Saint Theodore the Studite

November 11

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \text{\textit{L}} \ 150 \)

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of monastics, O wise Theodore, by thy teachings thou
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