



SAINT METROPHANES ARCHBISHOP OF CONSTANTINOPLE

June 4

Apolytikion

First Mode

"While Gabriel was saying"

Intonation: #1

Allegro ♩=150

D

Pro-claim-ing the great mys - t'ry, the God-head in Three Per -

sons, thou didst make most clear un - to all___ men Christ's sav - ing

dis - pen - sa - tion. A shep - herd to sheep_ en - dowed with

speech, thou drav - est off the spir - i - tu - al wolves,

and didst save_ from their de - struc - tion and sav - age - ry the

lambs_ of Christ God, who cried_ out: Glo - ry to

Him_ that hath giv - en thee strength. Glo - ry to

Him_ that hath crowned_ thee. Glo - ry to Him_ that con -

firmed the pure Or - tho - dox Faith_ through_ thee.

Psalmody is the weapon of a monk,
by which he chases away grief.

- St. John of the Ladder