

FEB 29

Ven John Cassian of Rome

Note: No Troparion or Kontakion given in the Menaion

TROPARION *(General for a Venerable Monastic)* - Tone 8

The image of God was truly preserved in thee, O Father, /
For thou didst take up thy cross and follow Christ /
By so doing thou didst teach us to disregard the flesh, for
it passes away /
But to care instead for the soul, since it is immortal ///
Therefore thy spirit, O holy John, rejoices with the angels.

KONTAKION *(General for a Venerable Monastic)* - Tone 2

Having divinely armed thyself with purity of soul, /
And having equipped thyself with ceaseless prayr, as with a
spear, /
Thou didst slay the legions of the demons, /
O our father John. ///
Now, ceaselessly pray for those who honor thee.