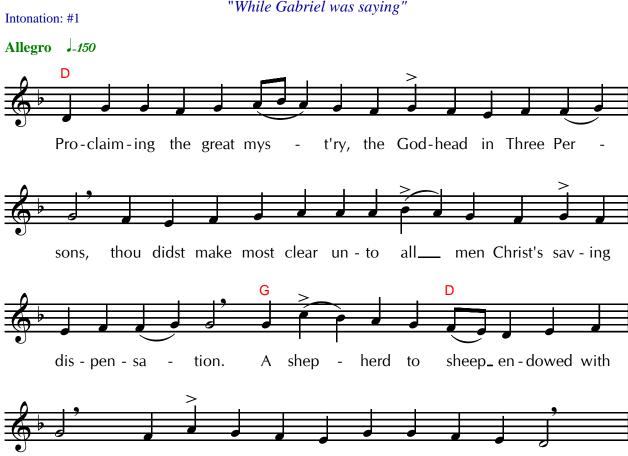


## SAINT METROPHANES ARCHBISHOP OF CONSTANTINOPLE

## June 4

## **Apolytikion**

First Mode
"While Gabriel was saying"



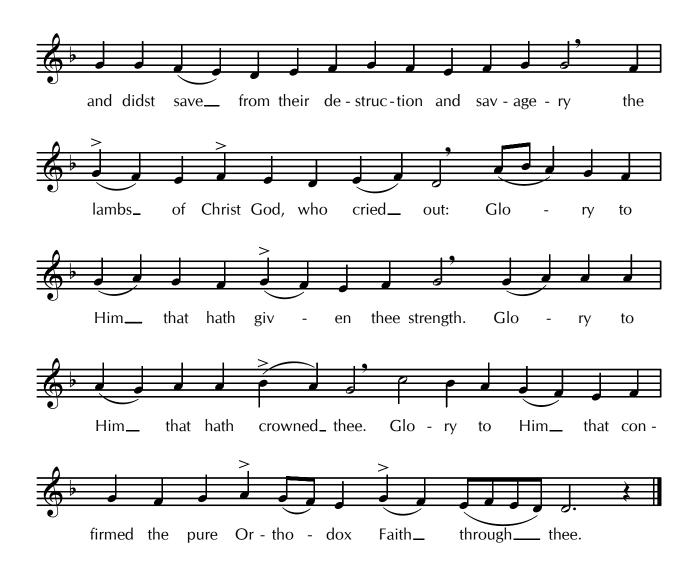
the

off

speech,

thou drav - est

spir - i - tu - al wolves,



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

- St. John of the Ladder