Mountain,// has been given to
us through you.

Sticheron 2

Oh, the marvelous wonder! The fruit of a barren woman
has shone forth at the behest of the Almighty Maker of all, and
mightily destroyed the barrenness of this world, which was fruitless in
good things. You mothers, dance with the Mother of the
Theotokos and cry: “Rejoice, O full of grace, the Lord is with you, //
He Who grants the world great mercy through you!”

A living pillar of chastity and bright vessel shine –
ing with grace, glo-ri-ous An-na has given birth to the true stronghold

of vir-gin-i-ty, the divine flower, who manifestly bestows the beau-ty

of vir-gin-i-ty on all vir-gins and women who de-sire that grace,

and grants great mer-cy to all the faith-ful.