Saint John Cassian

February 29

Apolytikion

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,

verlook the flesh, for it passeth away, but

In soi Patre akribos

www.stanthonymonastery.org/music/Menaion.htm
When, therefore, they [the monks of Egypt]
come together to conduct the aforementioned services,
which they call *synaxes*, all maintain such silence that even though
so great a number of brethren assemble, one would believe
no man to be present except he who rises
in their midst to sing the psalm.

- St. John Cassian