

4th Sunday of Lent: St. John of the Ladder
Kontakion, Tone 4
Obikhod

S
A

Truly the Lord hath set thee as a fixed star in the firmament of ab-sti-nence,

T
B

The first system of musical notation consists of two staves. The top staff is for Soprano (S) and Alto (A), and the bottom staff is for Tenor (T) and Bass (B). The music is in a key with one flat (B-flat) and a 4/4 time signature. The lyrics are: "Truly the Lord hath set thee as a fixed star in the firmament of ab-sti-nence,"

giving light to the ends of the earth, O father John, our teach - er.

The second system of musical notation continues the piece. It features the same Soprano/Alto and Tenor/Bass staves. The lyrics are: "giving light to the ends of the earth, O father John, our teach - er."

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware,
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