

March 30th & Fourth Sunday of Lent

Venerable John of Sinai, Author of "The Ladder"

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 8
Special melody: *O strange wonder*

Adapted by Dn. John El Massih
from various sources

1) Right - eous Fa - ther John, in ver - y truth, thou hadst the
high - praise of God in thy throat - ev - 'ry
day and hour; and with ac - tive dil - i - gence
thou didst ear - nest - ly med - i - tate on the di -
vine - ly in - spir - ed or - a - cles
and wast made rich in the grace that they pour forth;
through this, O man most wise, thou be - cam - est bless - ed
and didst ut - ter - ly o - ver - turn the coun - sels
of all base and god - less men.

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2) Right - eous Fa - ther John most glo - ri - ous, with stream - ing
 foun - tains of tears, thou didst wash thy soul
 clean of stain; stand - ing all the night in prayer,
 thou be - cam - est a friend of God; and thou didst
 soar as on wings un - to His love
 and His di - vine beau - ty, which thou wor - thi - ly
 now dost en - joy on high with thy fel - low ath - letes
 ev - er - more in joy, O most blest and god - ly -
 -mind - ed Saint and man of prayer.

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3) Right - eous Fa - ther John most glo - ri - ous, since thou hadst
 giv - en thy mind wings to soar up to
 God by faith, thou didst hate the tur - bu - lence
 and im - per - ma - nence of the world. For thou didst
 take up thy cross with ar - dent zeal
 to fol - low af - ter Him that be - hold - eth all;
 and thou didst sub - ju - gate the re - luc - tant bod - y
 to thy sov - 'reign mind by as - cet - ic la - bors
 through the Ho - ly Spir - it's might.