



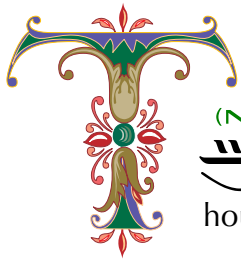
# BRIEF ἈPOSTICHA

## Plagal Fourth Mode

ᾠχος λ̣ π̣ δ̣ Νη

### Aposticha #1

Ἀνήλθες ἐπὶ Σταυροῦ Ḳ 160



hou didst as-cend the Cross, O Je - - sus, Who didst de-scent from Heav -

en. Thou cam-est un-to death, O Im - mor-tal Life. Thou cam-est un - - to

those in dark-ness, O Thou Who art the True Light. Thou cam-est un -

to the fall - en, O Res-ur - rec - - tion of all. O our Light

and our Sav-iour, glo-ry be to Thee.

Verse #2

Ὁ Κύριος ἐβασίλευσεν Ⲭ ⲙ

**T**<sup>(N)</sup> he Lord is king; He is clothed with maj-es - ty. Ⲉ The Lord is

clothed with Ⲭ strength and Ⲉ He Ⲉ hath girt Him-self. ⲙ

Aposticha #2

Χριστὸν δοξολογήσωμεν



**L**<sup>(N)</sup> et us glo - ri - fy Christ, Who is ris - en from the dead. ⲙ For,

tak - - - ing up - on Him - self Ⲉ soul and bod - y, Ⲉ He sep -

a - rat-ed one from thē oth - er by His pas - - - sion. Ⲉ His im - mac -

u - late soul de - scend - - ed in - to Ha - - des, Ⲉ which al - so He de -

spoiled; and the ho - ly Bod - y of the Re - deem - er of our souls Ⲉ

knew no cor - rup - tion in Ⲉ the Ⲉ grave. ⲙ

## Verse #3

Καὶ γὰρ ἐστερέωσε ⲛ ⲟ

**F** <sup>(N)</sup> or He es - tab - lished the world ⲛ which shall not be shak - en. ⲟ

## Aposticha #3

Ψαλμοῖς καὶ ὕμνοις



<sup>(N)</sup> ith psalms and hymns we glo - ri - fy Thy Res - ur - rec - tion <sup>(Δ)</sup>  
 from\_ the dead, O Christ, <sup>(N)</sup> where - by ⲛ Thou didst free us from the tyr -  
 an - ny of Ha - des; ⲟ and as God Thou didst be - stow life \_\_\_ ev -  
 er - last - ing and great mer - cy. ⲟ



a - lone\_\_ art com - pas - - sion - - ate.

### Glory...

Δόξα Πατρί

**G** lo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir -

it.

### Both now...

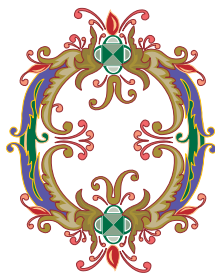
Καὶ νῦν

**B** oth now and ev - - er, and un - to thē ag - - es of ag - es. A -

men.

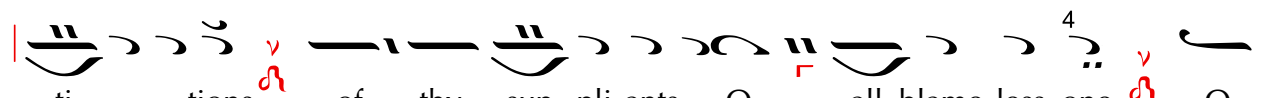
### Aposticha Theotokion

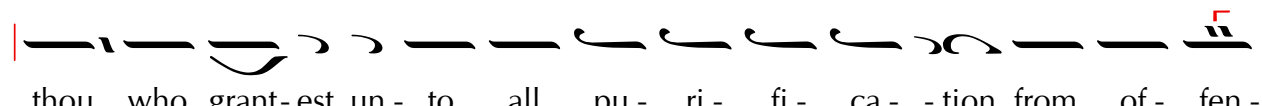
Ἄνυμφευτε Παρθένε

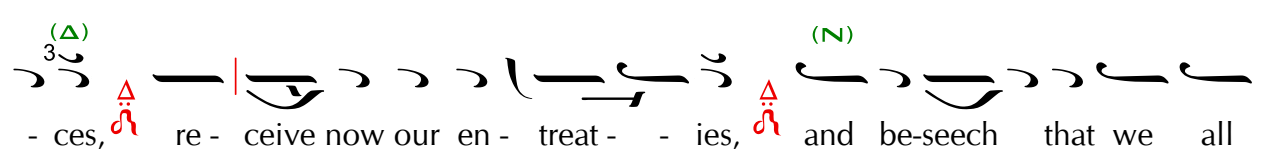



un - wed - ded Vir - gin, who in - ex - press - i - bly con - ceived\_

\_\_ God in the flesh, O Moth - er of the Most High God: Re - ceive the\_\_ pe -


  
 ti - - - tions of thy sup - pli - ants, O all - blame - less one. O


  
 thou who grant - est un - to all pu - ri - fi - ca - - tion from of - fen -


  
 - ces, re - ceive now our en - treat - - ies, and be - seech that we all


  
 be saved.

When you have children, teach them music.  
 But, of course, real music—angelic, not dances and songs.  
 Music assists the development of the perception of spiritual life.  
 The soul becomes refined. It begins to understand spiritual music as well.

—St. Barsanuphius of Optina