



# THE HOLY MARTYRS ONESIPHORUS AND PORPHYRIUS

November 9

Apolytikion

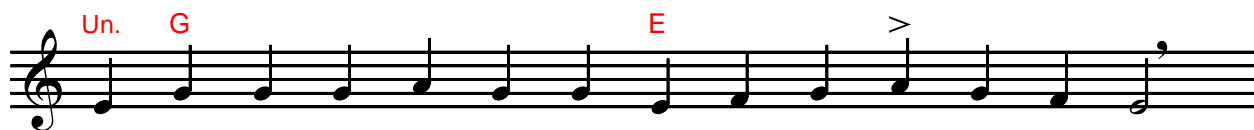
Fourth Mode

*"Be quick to anticipate"*

Intonation: #10

**Allegro** ♩=150

Οἱ μάρτυρές σου Κύριε



Thy Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee



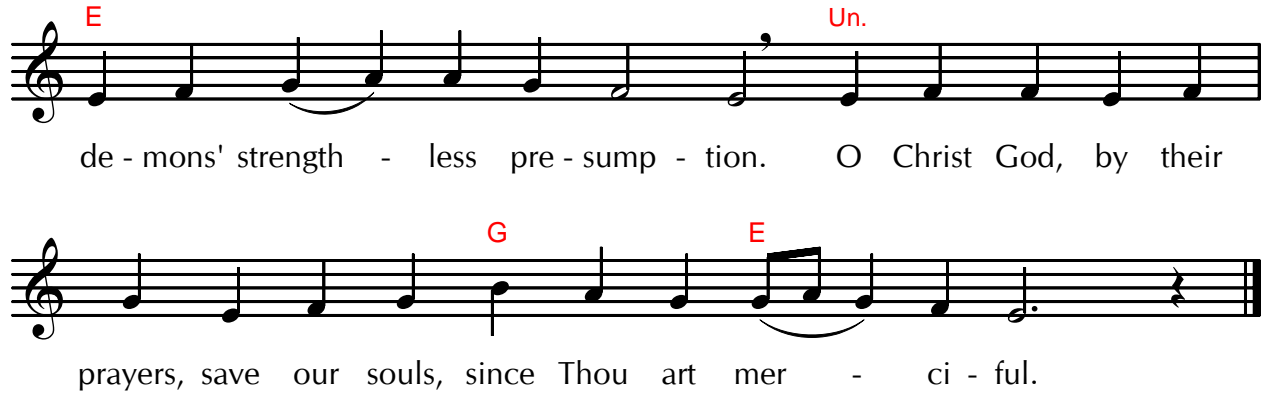
re - ceived as the prize the crowns of in - cor - rup - tion and life from



Thee, our im - mor - tal God. For since they pos - sessed Thy



strength, they cast — down the ty - rants and whol - ly de - stroyed the



No one in  
chanting with a  
ready and eager mind  
will be blamed if he be weak-  
ened by old age, or young, or have  
a rough voice, or is altogether ignorant  
of rhythm. What is here sought for is a sober  
soul, an alert mind, a contrite heart, sound reason,  
and a clear conscience. If having these you have entered  
into God's sacred choir, you may stand beside David himself.  
There is no need of zithers, nor of taut strings, nor of a plectrum,  
nor skill, nor any instruments. But if you will, you can make  
yourself into a zither, mortifying the limbs of the flesh,  
and forming full harmony between body and soul.  
For when the flesh does not lust against the  
spirit, but yields to its commands, and  
perseveres along the path that is  
noble and admirable, you thus  
produce a spiritual melody.

- St. John Chrysostom