Saint Metrophanes
Archbishop of Constantinople

June 4

Apolytikion

First Mode

"While Gabriel was saying"

Proclaiming the great mystery, the God-head in Three Persons, thou didst make most clear unto all men Christ's saving dispensation. A shepherd to sheep endowed with speech, thou dravest off the spiritual wolves,
and didst save from their destruction and savagery the lambs of Christ God, who cried out: Glory to Him that hath given thee strength. Glory to Him that hath crowned thee. Glory to Him that confirmed the pure Orthodox Faith through thee.

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

- St. John of the Ladder