Saint John of Sinai
Author of the Ladder

March 30

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro $\frac{4}{4}$

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-
y, shining with miracles upon the world,

O John our righteous Father. Intercede with

Christ God that our souls be saved.
Saint John of Sinai
Author of the Ladder

March 30

Kontakion

Intonation: #25
Allegro \( \frac{\text{b}}{\text{150}} \)

"The soldiers standing guard"

As ev - er-bloom-ing fruits, thou dost of - fer the

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is a ladder from the earth unto Heaven
that conferreth glory on the souls that ascend it and honour thee faithfully.