



APOLYTIKION OF THE RESURRECTION

Plagal Fourth Mode

ᾠχος λ π δι 12

160

Ἐξ ὕψους κατήλθες



(Γ) (Π) (Μ) (Γ) 3
rom the heights didst Thou come down, O Com - pas - sion - ate One. And

(Π) (Μ) (Γ) (Π) (Ν)
Thou didst sub - mit to three - day bur - i - - al ___ that from the pas -

(Δ)
sions ___ Thou might de - liv - - er us. O our Life ___ and Res - ur - rec -

(Ν) (Μ) (Γ)
- tion, O Lord, glo - ry ___ be to ___ Thee.



Glory...

Δόξα Πατρί



G ^(Γ) ^(N) ^(M)
 lo - ry to the Fa - ther, and to the Son, and to the Ho - ly ___ Spir -

it.



Both now...

Καὶ νῦν

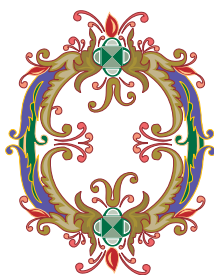
B ^(M) ^(N)
 oth now and ev - er, and un - to thē ag - - es of ag - - es


A - men.





Resurrectional Theotokion

Ὁ δι' ἡμᾶς γεννηθεὶς



^(Γ) ³ ³ ³ ³
 Thou Who for our sakes wast born of ___ a ___ Vir - gin, 

^(N) ³ ^(M) ³ ^(N)
 and didst suf - fer cru - ci - fix - ion, O ___ Good One,  and didst de - spoil _

³ ³
 ___ death by death,  and as God, didst re - veal the Res - ur - rec - tion: Dis -

dain them not which Thou hast fash - ioned__ with Thy__ hand; show us Thy
 love for man-kind, O Mer - ci - ful One; ac - cept the The - o - to -
 kos that gave Thee birth, who in - ter - ced - - eth for us; and do Thou,
 our Sav - iour, save__ a de - spair - ing peo - - ple.

No one in such chanting with a ready
 and eager mind will be blamed if he be weakened by old age,
 or young, or have a rough voice, or is altogether ignorant of rhytm. What is
 here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a
 clear conscience. If having these you have entered into God's sacred choir, you may
 stand beside David himself. There is no need of zithers, nor of taut strings, nor
 of a plectrum, nor skill, nor any instruments. But if you will, you can make
 yourself into a zither, mortifying the limbs of the flesh, and forming
 full harmony between body and soul. For when the flesh does not
 lust against the spirit, but yields to its commands, and
 perseveres along the path that is noble and
 admirable, you thus produce
 a spiritual melody.

—St. John Chrysostom