Saint John Cassian

February 29

Apolytikion

Plagal Fourth Mode

"Ἐν σοὶ Πάτερ ἁκριβῶς"

Translation:

Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it

Intonation: #25
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