

# Aposticha - St Gregory Palamas

Reader: Glory to the Father and to the Son and to the Holy Spirit.

Tone 8

Obikhod

Thy tongue, watch-ful in teach-ing, rings in the ears of our hearts,  
and awakens the souls of the sloth-ful. Thy words are in-spired by God;  
they are a ladder leading us from earth to heav-en.  
O Gregory, pride of Thes-sa-lo-ni-ca,  
do not cease to intercede before Christ our God  
to illumine with His Divine Light those who hon-or thee!