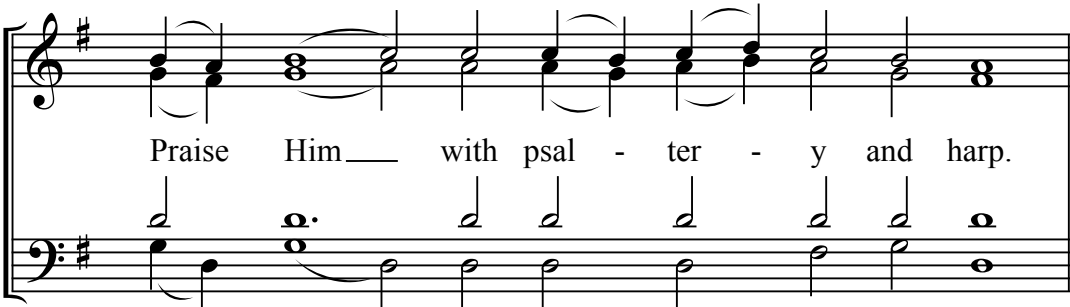
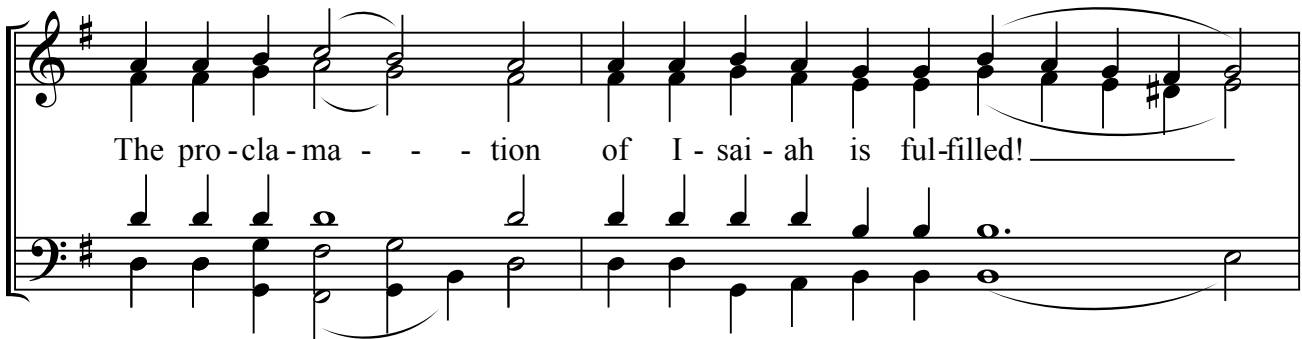


**December 24: Sunday before the Nativity of Christ**  
**Stichera of the Praises**  
**Tone 4, Special Melody "Called from on High"**  
**Optina Hermitage Melody**

I-descant  
II-chant  
melody



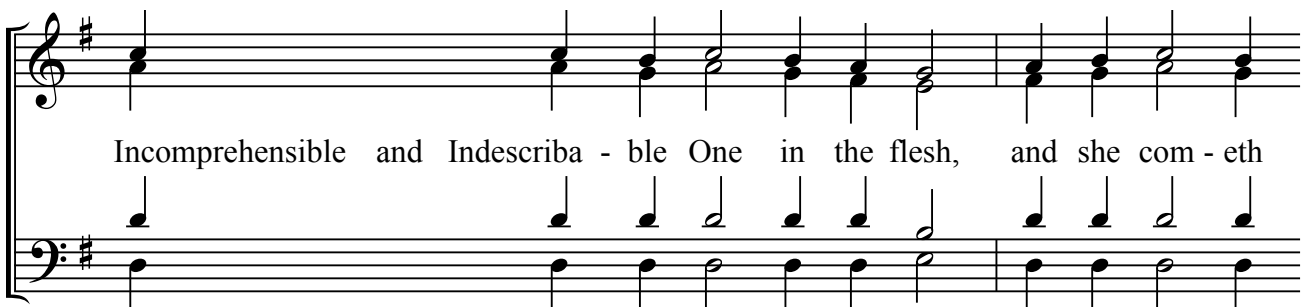
Praise Him with psalter and harp.



The pro-cla-ma-tion of I-sai-ah is ful-filled!



For, lo! the Vir-gin bear-eth in her womb, the



Incomprehensible and Indescriba-ble One in the flesh, and she com-eth

most gloriously to re-ceive God. Make ready, O Beth-le-hem!

For it is the King's pleasure that thou become His abode.

O manger, receive Christ wrapped as a babe,

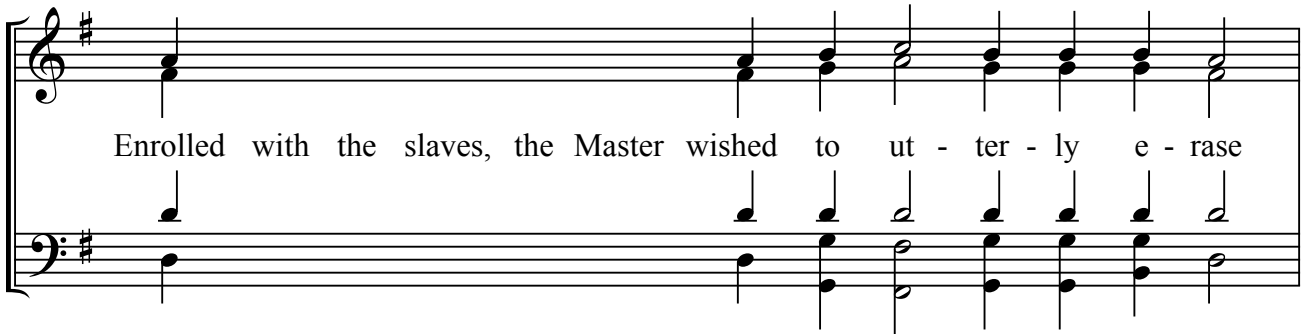
Who in His goodness

wisheth to loose the bonds of man's offenses.

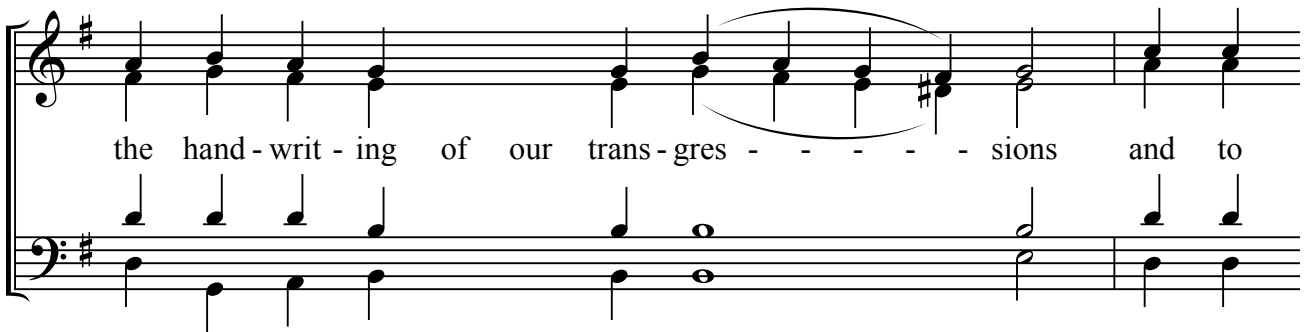
(2) *Reader*: Praise Him with timbel and dance,



Praise Him with strings and flute.



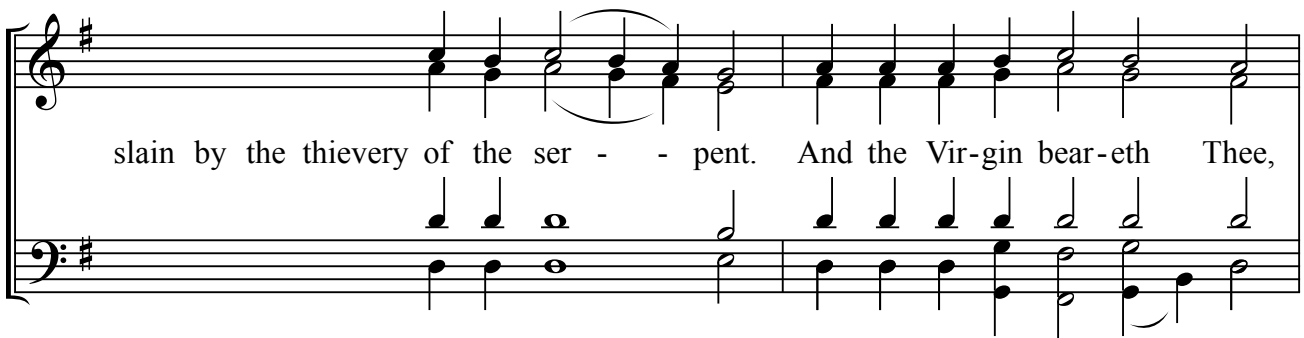
Enrolled with the slaves, the Master wished to ut - ter - ly e - rase



the hand - writ - ing of our trans - gres - - - - sions and to



en - - ter in the Book of the Liv - - - ing all who have been



slain by the thievery of the ser - - pent. And the Vir - gin bear - eth Thee,

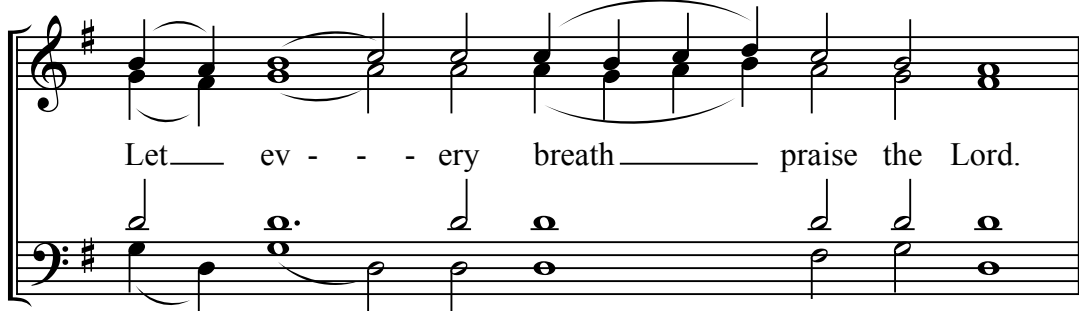
Who bear-est all things, Who art wrapped in mor-tal

flesh and hast been well-pleased to dwell in a lit-tle cave.

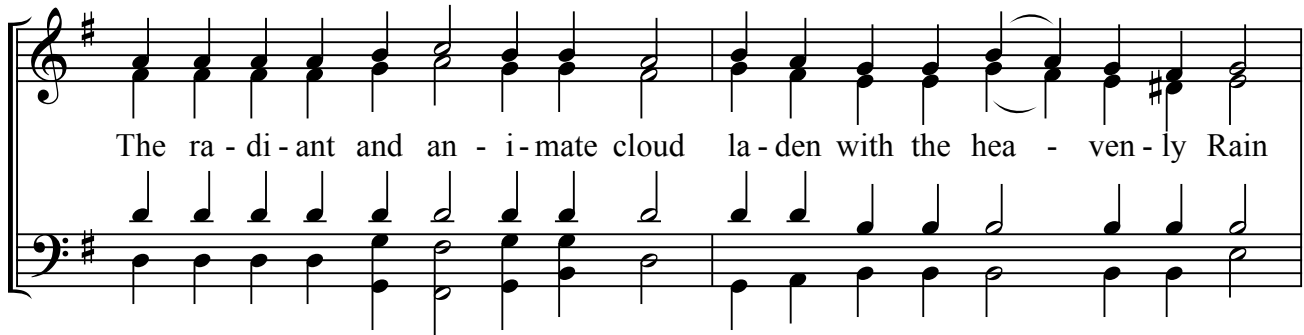
Mar-vel-ling at Thy might, the heav'n-ly choirs of an-gels

and the god-ly shep-herds praised Thee Who art born.

(1) *Reader:* Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.



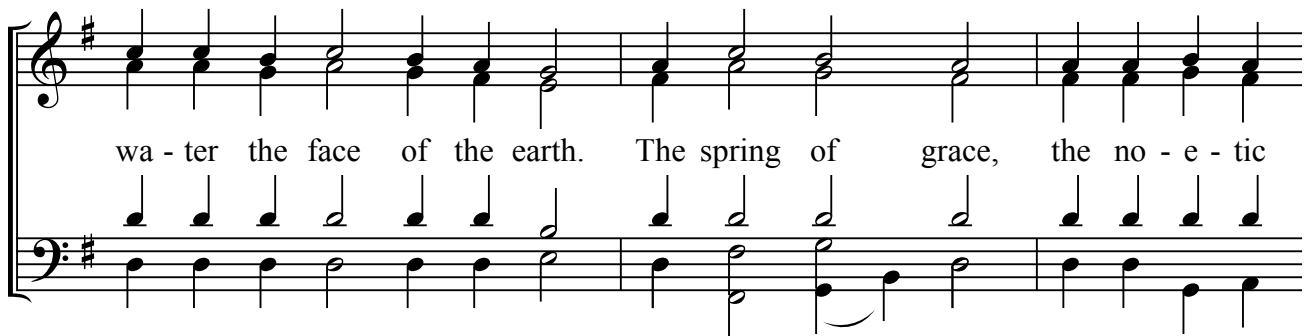
Let ev - - - ery breath praise the Lord.



The ra - di - ant and an - i - mate cloud la - den with the hea - ven - ly Rain



now approacheth to pour It forth up - on the earth, that It might



wa - ter the face of the earth. The spring of grace, the no - e - tic



swal - low, who is with child, giv - eth birth by the in - ef - fa - ble Word,

putting an end to the winter of un-god - li - ness. The pure

and un - de - filed pal - - - ace doth bring forth

the in - car - nate King in the cave.

The musical score is written for a mixed choir in G major (one sharp) and 4/4 time. It consists of three systems of staves. Each system has a treble clef staff and a bass clef staff. The lyrics are: 'putting an end to the winter of un-god - li - ness. The pure', 'and un - de - filed pal - - - ace doth bring forth', and 'the in - car - nate King in the cave.' The music features a variety of note values including quarter, eighth, and half notes, as well as rests. There are several slurs and ties used throughout the piece.

Music transposed for mixed choir from the Church Slavonic arrangement:  
Podobny, L.V. Vovchuk, Holy Trinity-Jonah Monastery Press, Kiev, 2004

English text adapted from the translation of Isaac E. Lambertsen, ©1996,  
"The Menaion of the Orthodox Church", Vol. IV, St. John of Kronstadt Press.  
The complete service text may be purchased through: [sjkp.org](http://sjkp.org)