



# SAINT THEODORE THE STUDITE

November 11

Apolytikion

Plagal Fourth Mode

Intonation: #25

**Allegro** ♩=150

Ὁρθοδοξίας ὁδηγέ

Guide of Or - tho - dox - y, teach - er of pi - e - ty

and — ho - li - ness, lu - mi - nar - y of the

world, God - in - spired — a - dorn - ment of mo - nas -

tics, O wise — The - o - dore, by thy teach - ings thou

hast en - light - ened all, O harp of the Spir -

it. In - ter - cede with Christ God that our souls

be saved.

I think it is useful to have diversity and variety  
in the prayer and psalmody at these appointed times,  
because somehow the soul is frequently bored and distracted  
by routine, while by change and variety of the psalmody and prayer  
at each hour its desire is renewed and its concentration restored.

- St. Basil the Great