

Sticheron 3

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Praise Him with timbrel and dance, praise Him with strings and flute.

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Hav-ing been nour - ished, O Vir - gin, in faith on heav - en - ly



bread with-in the Lord's own Tem-ple, for the world you have



brought forth the bread of life, the Lo-gos. And as His own cho-sen



tem - ple im - mac - u - late, in the Spir - it you were



mys - ti - cal - ly be - trothed to God the Fa-ther and be - came



His Bride.