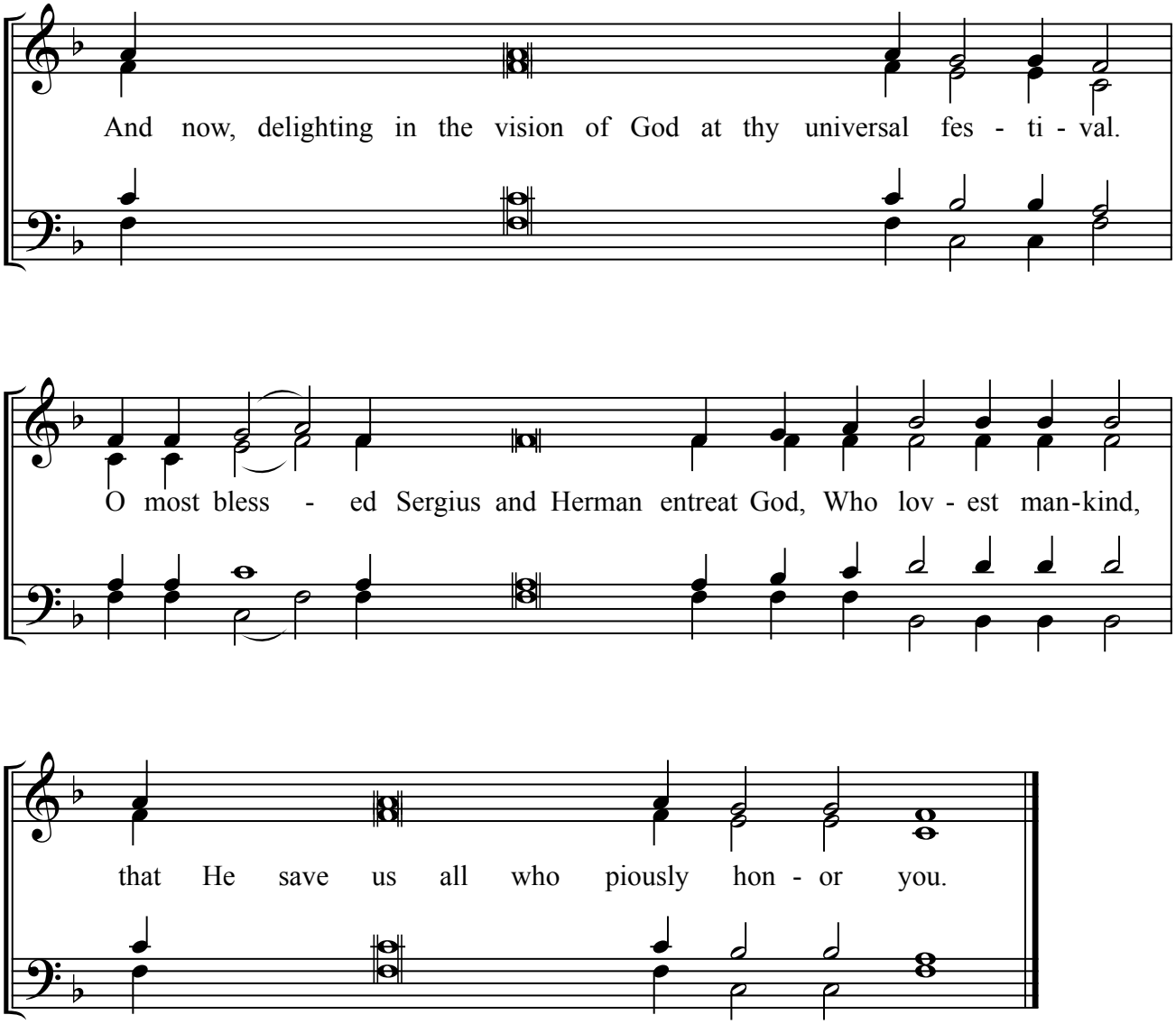
September 11: Sts. Sergius and Herman of Valaam
Troparion, Tone 4

Obikhod

wisely subjecting your flesh to your spi - rit through fasting, vigil
and stand-ing all night. Wherefore, from the right hand of the Almighty ye have
re-ceived fit - ting crowns. And now, standing before the all - ho - ly Tri - ni - ty,
O most blessed fathers Sergius and Her - man, pray ye that the
suffering Russian land be preserved and our souls be saved.

September 11: Sts. Sergius and Herman of Valaam
Another Troparion, Tone 1



English text: "The Menaion of the Orthodox Church", Vol. I, translated by Isaac E. Lambertsen,
St. John of Kronstadt Press, ©1996. The complete service text may be purchased through: sjkp.org