



# SAINT JOHN THE FASTER PATRIARCH OF CONSTANTINOPLE

September 2

Apolytikion

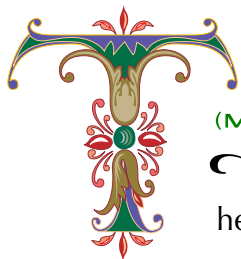
150

Fourth Mode


Intonation: #10

Ἦχος Δι

Κανόνα πίστεως



he truth of things hath re-vealed thee to thy flock as a rule  
 of faith, an i-con of meek-ness, and a teach-er of tem-per-ance; for  
 this cause thou hast a-chieved the heights by hu-mil-i-ty, rich-  
 es by pov-er-ty. O Fa-ther and Hier-arch John, in-ter-cede


  
 \_with Christ \_\_\_\_\_ God that our souls be saved.

6.

Old men ignore the stiffness of age  
 to sing [a psalm], and melancholy veterans  
 echo it in the joy of their hearts; young men sing  
 one without the bane of lust, as do adolescents without  
 threat from their insecure age or the temptation of sensual  
 pleasure; even young women sing psalms with no loss of wifely  
 decency, and girls sing a hymn to God with sweet and supple voice  
 while maintaining decorum and suffering no lapse of modesty.  
 Youth is eager to understand [a psalm], and the child who  
 refuses to learn other things takes pleasure in contem-  
 plating it; it is a kind of play, productive of more  
 learning than that which is dispensed  
 with stern discipline.

- St. Ambrose of Milan