4th Sunday: St. John of the Ladder
Stichera on "Lord I have cried"
Tone 8, Special Melody "O Most Glorious Wonder..."
Optina Hermitage Chant

+ O holy father John, truly hast thou ever carried

on thy lips the praises of the Lord, and with great wisdom

hast thou studied the words of Holy Scripture
that teach us how to practise the ascetic life. so hast thou gained the riches of grace, and thou hast become blessed, overthrowing all the purposes of the ungodly.
Most glorious father John, with the fountain of thy tears

thou hast cleansed thy soul, and by keeping vigils through the night,

thou hast gained God's mercy. Thou wast raised on wings,

O blessed one, to the love of Him and of His beauty;

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and as is right thou dwellest now in His un-ending joy,

with thy fellow soldiers in the spiritual fight,

O holy saint of God.
O holy father John, through faith thou hast lifted up thy mind on wings to God; hating the restless confusion of this world,

thou hast taken up thy Cross; and following Him Who sees all things, thou hast subjected thy rebellious body to His guidance

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to His guidance through ascetic discipline,

by the power of the Holy Spirit.