Thou didst prove a chief pastor of the Chief Shepherd, Christ, guiding the flocks of monastics unto the heavenly fold, whence thou learntest of the habit and the way of life that doth befit ascetic ranks; having...
taught this to thy monks, thou now danc - est and re - joic -
est with them in heav - en - ly dwell - ings, O great Pach -
o - mi - us, our Fa - ther and guide.

Virtually all know the words of this psalm
and they continue to sing it at every age, without knowing,
however, the sense of what has been said. This is not a small charge,
to sing something every day, putting forth words from the
mouth, without searching out the meaning of
the thoughts residing in the words.

- St. John Chrysostom