

# Stichera of the Praises

## Mode 2. *O House of Ephratha.*

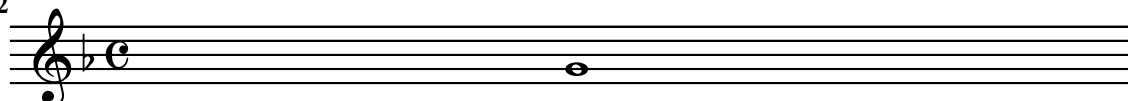
### Sticheron 1

Chromatic



Praise Him with timbrel and dance, praise Him with strings and flute.  
Children of Adam... (*see below*)

### Sticheron 2



<sup>8</sup> Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.



<sup>8</sup> Let ev-ery breath praise the Lord. Chil - dren of Ad-am, come,



<sup>8</sup> with hymns let us ex - tol now the all-pure Vir - gin

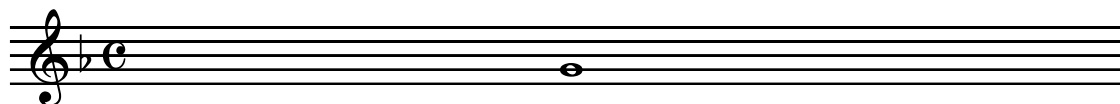


<sup>8</sup> Mar-y, the de - scend-ant of Da - vid and Moth-er of the Sav-ior



<sup>8</sup> Christ.

### Sticheron 3



<sup>8</sup> Listen, O daughter, behold and incline your ear, and forget your people



<sup>8</sup> and your father's house; for the King de - sired your beau - ty.

8 Let us pre - sent our praise un - to our Lord Re - deem-er, who

8 from a bar - ren wom-an gave us the The-o - to - kos, the

8 on - ly ev - er - vir-gin Maid.

Sticheron 4

The rich among the people shall en - treat your fa - vor.

8 She who will be the Joy of all the world, the Moth-er of

8 Christ my Lord and Sav-ior, is from a bar-ren moth - er mi-

8 - rac-u-lous-ly born to - day.