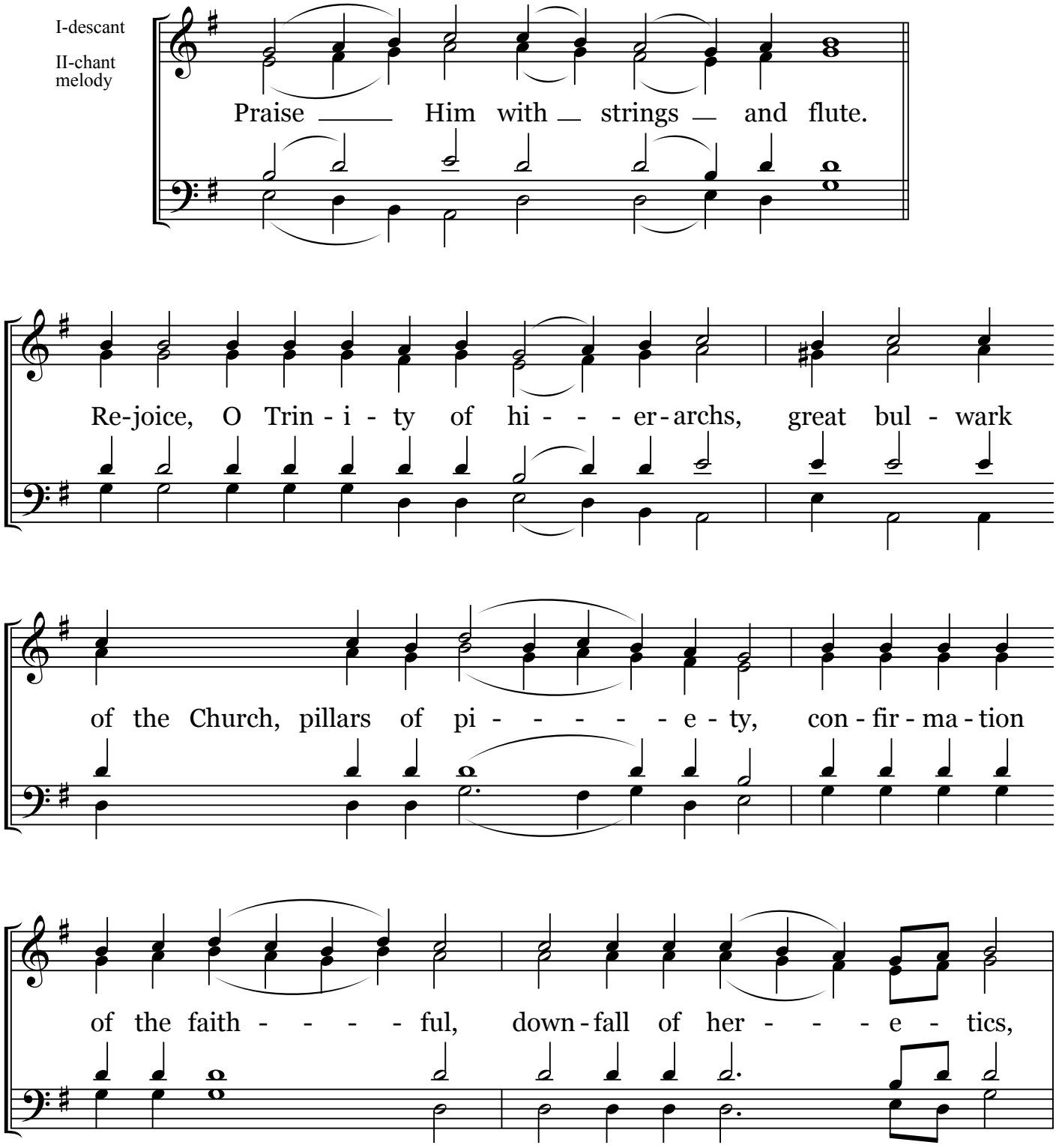
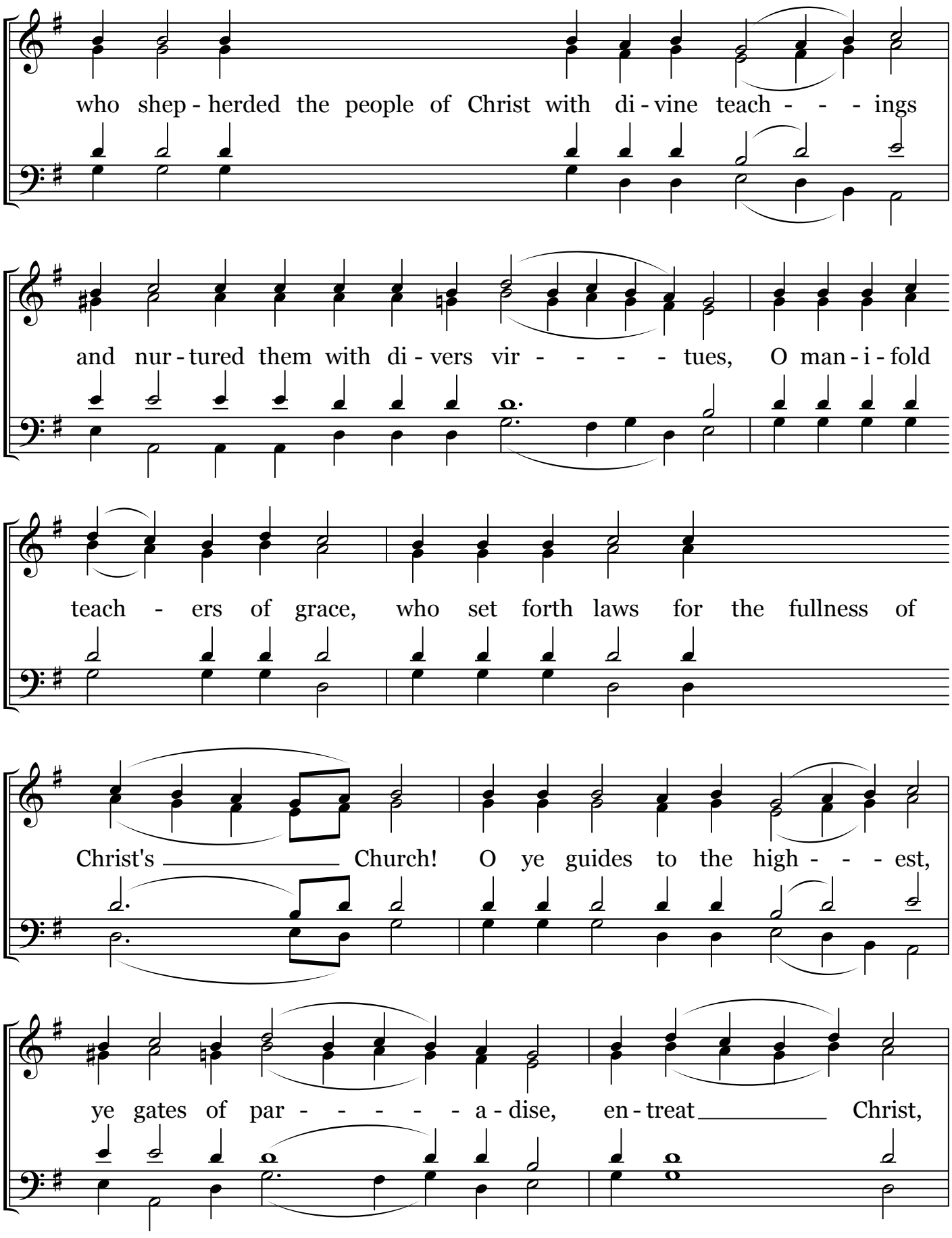
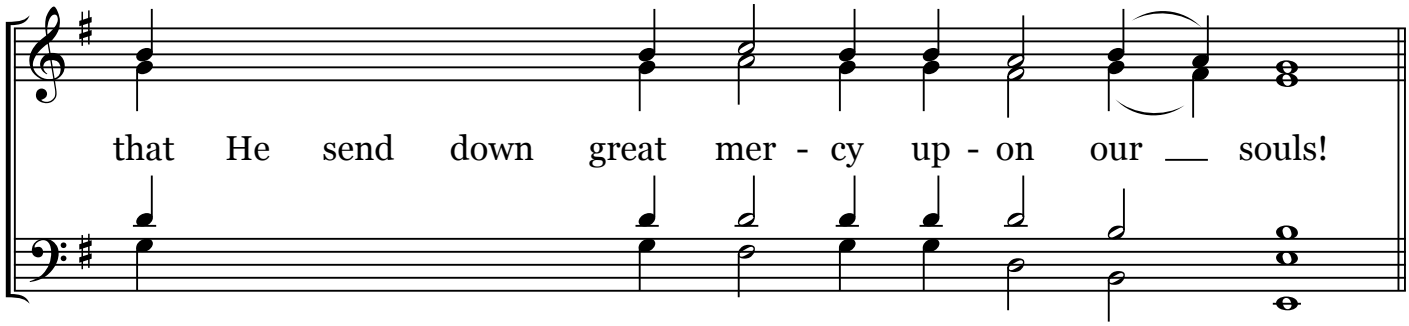
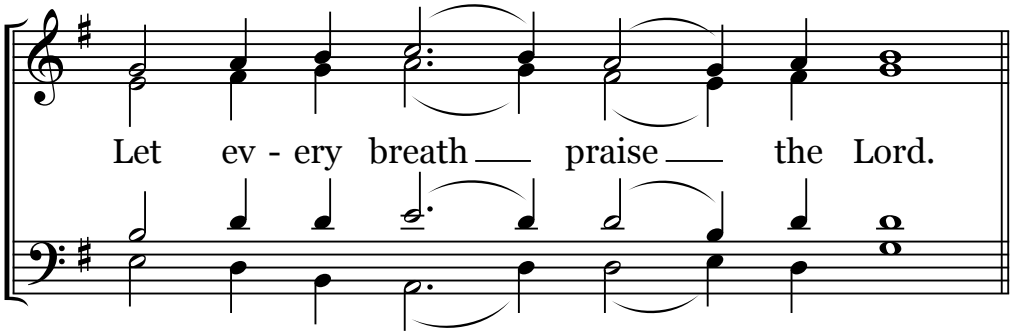
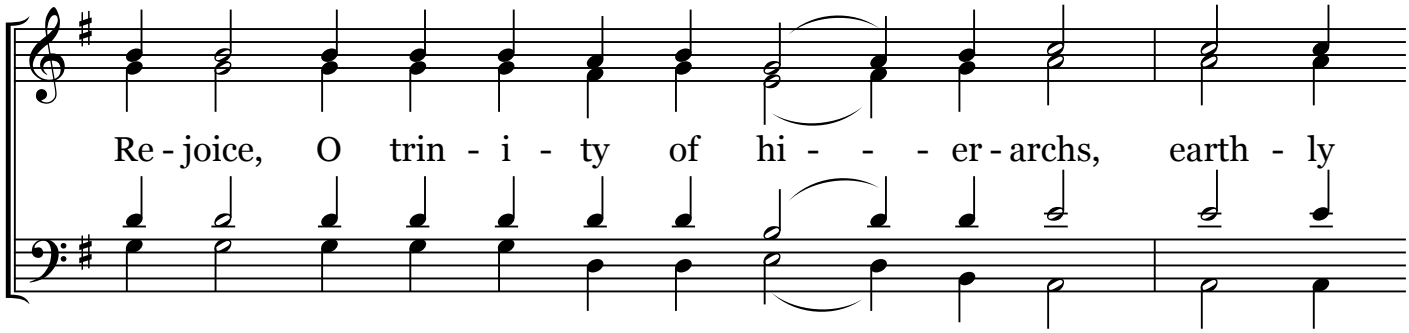
January 30: Three Holy Hierarchs (on a Sunday)
Stichera at the Praises, Tone 5 "Rejoice"
Optina Hermitage Melody

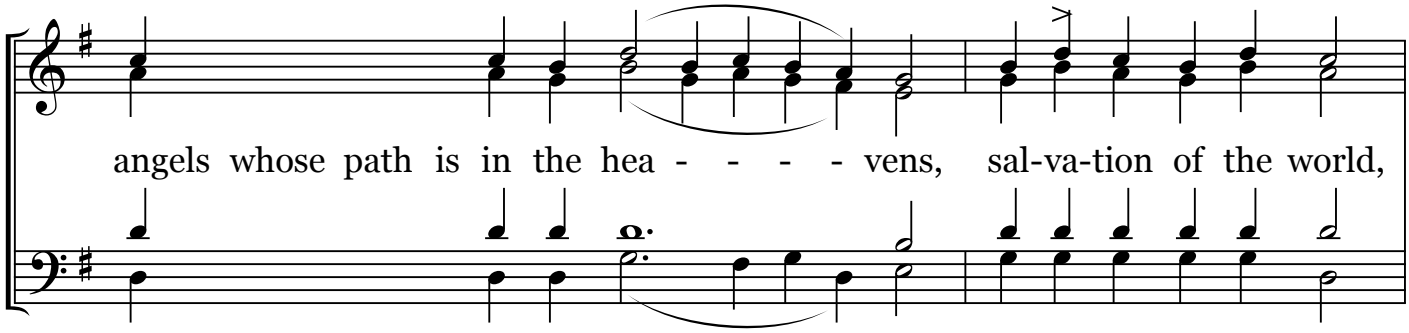
Reader: **In the 5th Tone, Special Melody "Rejoice"**
Praise Him with timbrel and dance,

who shep - herded the people of Christ with di - vine teach - - - ings
and nur - tured them with di - vers vir - - - - - tues, O man - i - fold
teach - ers of grace, who set forth laws for the fullness of
Christ's _____ Church! O ye guides to the high - - - est,
ye gates of par - - - - - - a - dise, en - treat _____ Christ,

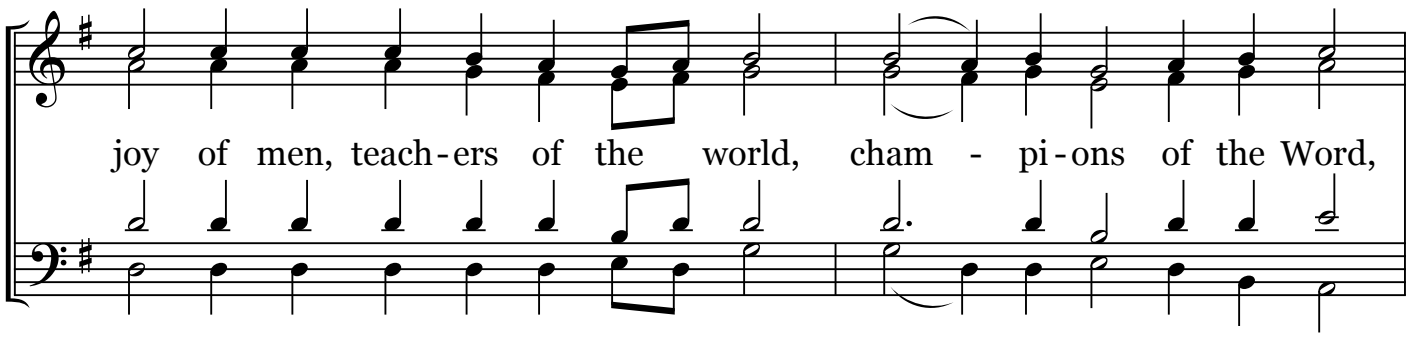
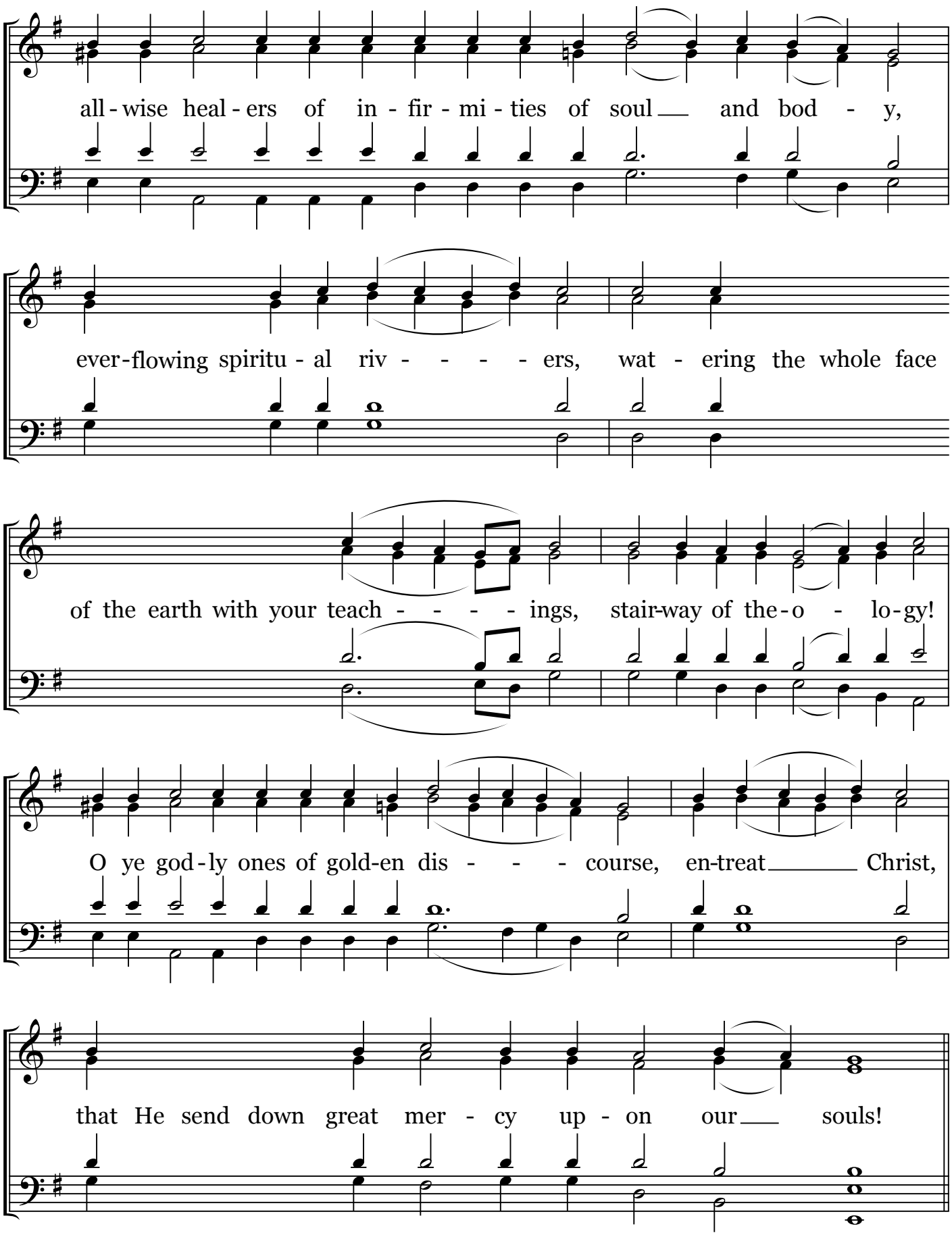


Stichos:
Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

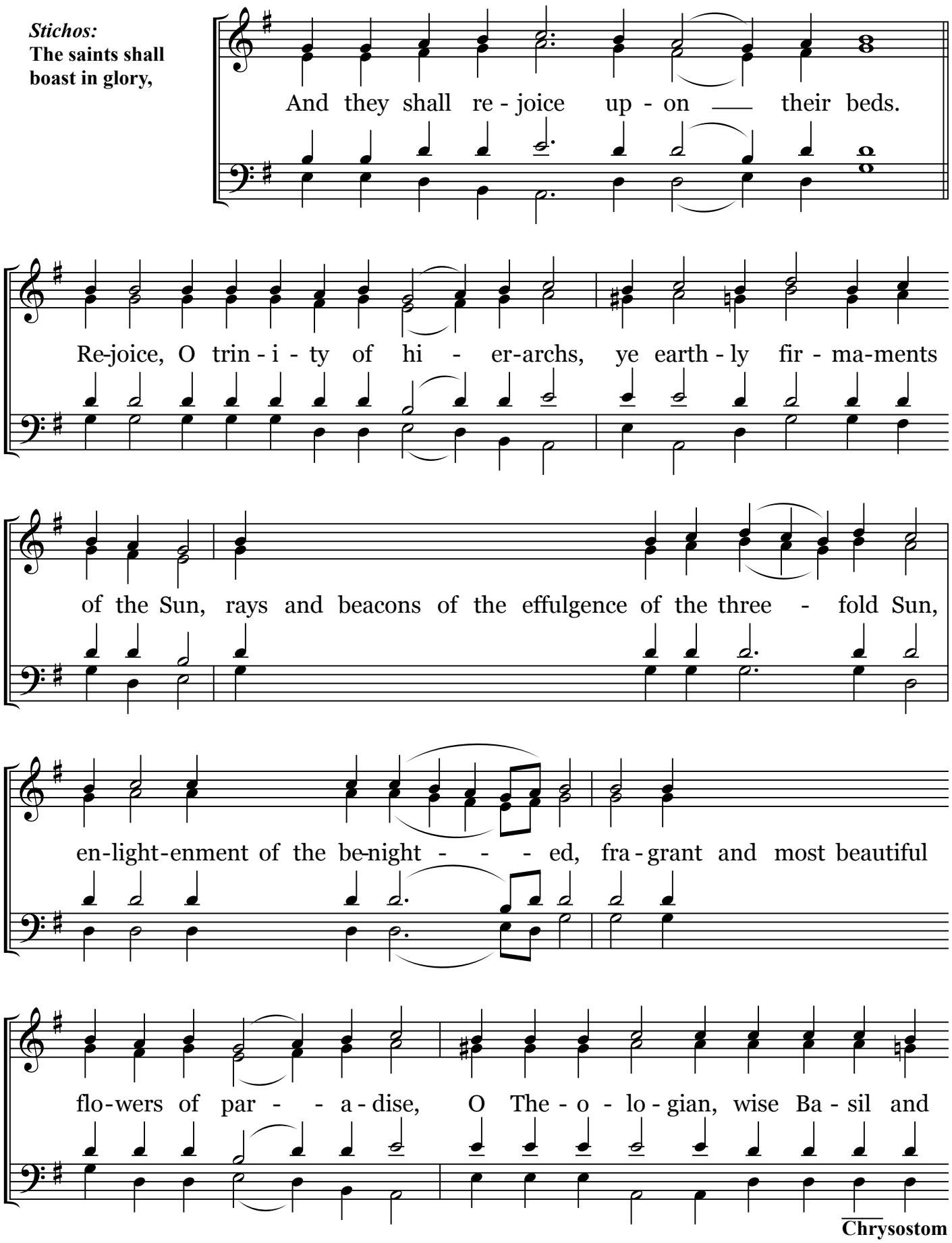


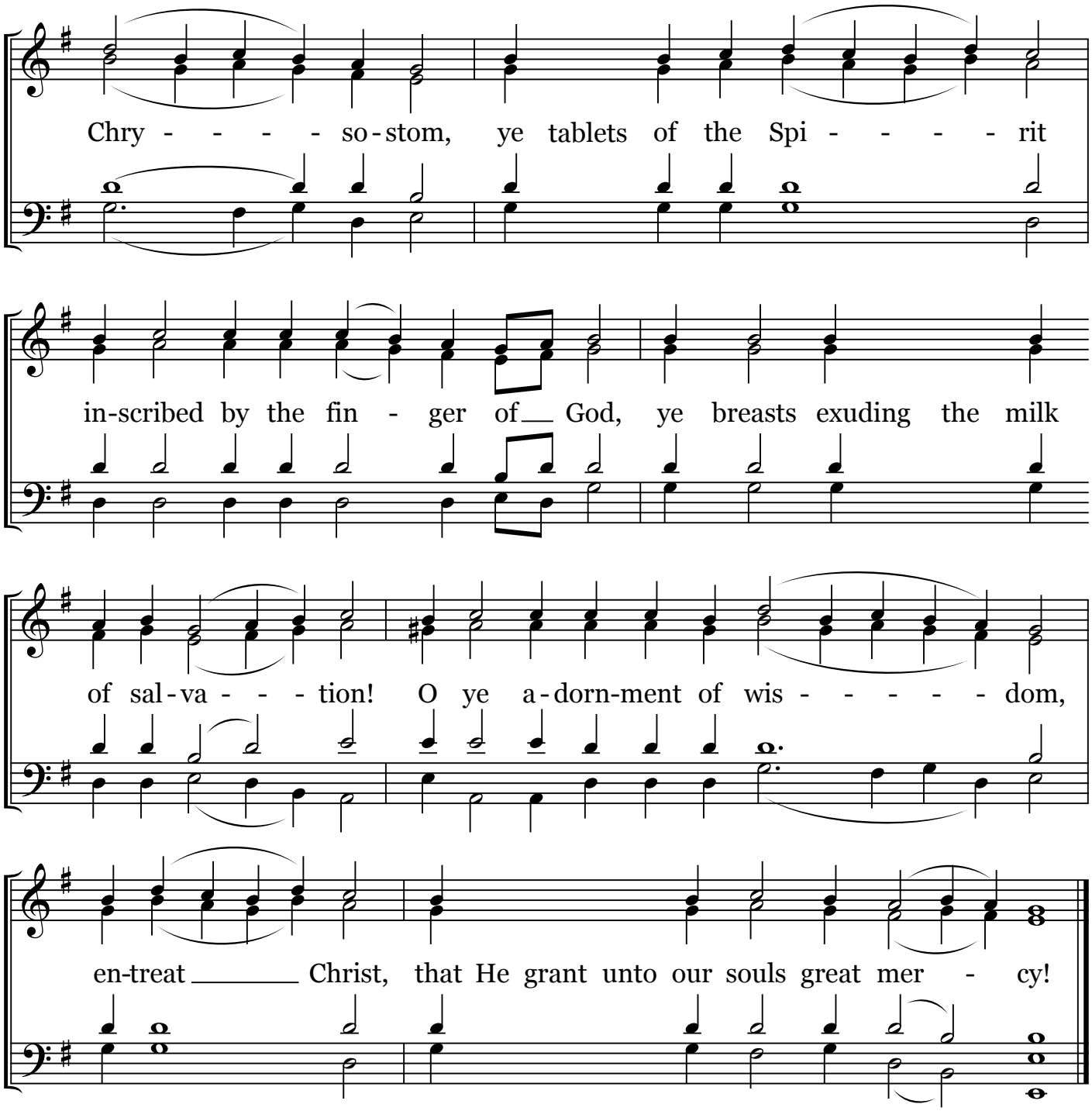






all-wise heal-ers of in-fir-mi-ties of soul and bod-y,
ever-flowing spiritu-al riv-ers, wat-ering the whole face
of the earth with your teach-ings, stair-way of the-o-lo-gy!
O ye god-ly ones of gold-en dis-course, en-treat Christ,
that He send down great mer-cy up-on our souls!

Stichos:
The saints shall boast in glory,

Chrysostom

January 30 (on Sunday):
Stichera of the Praises, p.6

English translation by Isaac E. Lambertsen, ©2000, "The Menaion of the Orthodox Church", Vol. V,
St. John of Kronstadt Press. The complete service text may be purchased through: sjkp.org