

# Apolytikion and Kontakion Hymns

## March 29<sup>th</sup>, 2020

### Resurrectional Apolytikion in the Plagal of the Fourth Tone

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

### Apolytikion for St. John of the Ladder

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἕκατὸν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

### Apolytikion of St. Katherine

Let us sing the praise of the Bride of Christ renown, the Patroness of Sinai, Katherine Divine. Our assistance and protection, for she has brilliantly subdued, the impious refine, by the power of the Spirit. She was crowned as a martyr of the Lord, and for all, she entreats the great mercy.

Τὴν πανεύφημον νύμφην Χριστοῦ ὑμνήσωμεν, Αἰκατερίναν τὴν θείαν καὶ πολιούχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆ μαχαίρα, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

### Kontakion

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερέμχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθερώσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.