

SAINT JOHN THE FASTER PATRIARCH OF CONSTANTINOPLE

September 2

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Κανόνα πίστεως

Un. G E

The truth of things hath re-vealed thee to thy flock as a rule—

Un. G

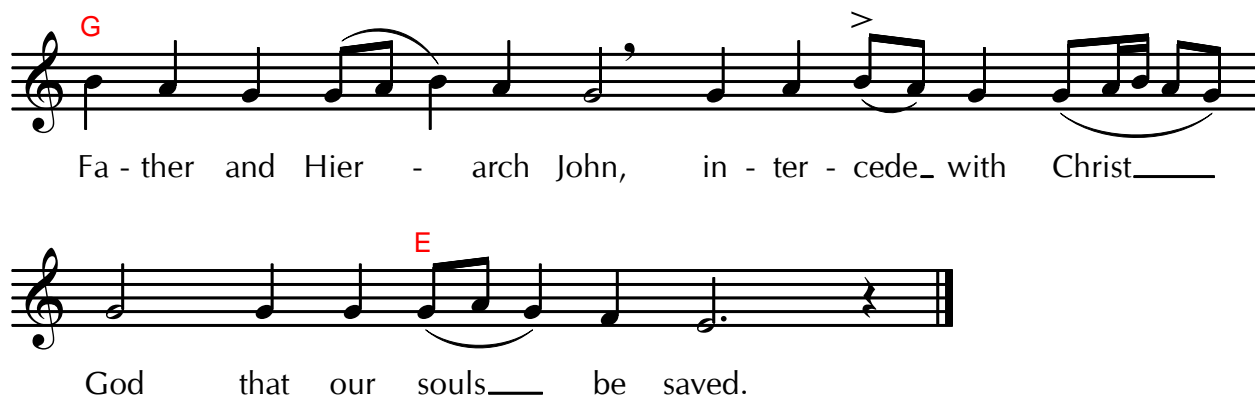
of faith, an i - con of meek-ness, and a teach - er of

E Un. G Un.

tem - per-ance; for this cause thou hast a-chieved the heights by hu -

G E

mil - i - ty, rich - es by pov - er - ty. O



Fa - ther and Hier - arch John, in - ter - cede_ with Christ_

God that our souls_ be saved.

Old men ignore the stiffness of age
 to sing [a psalm], and melancholy veterans
 echo it in the joy of their hearts; young men sing
 one without the bane of lust, as do adolescents without
 threat from their insecure age or the temptation of sensual
 pleasure; even young women sing psalms with no loss of wifely
 decency, and girls sing a hymn to God with sweet and supple voice
 while maintaining decorum and suffering no lapse of modesty.
 Youth is eager to understand [a psalm], and the child who
 refuses to learn other things takes pleasure in contem-
 plating it; it is a kind of play, productive of more
 learning than that which is dispensed
 with stern discipline.

- St. Ambrose of Milan