

*From the Menaion*  
**Grant Me The Means, O Pure Virgin**  
**Theotokion**

Byzantine Chant Tone 1  
Special Melody: *Thou art the joy*

Grant me the means, O pure Vir - gin, where - by to  
change my life, and do thou al - ter its course from the  
ways of the pas - sions to long - ing af - ter god - ly dis -  
- pas - sion and thence, past all tell - ing to make it mine;  
and grant my soul to pour forth in a - bun - dant streams god - ly  
sor - row that pro - duc - eth joy.