From the Menaion

O Virgin, Thou Spacious Land of God

Theotokion

Byzantine Chant Tone 1
Special melody: O all-lauded Martyrs

Adapted by Dn. John El Massih

O Virgin, thou spacious land of God, who art vaster than the heavens, make me greater, whom passions have made little, mean, and small;

for, O blameless Lady, I am straitened with distress in fierce assaults of trials; but magnify me in my straitened plight; and employ the breezes of thy prayers to make tranquil what befalleth me each day.

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