



# ἈPOSTICHA THEOTOKION

## Fourth Mode

Ἦχος δὲ Πα

84

Νεῦσον παρακλήσεσι



(Π) (Β) (Π)

n - cline to thē en - trea - - ty of thy sup - pli - - ants, O

(Ν) (Π) (Β)

all - - blame - - - - less one. Make to cease thē up - ris -

(Π)

ing of af - - flic - - tions that come up - on

(Β) (Π) (Ν) (Π)

us, and de - liv - er us from all man - - - ner of

(Β)

grief. For thee a - lone do we have as a se -

(Π)

cure and sure an - - - chor, and we have thy pro - -

(Ζ) (Ν) (Π)

- - tec - - - - tion. Let us not be put to shame, O

(B) — — — — — dy, <sup>Δ</sup> as we call <sup>(Π)</sup> up - on <sup>(B)</sup> thee. <sup>π</sup> <sup>3</sup> Has-ten  
 at thē en - - trea - - - - ty of those who faith - - ful - - -  
 ly cry <sup>(M)</sup> to <sup>(Δ)</sup> thee: <sup>π</sup> Re - joice, O La - - - -  
 dy, <sup>(B)</sup> thou <sup>Δ</sup> help <sup>(B)</sup> of <sup>Δ</sup> all, <sup>Δ</sup> thou <sup>(B)</sup> joy  
 and <sup>(N)</sup> shel - - ter and <sup>(Π)</sup> sal - va - - tion <sup>(B)</sup> of <sup>(B)</sup> our <sup>(B)</sup>  
<sup>3</sup> souls. <sup>(B)</sup>

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