Saint Metrophanes
Archbishop of Constantinople

June 4

Apolytikion

First Mode

"While Gabriel was saying"

\[\text{\(\text{'Hχος} \frac{L}{q} \Pi\alpha\)}\]

Intonation: #1

ro - claim - ing the great mys - t'ry, the God - head in Three Per -
sons, thou didst make most clear un - to all men Christ's sav - ing dis -
pen - sa - tion. A shep - herd to sheep en - dow ed with speech, thou drav - est off the spir - i - tu - al wolves, and didst save from their
Psalmody is the weapon of a monk,

by which he chases away grief.

- St. John of the Ladder