



# SAINT HILDA OF WHITBY

November 17

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro ♩=150

Ἐν σοὶ Μητέρα ἀκριβῶς



In thee the im - age was pre - served with ex - act - ness,



O — Moth - er; for tak - ing up thy cross, thou didst



fol - low Christ, and by thy deeds thou didst teach us to o -



ver - look — the — flesh, for it pass - eth a - way, but

to at - tend to the soul since it is im -

mor - tal. Where - fore, O right - eous Hil - da, thy spir - it re -

joic - eth with the An - gels.

O sleepless nights, with the singing of psalms,  
 and with standing which lasts from one day to the next!  
 O David, only for these faithful souls [the nuns], have you not sung too long!

- St. Gregory of Nazianzus