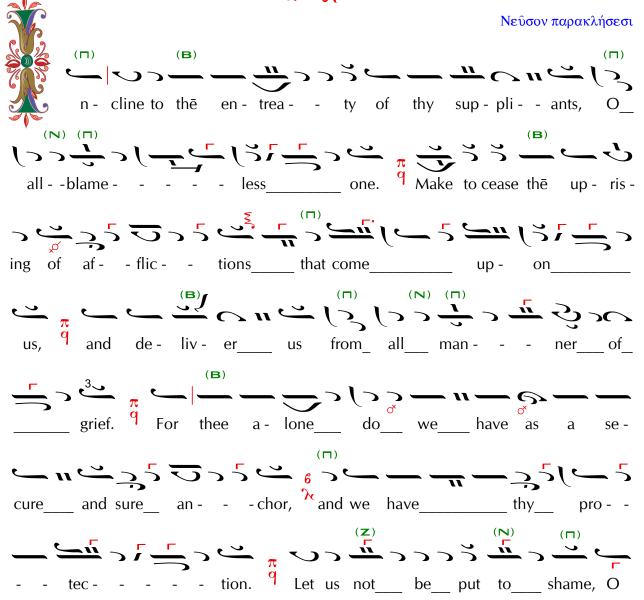


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Арозтісна Тнеотокіон

Fourth Mode

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Psalmody in a crowded congregation is accompanied by captivity and wandering of the thoughts; but in solitude, this does not happen.

However, those in solitude are liable to be assailed by despondency, whereas in congregation the brethren help each other by their zeal.

—St. John of the Ladder