

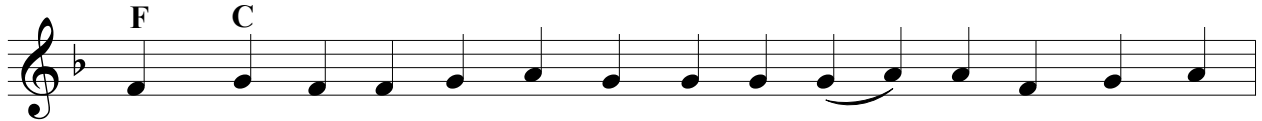
March 14th

# Our Righteous Father Benedict of Nursia

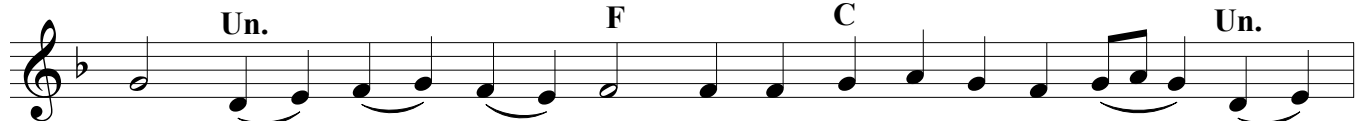
## Apolytikion

Byzantine Chant Tone 8/Plagal Fourth Mode

Christopher Holwey  
Father John El Massih



Through thee the di - vine like - ness was se - cure - ly pre - served, O



fa - ther, Ben - e - dict; for thou didst car - ry the cross\_\_ and\_\_



fol - low\_\_ Christ. By ex - am - ple and pre - cept thou didst teach us



to ig - nore the bod - y be - cause it is per - ish - a - ble,



and to at - tend to the con - cerns of thē un - dy - ing\_\_ soul.



There - fore, doth thy soul re - jice\_\_ with thē an - gels.