



SAINT METROPHANES ARCHBISHOP OF CONSTANTINOPLE

June 4

Apolytikion

First Mode

"While Gabriel was saying"

150

Ἦχος ᾠ Πα

Intonation: #1



(π)


ro - claim - ing the great mys - t'ry, the God - head in Three Per - -


sons,


thou didst make most clear un - to all ___ men Christ's sav - ing dis -



pen - sa - - tion. A shep - - herd to sheep ___ en - dowed with speech,


thou drav - est off the spir - i - tu - al wolves, and didst save ___ from their







 de - struc-tion and sav - age - ry  the lambs__ of Christ God, who cried




 out:  Glo - ry to Him that hath giv - - en thee strength.  Glo - - ry to



 Him__ that hath crowned_ thee.    Glo - ry to Him__ that con - firmed the



 pure Or - tho - - dox Faith__ through_ thee. 

Psalmody is the weapon of a monk,
 by which he chases away grief.

- St. John of the Ladder