

Lenten Triodion

4th Sunday of Lent, St. John of the Ladder

Exapostelaron & Theotokion

Byzantine Mode 2

Special Melody: Hearken, ye women



1) The joy and com - fort of ___ the world thou didst re - ject as
2) All we who have been saved through thee con - fess thee ver - i -



wea - ri - some and with strict fast - ing ___ didst with - er
- ly ___ to be the The - o - to - kos, ___ O La - dy;



the flesh, while ful - ly ___ re - new - ing thy strength of soul, O
for thou in - ef - fa - bly didst ___ bear our God, Who hath a -



right - eous John, and thou be - cam - est ver - y rich in glo - ry
- bol - ished death by His di - vine and pre - cious Cross, and Who hath



great ___ and heav - en - ly; hence nev - er cease in - ter - ced - ing
drawn un - to ___ Him - self the mul - ti - tudes of ___ the right - eous,



for us, O far - famed ___ as - cet - ic.



with whom we laud thee, O Vir - - gin.