



SAINT HILDA OF WHITBY

November 17

Apolytikion

150

Plagal Fourth Mode

Intonation: #25

Ἦχος λ̣ ρ̣ δ̣ Γα

Ἐν σοὶ Μητὲρ ἀκριβῶς



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

Moth - er; for tak - ing up thy cross, thou didst fol - low Christ, and

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

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

^(M) is im - - mor - tal. ^(Γ) Where-fore, O ^(N) right-eous Hil - da, thy spir - it
 re - joic - eth with thē ^(M) An - gels.

O sleepless nights, with the singing of psalms,
 and with standing which lasts from one day to the next!
 O David, only for these faithful souls [the nuns], have you not sung too long!

- St. Gregory of Nazianzus