Saint John of Sinai
Author of the Ladder

March 30

Apolytikion

Plagal Fourth Mode

 ısıth the streams of thy tears, thou didst cul- ti- vate the bar- ren- ness of the des- ert; and by thy sigh- ings from the depths, thou didst bear fruit a hun- dred-fold in la- bours; and thou be- cam- est a lu- mi- nar- y, shin- ing with mir- a-cles up- on

150

Intonation: #25

Ταῖς τῶν δακρύων σου ροαῖς
the world, O John our righteous Father. Intercede with Christ God that our souls be saved.
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Kontakion

First Mode (soft chromatic)
"The soldiers standing guard"

\[
\text{H} \chi \rho \zeta \nu \frac{1}{7} \xi \nu
\]

\[
\text{Kapous aetathelias}
\]

\[
\text{sever-bloom-ing fruits, thou dost offer the teachings}
\]

\[
\text{of thy God-given book, O wise John, thou most bless-ed, while sweet-}
\]

\[
\text{'ning the hearts of all them that heed it with vig-i-lance;}
\]

\[
\text{for it is a ladder from the earth unto Heaven}
\]
that conferreth glory on the souls that ascend it and honor thee faithfully.