



THE HOLY HIEROMARTYR CYPRIAN AND THE VIRGIN MARTYR JUSTINA

October 2

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

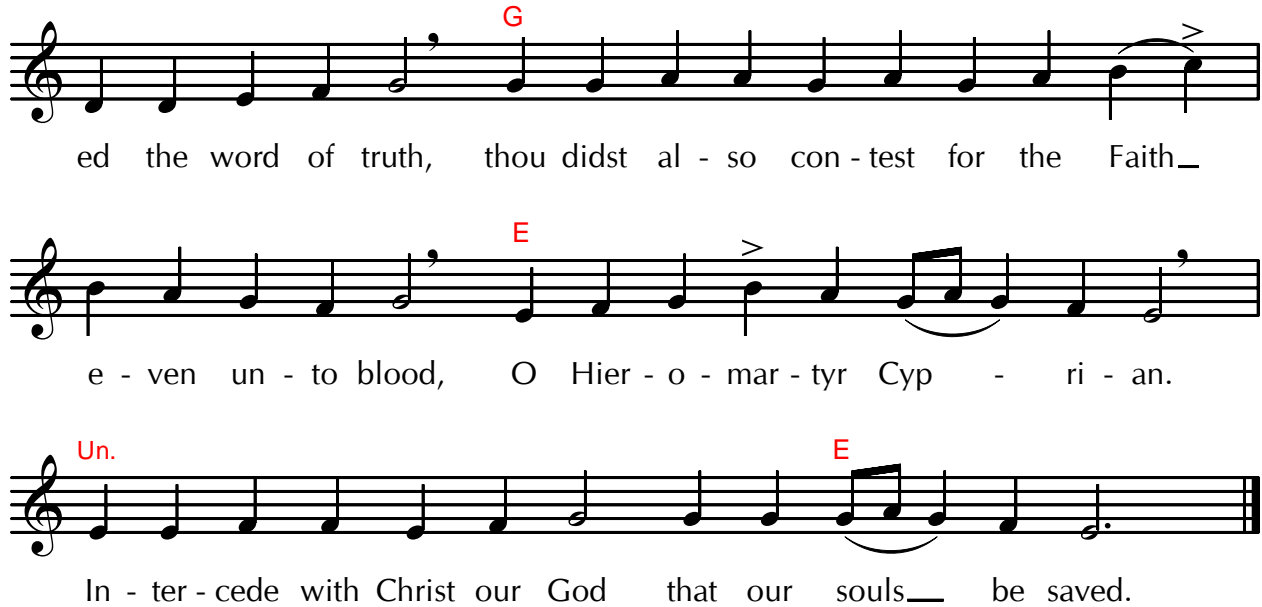
the throne of the A - pos - tles, O in - spired_ of

G Un. G

God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -



ed the word of truth, thou didst al - so con - test for the Faith_

e - ven un - to blood, O Hier - o - mar - tyr Cyp - ri - an.

Un. In - ter - cede with Christ our God that our souls_ be saved.

Reading, keeping vigil and prayer focus the wandering mind. Hunger, toil and solitude
 quell inflamed desire. Psalmody, patience and pity arrest seething anger.
 And these are to be practiced at the appropriate time and in good
 measure, for what is excessive and ill-timed is not lasting,
 and what does not last is harmful
 rather than beneficial.

Evagrius the Solitary