



## A POLYTIKION OF THE RESURRECTION

Third Mode

**Allegro**       $\text{♩} = 160$

Εὐφρατινέσθω τὰ οὐράνια

Let the heav - ens re - joice, — and let things on earth be —

glad, for the Lord — hath wrought might — with His arm; He hath

tram - pled up - on — death — by — death; He hath be -

come the first-born of the dead. From the bowels of Ha - des hath

He de-liv - ered us, and hath grant - ed great mer-cy to the world.

**Glory...**

Δόξα Πατρί

Glo - ry\_ to the Fa - ther, and to the Son, and to the Ho - ly  
Spir - - it.

**Both now...**

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of  
ag - - es. A - men.

**Resurrectional Theotokion**

Σὲ τὴν μεσιτεύσασαν

We praise\_ thee, the Me - di - a - tress for the sal - va - tion

of\_\_ our race, O Vir - gin The - o - to - - kos; for in the

flesh\_ tak - en from thee, thy Son\_\_ and\_ our God hath

deigned\_ to\_ en-dure the pas-sion through the Cross, and hath re -

deemed us from\_ cor - rup - tion, since He\_\_ is\_ the Friend of

*rit.* C Un.

man.

Sometimes singing in moderation  
successfully relieves the temper. But sometimes,  
if untimely and immoderate, it lends itself to the lure of pleasure.  
Let us then appoint definite times for this, and so make good use of it.

-St. John of the Ladder