September 11th

After-Feast of the Nativity of the Theotokos

Stichera at "O Lord, I have cried"

(when this day falls on a Sunday, the Aposticha is moved to OLIHC)

1) Joa-chim join-eth with An- na in keep-ing

fest-i-val, hav-ing brought forth the first-fruit of our

com-mon sal-va-tion, the only The-o-to-kos; and

as we to-day keep the feast with them faith-ful-ly,

we bless the unde-filed Vir-gin, who hath sprung forth

from that root of Jes-se as fore-told.

2) The The-o-to-kos, the pure Maid-en in whom

God was con-tained, the Proph-ets' boast and glo-ry, and the
daugh-ter of Da-vid, from Jo-a-chim and An-na the
prudent and chaste now is born on this holy day

and by her birth overturneth the ancient curse

which through Adam came upon our race.

3) The land that once had been barren bringeth forth

fruitful earth; a holy fruit is now born from a

womb that was fruitless. O marvel great and fearful! With

milk is she fed, she the nourisher of our life;

she that received in her womb the celestial Bread

now is suckled at her mother's breast.