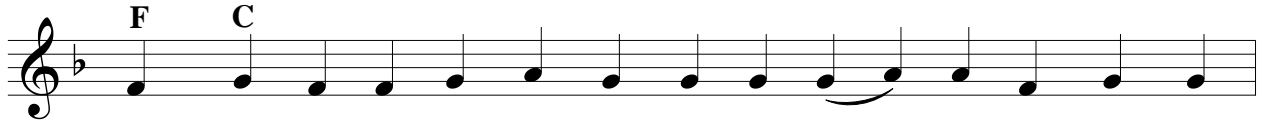


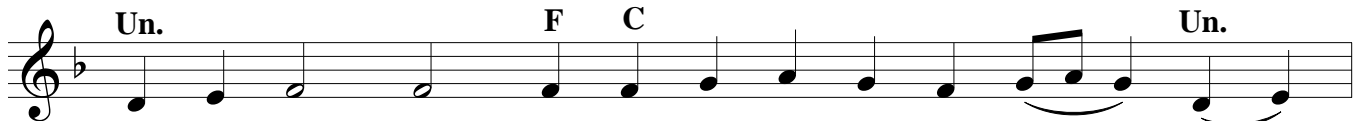
Lenten Triodion
(Sung on the 5th Sunday of Lent and April 1st)
Our Righteous Mother Mary of Egypt
Apolytikion

Christopher Holwey
Deacon John El Massih

Byzantine Chant Tone 8/Plagal Fourth Mode



Through thee the di - vine like - ness was se - cure - ly pre - served, O



Moth - er Mar - y; for thou didst car - ry the cross and



fol - low Christ. By ex - am - ple and pre - cept thou didst teach us



to ig - nore the bod - y be - cause it is per - ish - a - ble,



and to at - tend to the con - cerns of th un - dy - ing soul.



There - fore, doth thy soul re - jice with th an - gels.