

From the Menaion
Thou Who Heldest Within Thy Womb
Theotokion

Byzantine Mode 4
Special Melody: *As one valiant*

Adapted by Dn. John El Massih

E Un.

Thou who held - est with - in thy womb God, Whom all things can -

E

- not con - tain, yet Who in His love___ for us

men be - came a man, tak - ing up - on Him from

thee our___ hu - man na - ture and ver - i - ly

mak - ing it to be di - vine, O all - pure___ one, dis -

-dain me not, who am now op - pressed; but take pit - y, O

G

Vir - gin, quick - ly res - cue me from all the harm and

E

ru - in and hate - ful spite of thē e - vil one.