1) Since thou hadst first overcome the beasts of the unbridled desires, thou didst bridle the gaping mouths of fierce lions by thy prayer and didst check wildly raging beasts, ever a-bidding unharmed within their midst, O lauded Mamas, prize-winner of the Lord.

Thou didst not fear the fire nor a judge's anger, since thou didst prefer nothing to the love of Christ thy Lord, O blessed one.

2) Though young in body, thou didst defeat the old plaster and foe when thy flesh had received the marks of Christ God upon itself, all-famed Mamas most glorious; and thou now dwell'est amidst the Martyrs' choirs, ever made bright with the Three-fold Daystar Light, wearing a shining crown, and beholding with a pure and spotless mind Him that is the height of all desire, O blessed one.

3) Walking in the life-bestowing steps of Christ our God, Who took flesh and, by suffering on the Cross, cast the tyrant down in shame, thou, O prize-winner blest of God, didst run the race of a Martyr joyously; and when stretched out and torment ed ruth less ly, thou, who wast clad in flesh, then, O Martyr, didst both wound and dash to earth him that once had boasted that he would blot out the sea.