Take up the song of Moses and cry aloud, my soul:

He is my helper and protector,

and is become my salvation;

this is my God and I will glorify Him.
Ode 3

O God, the husbandman of all good trees and fruit,

make fruitful my barren mind in Thy compassion.
Foreseeing Thy birth from a Virgin, the prophet cried aloud:

I have heard the report of Thee and was afraid;

for from Teman and the holy overshadowed mountain

hast Thou come, O Christ.
The night is far spent, the day is at hand,
and the light has shone forth on the world.

Therefore the ranks of angels sing Thy praises
and glorify Thee, Christ our God.
I am held fast, Saviour, in the depths of sin.

and over-whelmed by the sea of life:

but as Thou hast brought out Jonah from the belly of the whale,

bring me out from the passions and save me.
As the cherubim in heaven, the children sang together in the furnace: Blessed art Thou, O God,
for in truth and judgment hast Thou brought all these things upon us because of our sins; and Thou art praised above all for ever.
We praise, we bless, we worship the Lord; praising and supremely exalting Him unto all the ages.

Let us praise Him who, in the bush of old, prefigured the miracle of the Virgin to Moses on Mount Sinai:

Let us bless and exalt Him above all for ever.
Ode 9

Who among those born on earth has ever seen, or heard of such a thing? That a Virgin should conceive and without pain of travail bear a Child. Behold this thy wonder,

O Mary, pure Mother of God, we magnify thee.

English translation by Mother Mary and Archimandrite Kallistos Ware, "The Lenten Triodion"
Reprinted by St. Tikhon's Seminary Press, South Canaan, PA 2002

Carol Surgant ~ music.russianorthodox-stl.org ~ 2/20/08