

Lenten Triodion/March 30th  
**Our Righteous Father John of the Ladder**  
**Apolytikion**  
Version B

Translation:  
Seraphim Nassar

Mode 4 Plagal - Ga = F

Byzantine chant:  
J. Suchy-Pilalis

*Ison*  
Ne. The bar-ren wil-der-ness thou didst make fer - tile  
with the streams of thy tears; and by thy deep sigh-ing thou hast giv-en  
fruit through thy strug-gles a hun - dred - fold. Ac-cord-ing - ly, thou  
hast be-come a star for the u - ni-verse, spar - kling with  
mir - a - cles. There-fore, O right - eous Fa - ther John,  
in - ter - cede with Christ God to save our souls.

Text/Translation  
© 1939 by Antiochian Orthodox  
Christian Archdiocese of North America

Byzantine chant melodies/settings:  
© 2016 by J. Suchy-Pilalis