**Saint Abramius**

**October 29**

**Apolytikion**

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a - way, but
When we are weighed down by deep despondency,
we should for a while sing psalms out loud,
raising our voice with joyful expectation
until the thick mist is dissolved
by the warmth of song.

- St. Diadochos of Photiki