Saint Theodore the Studite

November 11

Apolytikion

Plagal Fourth Mode

Ἡχὼς Λ Ἐ Γα

uide of Orthodoxy, teacher of piety and

holiness, luminary of the world, God-inspired

adornment of monastics, O wise Theodore, by thy

teachings thou hast enlightened all, O harp of the Spirit.

www.stanthonyssmonastery.org/music/Menaion.htm
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