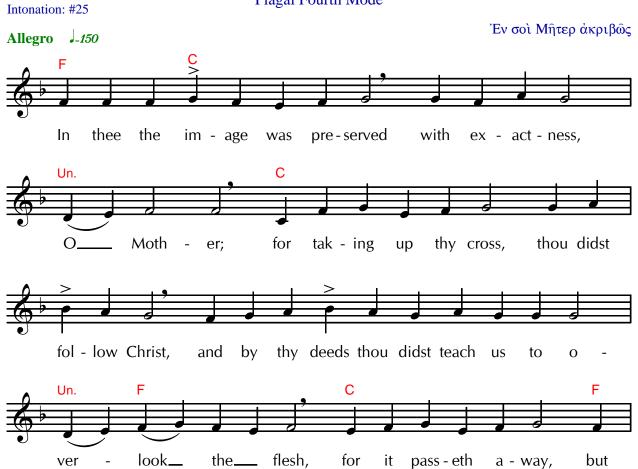


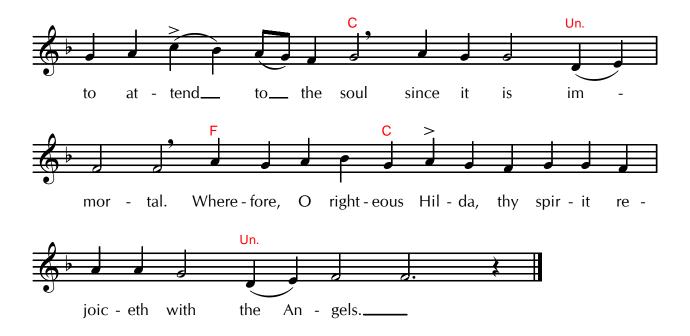
## Saint Hilda of Whitby

## **November 17**

## Apolytikion

## Plagal Fourth Mode





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!