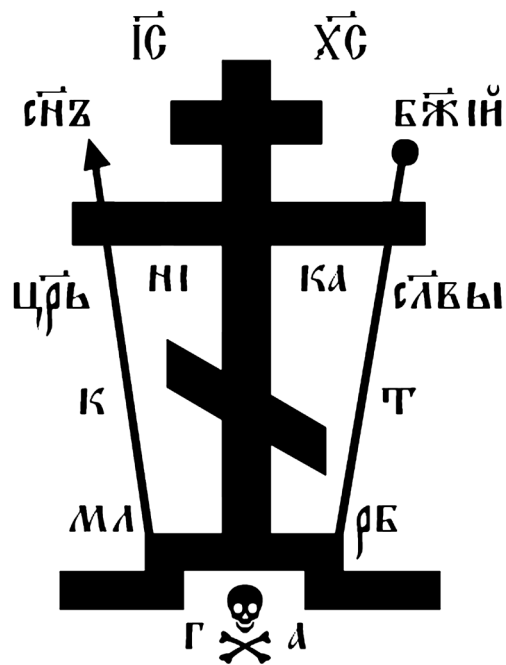


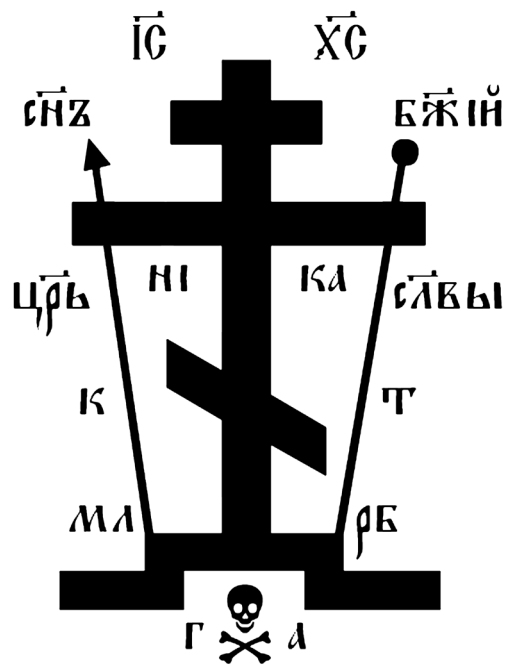


Music for the Fourth Sunday of Great Lent Saint John of the Ladder

Δόμνι εἰκόνι жєнє мѣроноєицє
Holy Myrrh-bearers
 Ὁ Οἶκος τῶν Ἁγίων Μυροφόρων

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The Lenten Triodion
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Choral arrangements from
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**Music for the Fourth Sunday of Great Lent
Saint John of the Ladder**

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Great Vespers

Lord, I Have Cried

To Lord, I have cried, ten stichera are sung: six of the Resurrection in the Tone of the week from the Octoechos, and the following three in honour of the saint.

Tone VIII

Special Melody: O most glorious wonder...

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption:

And He shall redeem Israel out of all His in-

The first line of musical notation for the Stichos. It consists of a treble and bass staff in G major (one sharp). The melody is written in a simple, homophonic style. The lyrics are: "And He shall redeem Israel out of all His in-".

i- - qui- ties. O ho- ly fath- er John

The second line of musical notation. It continues the melody from the first line. The lyrics are: "i- - qui- ties. O ho- ly fath- er John".

truly hast thou ever car- ried on thy lips the prai- ses of the Lord,

The third line of musical notation. It continues the melody from the second line. The lyrics are: "truly hast thou ever car- ried on thy lips the prai- ses of the Lord,".

and with great wis- - dom

hast thou stu- died the words of Ho- ly Scrip- ture

that teach us how to practice the as- cet- ic life.

So hast thou gained the rich- es of grace,

and thou hast be- come bles- - sed,

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the staves. The melody features a long note on 'bles-' that spans across the bar line into the next measure, where it continues with 'sed,'.

ov- er- throw- ing all the purposes of the un- god- - ly.

This musical system continues the hymn on two staves in D major. The melody in the treble clef ends with a final cadence on the word 'ly.', marked with a double bar line and repeat dots. The bass line provides harmonic support throughout the system.

Stichos: O praise the Lord, all ye nations:

Praise Him all ye peo- - -ples.

The first system of the musical score is in G major (one sharp) and 4/4 time. It consists of two staves, treble and bass. The melody is in the treble staff, and the bass line is in the bass staff. The lyrics are "Praise Him all ye peo- - -ples." The word "peo-" is followed by a long dash, and "-ples." is at the end. There are large oval markings under the melody in the second measure, and a circled 8 in the third measure.

Most glor- 'ious fath- er John, with the foun- tain of thy tears

The second system of the musical score continues the melody and bass line. The lyrics are "Most glor- 'ious fath- er John, with the foun- tain of thy tears". There are oval markings under the melody in the first measure of this system.

thou hast cleansed thy soul, and by keep- ing vig- ils through the night

The third system of the musical score continues the melody and bass line. The lyrics are "thou hast cleansed thy soul, and by keep- ing vig- ils through the night". There are oval markings under the melody in the first measure of this system.

thou hast gained God's mer- cy. Thou wast raised on wings, O bles- sed one,

The fourth system of the musical score continues the melody and bass line. The lyrics are "thou hast gained God's mer- cy. Thou wast raised on wings, O bles- sed one,". There are oval markings under the melody in the first measure of this system.

to the love of Him and of His beau-ty;

This musical system consists of a treble and bass staff in G major (one sharp). The melody in the treble staff begins with a half note G4, followed by a half note A4, then a half note B4, and a half note C5. The bass staff provides a harmonic accompaniment with a half note G3, followed by a half note A3, then a half note B3, and a half note C4. The lyrics are written below the notes.

and as is right thou dwellest now in His un-end-ing joy,

This musical system continues the melody and accompaniment. The treble staff has a half note D5, followed by a half note E5, then a half note F#5, and a half note G5. The bass staff has a half note D4, followed by a half note E4, then a half note F#4, and a half note G4. The lyrics are written below the notes.

with thy fellow sol-diers in the spiritual fight, O ho-ly saint of God.

This musical system concludes the phrase. The treble staff has a half note A5, followed by a half note B5, then a half note C6, and a half note D6. The bass staff has a half note A3, followed by a half note B3, then a half note C4, and a half note D4. The lyrics are written below the notes.

Stichos: For He hath made His mercy to prevail over us:

And the truth of the Lord a- bid- eth for- ev- - - -er.

The first system of the musical score is for the Stichos. It consists of a treble and a bass staff, both in G major (one sharp). The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are "And the truth of the Lord a- bid- eth for- ev- - - -er." The word "ev-" is followed by a long dash, indicating a sustained note or a pause. The system ends with a fermata over the final note.

O ho- ly fath- er John, through faith thou hast lift- ed up thy mind

The second system of the musical score continues the Stichos. It consists of a treble and a bass staff, both in G major. The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are "O ho- ly fath- er John, through faith thou hast lift- ed up thy mind". The system ends with a fermata over the final note.

on wings to God; hating the restless con- fus- ion of this world,

The third system of the musical score continues the Stichos. It consists of a treble and a bass staff, both in G major. The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are "on wings to God; hating the restless con- fus- ion of this world,". The system ends with a fermata over the final note.

thou hast tak- en up thy Cross; and fol- low- ing Him Who sees all things,

The fourth system of the musical score continues the Stichos. It consists of a treble and a bass staff, both in G major. The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are "thou hast tak- en up thy Cross; and fol- low- ing Him Who sees all things,". The system ends with a fermata over the final note.

thou hast subjected thy re- bel- lious bo- dy

to His guidance through as- ce- tic dis- - ci- pline,

by the pow'r of the Ho- ly Spir- it.

Glory, Tone V

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

O holy father, hearing the voice of the Gospel of the Lord,/ thou hast forsaken the world,/ counting as naught its riches and its glory;/ and so thou hast cried out to all: 'Love God, and ye shall find eternal grace./ Set nothing higher than His love, that, when He comes in glory,/ ye may find rest with all the saints.'// At their prayers, O Christ, guard and save our souls.

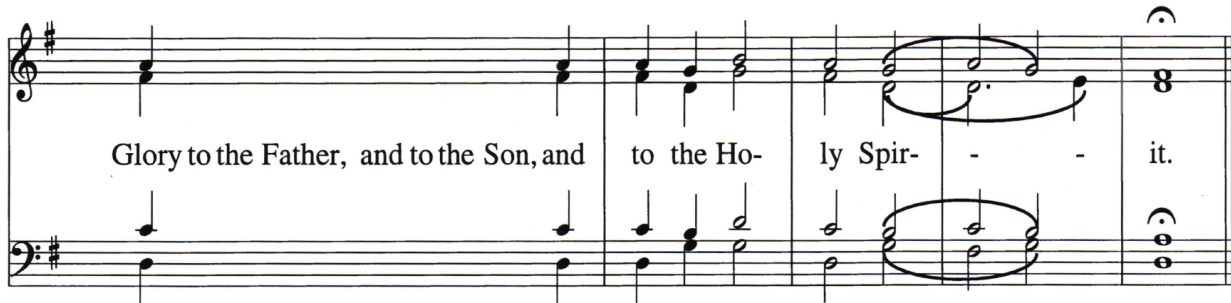
Both now...

Then the Dogmatic Theotokion in the Tone of the week.

Aposticha

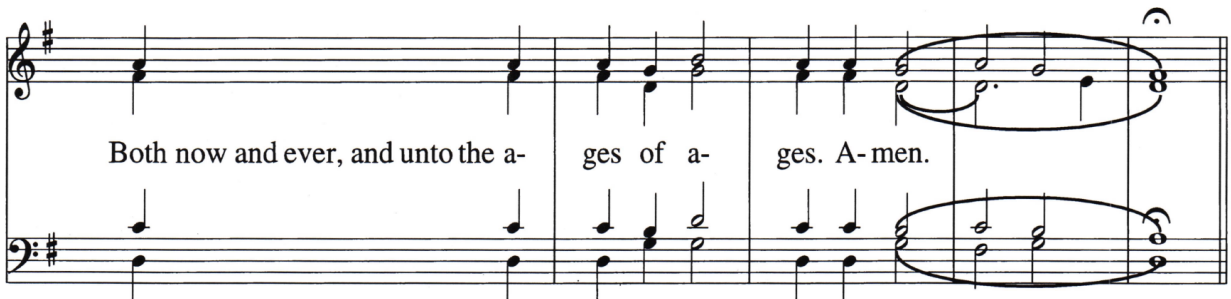
We sing the Aposticha in the Tone of the week from the Octoechos, and then:

Glory, Tone II



Let us honour John, angel upon earth and man of God in heaven,/ adornment of the world, joy of the good and virtuous,/ glory of ascetics./ For planted in the house of God he has blossomed with the flower of holiness,/ and spread abroad like a cedar in the desert,// causing the sheep of Christ's spiritual flock to increase in sanctity and righteousness.

Both Now, Theotokion, Tone II



O new wonder greater than all the wonders of the past!/ For who hath ever known a mother to give birth without having known a man,/ and to bear on her arm Him Who sustaineth all creation?/ Yet it was the will of God to be born./ O all-pure one, who bore Him in thine arms as an infant/ and hast maternal boldness before Him:/ Cease not to pray in behalf of those who honor thee,// that He have compassion and save our souls.

Matins
Troparion, Tone I

O John our father, saint of God,/ thou wast revealed as a citizen of the desert, an angel in a body and a worker of miracles./ Through fasting, prayer and vigils thou hast received heavenly gifts of grace,/ and thou healest the sick and the souls of those that turn to thee with faith./ Glory be to Him who gave thee strength;/ glory be to Him who crowned thee;// glory be to Him who through thee grants to all men healing.

Both now...

Theotokion, Tone I

When Gabriel announced to thee, "Rejoice!" O Virgin,/ the Master of all became incarnate within thee,/ the holy ark, at his cry,/ as the righteous David said./ Thou wast shown to be more spacious than the heavens,/ having borne thy Creator./ Glory to Him Who made His abode within thee!/ Glory to Him Who came forth from thee!// Glory to Him Who hath set us free by thy birthgiving!

Stichera Following Psalm 50

Obikhod, Tone VIII and VI

Glory to the Father, and to the Son, and to the Ho- ly Spir-

The first system of musical notation is in G major (one sharp) and 4/4 time. It consists of a treble and bass staff. The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are: "Glory to the Father, and to the Son, and to the Ho- ly Spir-". The system ends with a double bar line and a repeat sign.

it. The doors of re- pen- tance do Thou

The second system of musical notation continues the melody from the first system. It features a treble and bass staff. The lyrics are: "it. The doors of re- pen- tance do Thou". The system ends with a double bar line and a repeat sign.

open to me, O Giv- er of life,

The third system of musical notation continues the melody. It features a treble and bass staff. The lyrics are: "open to me, O Giv- er of life,". The system ends with a double bar line and a repeat sign.

for my spirit waketh at dawn toward Thy ho- ly tem- ple,

The fourth system of musical notation continues the melody. It features a treble and bass staff. The lyrics are: "for my spirit waketh at dawn toward Thy ho- ly tem- ple,". The system ends with a double bar line and a repeat sign.

bearing a temple of the body all de- filed.

But in Thy compassion, cleanse it

by the lov- ing kind- ness of Thy mer- cy. Both now and ever, and unto the

a- ges of a- ges. A- - men.

Guide me in the paths of salvation, O The- o- tok- os,

for I have defiled my soul with shame- ful sins,

and have wasted my life in sloth- ful- ness, but by thine in- ter- ces- sions

de- liv- er me from all un- clean- ness. Have mercy on me, O God,

according to Thy great mer- cy;

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff has a melody starting on G4, moving to A4, then a half note G-A, and ending on G. The bass staff provides a harmonic accompaniment, starting on G3, moving to A3, then a half note G-A, and ending on G. The lyrics are placed below the notes.

and according to the multitude of Thy com- pas- sions,

This musical system continues the melody. The treble staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The bass staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The lyrics are placed below the notes.

blot out my trans- gres- sion.

This musical system continues the melody. The treble staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The bass staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The lyrics are placed below the notes.

When I think of the evil things I have done, I, a wretch- ed one,

This musical system consists of two measures. The first measure has a treble staff with a half note G, followed by a half note A, then a half note G-A, and ending on G. The bass staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The second measure has a treble staff with a half note G, followed by a half note A, then a half note G-A, and ending on G. The bass staff has a half note G, followed by a half note A, then a half note G-A, and ending on G. The lyrics are placed below the notes.

I tremble at the fearful day of judge-ment;

but trusting in the mercy of Thy loving-kind-ness,

like David do I cry un-to Thee: Have mer-cy on me, O God,

ac-cor-ding to Thy great mer-cy.

The Canon

We use four troparia (including the Irmos) from the Canon of the Resurrection and two troparia from the Canon to the Theotokos, both in the Tone of the week from the Octoechos; four troparia from the first Canon in the Triodion, and four troparia from the second Canon, in honour of the saint.

Ode I

Refrain: Have mercy on me, O God, have mercy on me.

O Christ my Saviour, I have become like the man who fell among thieves, who was wounded and left half dead. For through my sins I have wounds more grievous than his.

Stripped of all Thy wealth, he cried out lamenting: 'O Saviour, I am gravely wounded; leave me not to the thieves.' So do I also pray to Thee: Merciful Lord, O save me.

My mind has been scourged with the whips of sin by wicked thieves and evil thoughts. Heal me, Christ my Saviour, and save me, for Thou art rich in mercy.

Theotokion

O undefiled Mother of Christ, God took flesh from thee while yet remaining always in the bosom of the Father: pray to Him without ceasing, that He may save from every peril the creatures He has formed.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

Ascending from the dark sorrow of material things, O holy John, thou hast gone to dwell in spiritual light: give 'me light through thine intercessions to the Lord.

Suckled on the sweetness of abstinence, thou hast cast away the bitterness of sensual indulgence; and so, father, thou givest us a pleasure sweeter than honey and the honeycomb.

Ascending to the height of the virtues and rejecting the pleasures that creep upon the ground, O holy father, thou hast become the sweetness of salvation to thy flock.

Theotokion

O thou who ineffably hast borne the Word and Wisdom of the Father, heal the harsh wounds of my soul and still the anguish of my heart.

Katavasia - Ode I

I will op- en my mouth, and with the Spirit will it be filled,

This system of musical notation is for the first line of the text. It consists of a treble and a bass staff, both in the key of D major (indicated by two sharps). The melody is written in a simple, homophonic style with quarter and eighth notes. The lyrics are: "I will op- en my mouth, and with the Spirit will it be filled,".

and I shall ut- ter discourse unto the Queen and Moth- er,

This system of musical notation is for the second line of the text. It continues the melody from the first system. The lyrics are: "and I shall ut- ter discourse unto the Queen and Moth- er,".

and shall appear, keeping splen- did fes- ti- val;

This system of musical notation is for the third line of the text. It continues the melody. The lyrics are: "and shall appear, keeping splen- did fes- ti- val;".

and, rejoicing, I will hymn her won- ders.

This system of musical notation is for the fourth line of the text. It concludes the piece with a final cadence. The lyrics are: "and, rejoicing, I will hymn her won- ders.".

Ode III

Refrain: Have mercy on me, O God, have mercy on me.

Journeying on the path of life, O Christ, I have been sorely wounded by thieves because of my passions: I pray Thee, raise me up.

Thieves have robbed my mind and left me half dead, wounded by my sins: but heal me, O Lord.

My passions have stripped me bare of Thy commandments, O Saviour Christ, and I have been scourged by sensual pleasures. But pour oil upon my wounds.

Theotokion

Pray without ceasing, O pure Bride of God, to Him who came forth from thy womb, that those who sing thy praises may be delivered from the deceit of the devil.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

With the fiery coal of thine ascetic warfare, O saint, thou hast burnt up the thorns of the passions, giving warmth through thy fervour to all who follow the monastic life.

Through thine ascetic labours, O saint, thou hast become myrrh of sanctification, offered up as sweet-smelling fragrance to God.

Attentive to the laws of asceticism, with the waters of thy tears thou hast drowned the passions, as the soldiers of Pharaoh once were drowned in the Red Sea.

Theotokion

Check the restless tumult of my thoughts, O pure Mother of God, and guide me to thy Son.

Katavasia – Ode III

O The- o- tok- os, thou living and abundant foun- tain:

in thy divine glo- ry es- tab- lish those who hymn thee,

and spiritually forming them- selves in- to a choir;

and vouchsafe unto them crowns of glo- ry.

Sessional Hymn

Tone V

With Thy Holy Cross as our weapon of salvation, we cry aloud to Thee, our Saviour: O Thou who willingly hast suffered for our sake, save us, God of all, in Thy great mercy.

Glory to the Father...

Another Sessional Hymn, of the Saint:

Tone IV

Shining with the glory of the virtues, thou hast gone up to dwell in heaven, and in holiness thou hast entered the boundless depth of contemplation. Thou hast exposed to mockery all the snares of the demons, protecting mankind from their cruel violence. And now, O John, ladder of the virtues, thou dost intercede for the salvation of thy servants.

Both now...

Theotokion

He who is enthroned upon the cherubim and who dwells in the bosom of the Father, sits incarnate in thy bosom, O Lady, as though upon His holy throne. As God He is the ruler of all nations, and with understanding now we sing to Him; entreat Him for the salvation of thy servants.

Ode IV

Refrain: Have mercy on me, O God, have mercy on me.

Thieves have despoiled 'me of my godly actions, leaving me chastised and in agony.

My unstable thoughts have stripped me bare of Thy commandments, O Saviour, and I have been scourged by my transgressions.

The Levite, when he saw me wounded, passed by on the other side, O Saviour; but do Thou preserve me.

Theotokion

As is right, we glorify thee, Virgin Theotokos, and with all the faithful we take refuge in thy haven.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

Thou art a fragrant meadow and a living paradise of the virtues, in which there grows the fruit of abstinence; and with it thou dost nourish all who honour thee.

For all who follow the ascetic and monastic way, thou art in truth a lawgiver like Moses, a meek and gentle ruler like David; and we bless thee, father.

Planted beside the waters of abstinence, O blessed father, thou art become a fruitful vine, bearing the grapes of true sanctity.

Theotokion

Within time, O Mother of God, thou hast borne for us Him who shone forth timelessly from the Father. Entreat Him to save those who sing thy praises.

Katavasia – Ode IV

Seated in glory upon the throne of the Godhead,

The first system of musical notation for the Katavasia. It consists of a two-staff system with a treble clef on the top staff and a bass clef on the bottom staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the accompaniment is in the bass staff. The lyrics are written below the staves.

Jesus most divine hath come on a light cloud,

The second system of musical notation. It continues the two-staff system with treble and bass clefs. The melody and accompaniment continue, with the lyrics written below.

And with His incorrupt arm hath saved those who cry:

The third system of musical notation. It continues the two-staff system with treble and bass clefs. The melody and accompaniment continue, with the lyrics written below.

Glo-ry to Thy power, O Lord!

The fourth system of musical notation. It continues the two-staff system with treble and bass clefs. The melody and accompaniment continue, with the lyrics written below. The system ends with a double bar line and a repeat sign.

Ode V

Refrain: Have mercy on me, O God, have mercy on me.

Bind up, O Jesus, the wounds of my soul, as the Samaritan' bound up the wounds of him that fell among thieves, and heal me from my pain, I pray, O Christ.

Scourged by my transgressions, O Christ, my soul is sick and in agony, and I lie naked and bereft of the divine virtues; but I beseech Thee, save me.

When the priest and the Levite saw me, they could not help me, but passed by on the other side. But Thou in Thy compassion hast given me salvation and preserved me.

Theotokion

I entreat Thee, Master, despise me not in my wretchedness, for my mind has been scourged painfully by thieves. But take pity on me, Saviour, at the intercessions of Thy Mother.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

O blessed, father, thou hast quenched all the passions with the dew of thine ascetic struggles, and with the fire of love and faith thou hast kindled the lamp of abstinence; thou art a light of dispassion and a child of the day.

With thy divine husbandry, O father, thou hast tended the grapes of faith; thou hast gathered them to the winepress and pressed them out by the labours of ascetic warfare; and, filling the spiritual cup of abstinence, thou makest glad the hearts of thy flock.

With courage thou hast endured the assaults and wounds of the enemy; thou art a pillar of steadfastness, supporting thy Hock, O blessed father; guiding thy sheep with the staff of God, thou feedest them in green pastures and beside the waters of abstinence.

Theotokion

As thou thyself hast said, we call thee blessed, O Virgin. For the Lord has indeed done unto thee great things and magnified thee; born from thy womb; He has made thee true Mother of God.

Katavasia – Ode V

First line of musical notation for the Katavasia. It consists of a treble and a bass staff, both in G major (one sharp). The treble staff contains a series of chords: G4-A4, G4-A4, G4-A4, G4-B4, G4-A4, G4-A4, G4-A4. The bass staff contains a series of chords: G3-A3, G3-A3, G3-A3, G3-B3, G3-A3, G3-A3, G3-A3. The lyrics are: "All things are filled with awe at Thy di- vine glo- ry;"

All things are filled with awe at Thy di- vine glo- ry;

Second line of musical notation for the Katavasia. It consists of a treble and a bass staff, both in G major. The treble staff contains a series of chords: G4-A4, G4-A4, G4-B4, G4-A4, G4-A4. The bass staff contains a series of chords: G3-A3, G3-A3, G3-B3, G3-A3, G3-A3. The lyrics are: "for thou, O Virgin, who hast not known wed- lock,"

for thou, O Virgin, who hast not known wed- lock,

Third line of musical notation for the Katavasia. It consists of a treble and a bass staff, both in G major. The treble staff contains a series of chords: G4-A4, G4-A4, G4-B4, G4-A4, G4-A4, G4-B4, G4-A4, G4-A4. The bass staff contains a series of chords: G3-A3, G3-A3, G3-B3, G3-A3, G3-A3, G3-B3, G3-A3, G3-A3. The lyrics are: "didst con- tain with- in thy womb Him Who is God ov- er all,"

didst con- tain with- in thy womb Him Who is God ov- er all,

Fourth line of musical notation for the Katavasia. It consists of a treble and a bass staff, both in G major. The treble staff contains a series of chords: G4-A4, G4-A4, G4-B4, G4-A4, G4-A4. The bass staff contains a series of chords: G3-A3, G3-A3, G3-B3, G3-A3, G3-A3. The lyrics are: "and gavest birth to the time- less Son,"

and gavest birth to the time- less Son,

granting peace unto all who hymn thee.

Ode VI

Refrain: Have mercy on me, O God, have mercy on me.

I have wasted my God-given life on the passions, O Master, and I am fiercely scourged in every part by my transgressions; but I turn to Thee for refuge and I pray: Have pity on me.

Scourging my mind with the passions, thieves have seized my wealth and left me as one dead. But take pity on me and save me, O Lord.

When the Levite saw how painfully I had been scourged, unable to endure the sight of my wounds he passed by on the other side. But Thou in Thy love hast, poured upon me Thy rich mercy.

Theotokion

Rightly do we glorify thee as the Bush unconsumed by fire, the Mountain and the living Ladder and the Gate of Heaven, O glorious Mary, pride of the Orthodox.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

Thou hast received in thy soul the divine wealth of the Spirit: prayer without reproach, chastity, modesty, unremitting watchfulness, the labours of abstinence; and through these things thou hast become a house of God.

O wise father, thou hast passed by the worthless joys of this material world, and raised thy mind upon the wings of immaterial prayer; and through the perfection of thy life thou hast received an inheritance on high.

With the sweat of thine ascetic toil thou hast quenched the fiery arrows of the enemy; kindling the fire of faith, thou hast burnt up the proud insolence of unbelief and heresy.

Theotokion

The majesty of the Most High has shone out from Zion; through an ineffable union He has put on flesh from thee, O Virgin, and brought light to the world.

Katavasia – Ode VI

Cel- e- bra- ting this divine and most honored festival of the Moth- er of God,

The first line of musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The treble staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes. The bass staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes.

come, ye di- vine- ly wise, let us clap our hands, and glor- i- fy God

The second line of musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The treble staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes. The bass staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes.

Who was born of her!

The third line of musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The treble staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes. The bass staff has a key signature of one sharp (F#) and a common time signature (C). The melody is composed of eighth and quarter notes.

Kontakion, Tone IV

Truly the Lord has set thee as a fixed star in the firmament of abstinence,/ giving light to the ends of the earth,// O father John our teacher.

Ikos

Truly, O father, thou hast made thyself into a house of God, adorned through thy divine virtues with faith, hope and true love, as if with gold shining from afar; thou hast explained the laws of God, and practiced abstinence as one who has no flesh; acquiring wisdom, courage, chastity and humility, thou wast raised on high; thou wast illumined with unceasing prayer, and hast attained the tabernacles of heaven, O father John our teacher.

Ode VII

Refrain: Have mercy on me, O God, have mercy on me.

Thieves fell upon me, poor wretch, and scourging me they left me a lifeless corpse; therefore I pray to Thee: come to my aid.

My ever-moving thoughts have robbed my mind and, striking me through the passions, they have left me dead, because of the multitude of my transgressions. But, O Saviour, heal me.

When the Levite saw me, injured and in pain, thinking my wounds incurable and unable to endure the sight of them, he passed by on the other side. But, O my Saviour, do Thou make me whole.

Theotokion

Taking flesh from the Virgin, O Christ, Thou hast saved me, pouring the oil of Thy rich mercy on my wounds. Therefore I glorify Thee.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

Thou hast led thy flock to pasture, O father, in the green meadows of the heavenly Kingdom, and with the rod of true dogma thou hast driven away the wild beasts of heresy; and thou, dost sing aloud: O God of our fathers, blessed art Thou.

Thou hast entered into the joy of the heavenly bridal chamber of Christ the King, clothed in a garment worthy of Him that called thee to the feast; and, seated beside Him, thou dost, cry aloud: O God of our fathers, blessed art Thou.

O father, thou art a river of abstinence, not polluted with sin, but washing clean the thoughts and purging away the filth of those who cry aloud in faith: O God of our fathers, blessed art Thou.

Theotokion

The Lord of all came forth from thy womb, taking flesh from thee, O Virgin. Therefore with true Orthodox faith we honour thee as Theotokos, and we cry to thy Son: O God of our fathers, blessed art Thou.

Katavasia – Ode VII

The di- vine- ly wise youths worshipped not a cre- a- tion

This musical system consists of a treble and bass staff in G major. The treble staff features a series of chords: G4-A4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-A4-B4. The bass staff features a series of chords: G3-A3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, and G3-A3-B3. The lyrics are written below the bass staff.

rather than the Cre- a- tor, but, man- ful- ly trampling

This musical system consists of a treble and bass staff in G major. The treble staff features a series of chords: G4-A4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-A4-B4. The bass staff features a series of chords: G3-A3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, and G3-A3-B3. The lyrics are written below the bass staff.

the threat of the fire un- der- foot, they re- joiced, chant- ing:

This musical system consists of a treble and bass staff in G major. The treble staff features a series of chords: G4-A4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-A4-B4. The bass staff features a series of chords: G3-A3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, and G3-A3-B3. The lyrics are written below the bass staff.

Blessed art Thou, the all- hymned God of our fath- ers!

This musical system consists of a treble and bass staff in G major. The treble staff features a series of chords: G4-A4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-A4-B4. The bass staff features a series of chords: G3-A3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, G3-A3-B3, and G3-A3-B3. The lyrics are written below the bass staff.

Ode VIII

Refrain: Have mercy on me, O God, have mercy on me.

Robbed by my thoughts and scourged by my transgressions, O Saviour, I have ruined my life, and I have been stripped of Thy divine image, O God who lovest mankind; but take pity on me.

Thou hast come down upon earth from on high, O Saviour, taking pity on me when I was wounded in every part by the scourgings of sin; and in Thy compassion, O Christ, Thou hast poured upon me the oil of Thy mercy.

O Master and Saviour, Thou hast given Thy body and soul as a ransom for me; when I was wounded in every part by the great number of my offences and there was none to heal me, Thou hast saved me in Thy mercy.

Theotokion

At the word of the God-Man, O Virgin, in ways past understanding thou hast borne the Lard and still remained inviolate. With all His works we bless thee and exalt thee above all for ever.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

O father John, truly in thee we have a living pillar and image of abstinence, and we all honour thy memory.

The brotherhood of monks rejoices, and the assembly of the saints and the righteous dances with gladness: for as thy just reward, thou hast received a crown with them.

Adorned with the virtues, thou hast entered the bridal chamber of ineffable glory, singing in praise of Christ for ever.

Theotokion

Reject us not, O Virgin Maiden, for we need thy help; and we sing in praise of thee and exalt thee above all for ever.

We Praise, We Bless

First system of musical notation. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are: We praise, we bless, we wor- ship the Lord,

Second system of musical notation. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are: praising and supremely exalting Him unto all a - ges.

Katavasia – Ode VIII

The birth- giv- ing of the The- o- tok- os

This musical system consists of a treble and bass staff in G major. The treble staff features a series of chords, with a final measure containing a whole note chord. The bass staff provides a simple harmonic accompaniment with half and quarter notes.

saved the pious children in the fur- nace— then in fig- ure, but now in deed,—

This system continues the melody and accompaniment. It includes a measure with a whole note chord in the treble staff, followed by a series of eighth notes in both staves.

and it moveth all the world to chant to thee: Hymn ye the Lord

The third system features a treble staff with a whole note chord and a bass staff with a half note. The melody continues with eighth notes.

and ex- alt Him su- preme- ly for all a- ges!

The final system concludes the piece with a treble staff ending on a whole note chord and a bass staff ending on a half note. The melody for 'for all ages!' is marked with a fermata.

Ode IX

Refrain: Have mercy on me, O God, have mercy on me.

Yielding by my own free choice to the passions of sensual pleasure, I have not kept Thy commandments, O Master; I have been stripped of grace and I lie wounded and naked. Therefore I pray to Thee, O Saviour: save me.

The Levite could not cleanse my wounds, but Thou hast come to me in Thy compassion, O loving Saviour, and poured upon me the oil of Thy mercies; and as the best of all physicians Thou hast healed me.

Since Thou art compassionate, Thou hast taken pity on me and saved me, O Christ my Saviour, when I had been painfully scourged by the thieves; and instead of the two silver pieces Thou hast given Thy soul and body as a ransom for me.

Theotokion

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. Him we magnify, O Virgin, and we call thee blessed.

Canon of the Saint

Refrain: O Venerable Father John, pray to God for us.

O blessed in God, thou art a physician to those sick through sin, an expeller of evil spirits; therefore we call thee blessed.

Leaving the earth wherein corruption dwells, thou hast gone to live, O father, in the land of the meek and gentle, and with them thou rejoicest in the blessings of God.

Today is a festival, for it calls together every part of the monastic flock, inviting all to share in a feast of spiritual rejoicing and in the food of sinless life.

Theotokion

He who took up His abode in thee, all-blameless Lady, has overthrown the murderer that in malice caused the fall of our first father and mother; He has been born and He has saved us all.

Katavasia – Ode VIII

The birth-giv-ing of the The-o-tok-os

saved the pious children in the fur-nace— then in fig-ure, but now in deed,—

and it moveth all the world to chant to thee: Hymn ye the Lord

and ex-alt Him su-preme-ly for all a- ges!

Exapostilarion

The appointed Exapostilarion of the Resurrection, and then:

Glory be to the Father..., *and then the exapostilarion of the saint:*

Thou hast rejected as burdensome the ease of the world; causing thy flesh to waste away through fasting, thou hast renewed the strength of thy soul, and thou wast enriched, O honoured saint, with heavenly glory. Cease not to intercede on our behalf, O John.

Both now...

Theotokion

Saved through thee, O Lady, we acknowledge thee to be in truth the Theotokos; for in ways past speech thou hast borne God, who has destroyed death by the Cross and called to Himself the assemblies of the saints. With them we praise thee, O Virgin.

Psalm of Praise

We sing the eight stichera of the Resurrection in the Tone of the week from the Octoechos, and then:

Tone I

Stichos: Arise, O Lord my God, let Thy hands be lifted high:

For- get not Thy pau- pers to the end.

The musical notation is for a Stichos in Tone I, set in the key of D major (one sharp). It consists of five measures. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. The lyrics are: "For- get not Thy pau- pers to the end." The melody features a series of eighth and sixteenth notes, with a final cadence on a whole note. The bass line provides a simple harmonic accompaniment with whole and half notes.

Come, let us work in the mystical vineyard,/ making fruits of repentance grow within it;/ let us not labour for the sake of food and drink,/ but through prayer and fasting let us gain the virtues./ And the Lord of the vineyard, pleased by our labour,/ will provide the payment,/ whereby He redeems our souls from the debt of sin,// for He alone is rich in mercy.

Glory, Tone I

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

The musical notation is for the Glory in Tone I, set in the key of D major (one sharp). It consists of five measures. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. The lyrics are: "Glory to the Father, and to the Son, and to the Ho- ly Spir- - it." The melody features a series of eighth and sixteenth notes, with a final cadence on a whole note. The bass line provides a simple harmonic accompaniment with whole and half notes. A circled section of the melody in the third measure indicates a specific melodic phrase.

Come, let us work in the mystical vineyard,/ making fruits of repentance grow within it;/ let us not labour for the sake of food and drink,/ but through prayer and fasting let us gain the virtues./ And the Lord of the vineyard, pleased by our labour,/ will provide the payment,/ whereby He redeems our souls from the debt of sin,// for He alone is rich in mercy.

Both Now, Theotokion, Tone II

The musical score is written for two staves, Treble and Bass, in the key of D major (indicated by two sharps). The melody is primarily in the Treble staff, with the Bass staff providing a harmonic accompaniment. The lyrics are: "Both now and ever, and unto the a- ges of a- ges. A- men." The melody features a series of eighth and sixteenth notes, with a final phrase "A- men." that includes a fermata over the final note. The score is divided into measures by vertical bar lines.

Most blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of Thee is hades led captive,/ Adam recalled, the curse annulled, Eve set free,/ death slain, and we are given life./ Wherefore, we cry aloud in praise:/ Blessed is Christ God// Who hast been so pleased, glory to Thee.

Κοίνεια, ἡ ἐξ ἡμῶν ἐλάβα.
The end, and to our God be the glory!

Δόμῃ ἐγγίχῃ ἡείνῃ μὲροπόεινῃ

Holy Myrrh-bearers

Ὁ Οἶκος τῶν Ἀγίων Μυροφόρων

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