Aposticha Theotokion

Fourth Mode

Ἡχος Ἐλα Πα

Let us not be put to shame, O
La - dy, as we call up - on thee. Has - ten

at the en - trea - ty of those who faith - ful - ly cry to thee: Re - joice, O La - dy, thou help of all, thou joy and shelter and salvation of our souls.

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