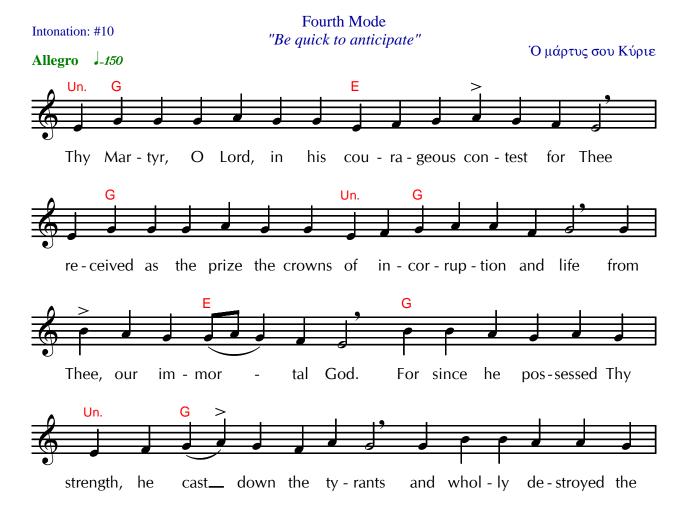
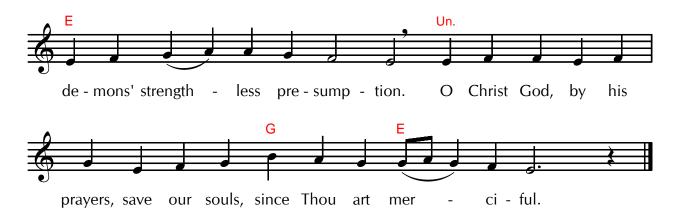


## THE HOLY MARTYR EPIMACHUS OF EGYPT

## October 31

## **Apolytikion**





Pray gently and calmly, sing with understanding and rhythm; then you will soar like a young eagle high in the heavens.

Psalmody calms the passions and curbs the uncontrolled impulses in the body.

- Evagrios the Solitary