

[On certain Feasts we sing the following:]  
(cf. note on page "A" in the Table of Contents.)

## Anabathmoi

First Antiphon Tone 4

Basil Kazan  
(1915 - 2001)

*(Sing twice)*

Ison  
From my youth up man - y pas - sions have  
warred a - gainst me. But do thou help and  
save me, O my Sav - iour.

*(Sing twice)*

Ye who hate Zi - on shall be put to con -  
- fu - sion of the Lord; like grass in the  
fire shall ye be with - ered up.  
Glo - ry to the Fa - ther and to the Son and  
to the Ho - ly Spir - it. Through the Ho - ly  
Spir - it is ev' - ry soul quick - ened and ex -

- alt - ed in pu - ri - ty, and made re - splend - -  
- ent by the Tri - une\_\_\_ U - ni - ty in mys - tic ho - li -  
- ness. Both now and ev - er, and un - to  
a - ges of a - ges. A - men.  
Through the Ho - ly Spir - it the chan - nels and streams of  
grace\_\_\_ o - ver - flow, show - er - ing all cre - a -  
- tion with in - vig - or - at - ing life.\_\_\_\_\_

[Now sing the Prokeimenon and verse for the Feast.]  
(cf. note on page "A" in the Table of Contents.)