



SAINT BENEDICT

March 14

Apolytikion

150

Plagal Fourth Mode

Intonation: #25

Ἦχος λ̣ ρ̣ δ̣ Γα

Ἐν σοὶ Πάτερ ἀκριβῶς



(Γ) (N) (M)

n thee thē im - age was pre - served with ex - act - ness, O

(N) Δ q


Fa - ther; for tak - ing up thy cross, thou didst fol - low Christ, and




(M) (Γ) (N)


by thy deeds thou didst teach us to o - ver - - look the flesh, for



(Γ) (N)

it pass - eth a - way, but to at - tend to the soul since it



 is im - - mor - tal.  Where-fore, O  right-eous Ben -  e-dict, thy spir - it



 re - joic - eth with thē  An - gels. 

We believe that God is present everywhere and that "the eyes of the Lord look upon good men and evil in every place"; but we must believe without a shadow of doubt that this is especially so when we assist at the Divine Office. Therefore, let us always be mindful of what the prophet says: "Serve the Lord in fear"; and again, "Sing psalms wisely"; and, "I will sing to Thee in the sight of the angels". Hence we must consider how we are to behave ourselves in the sight of the Divinity and of His angels, and let us so stand to sing, that our mind may be in harmony with our voice.

Rule XIX of St. Benedict (d. ca. 547)