

**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

Detailed description: This block contains the first line of musical notation. It 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 key signature has one flat (B-flat). The lyrics are: "Truly the Lord hath set thee as a fixed star in the firmament of ab-sti-nence,". The music is written in a style typical of Russian Orthodox chant, with block chords and simple rhythmic values.

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

Detailed description: This block contains the second line of musical notation. It 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 key signature has one flat (B-flat). The lyrics are: "giving light to the ends of the earth, O father John, our teach - er.". The music continues with block chords and simple rhythmic values, ending with a double bar line.

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