Thou Who Heldest Within Thy Womb

Theotokion

Byzantine Mode 4
Special Melody: As one valiant
Adapted by Dn. John El Massih

Thou who heldest within thy womb God, Whom all things cannot contain, yet Who in His love for us men became a man, taking upon Him from thee our human nature and verily making it to be divine, O all pure one, disdain me not, who am now oppressed; but take pity, O Virgin, quickly rescue me from all the harm and ruin and hateful spite of the evil one.