



**Our Righteous and God-bearing Father Sabbas the Sanctified
Whom the Holy Church Celebrated on December 5.**

This Saint was born in 439 in Moutalaska, a small village of Cappadocia. He entered the arena of monastic life from childhood and was under the master trainer of monastics, Euthymius the Great, the teacher of the desert. He became the spiritual father of many monks and an instructor for the monasteries in Palestine, and was appointed leader (archimandrite) of the desert-dwellers of Palestine by the Patriarch of Jerusalem. In his old age he went to Constantinople, to the Emperors Anastasius and Saint Justinian the Great, in behalf of the Orthodox Faith and the dogmas of the Council of Chalcedon. Having lived ninety-four years, he reposed in 533. The *Typicon* for the ecclesiastical services had its beginning in the monastery established by this righteous one.

Rest from labour. Oil and wine allowed.

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Dismissal Hymn. Plagal of Fourth Tone

WITH the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminary, shining with miracles upon the world, O Sabbas our righteous Father. Intercede with Christ God that our souls be saved.

*Kontakion. Plagal of Fourth Tone
To thee, the Champion Leader*

OBLESSED Sabbas, thou wast offered from thine infancy * through thy great virtue as a pure and spotless sacrifice * unto God, Who ere thy birth, verily foreknew thee: * wherefore thou wast an adornment of the righteous Saints, * an all-praised founder of cities in the wilderness. * Hence, I cry to thee: * Rejoice, O Father of great renown.

Angels are a light to monks,
and the monastic life
Is a light to all men.

The Ladder of Divine Ascent Step 26.31