

From the Menaion

Carelessly Reclining In The Bed of Languor

Theotokion

Byzantine Chant Tone/Mode 4
Special Melody: *Unto them that fear thee*

Adapted by Dn. John El Massih

Care - less - ly re - clin - ing in the bed of lan - guor and
heed - less - ness, I most sloth - ful - ly pass through life; and
I fear the hour of death, lest that wick - ed ser - pent,
like a sav - age li - on, in snatch - ing up my low - ly soul
rend it a - sun - der with ruth - less vil - lain - y; O
blame - less The - o - to - kos, in thy good - ness, has - ten be -
- fore the end to be - stir me and raise me up
to re - pen - tance and change of life.