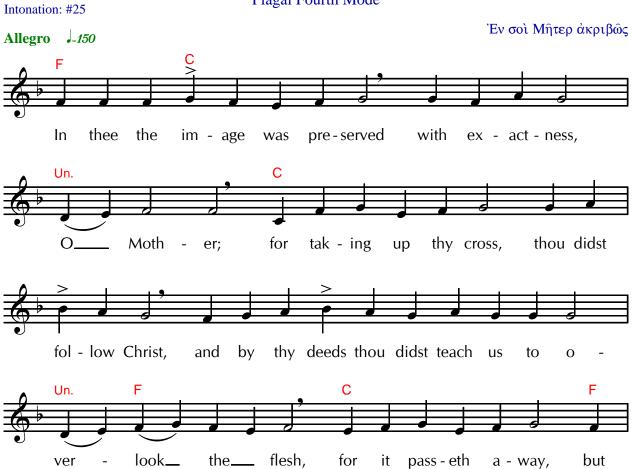


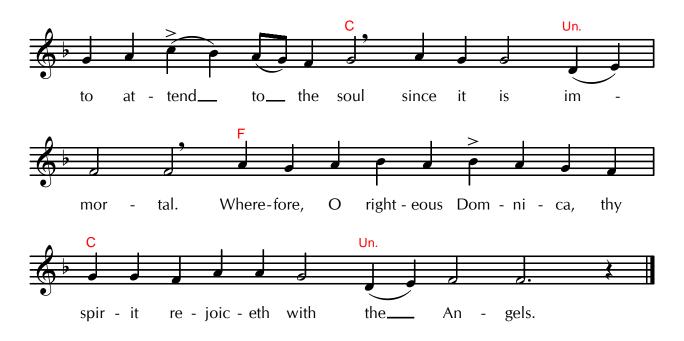
Saint Domnica

January 8

Apolytikion







Sometimes singing in moderation successfully relieves the temper.

But sometimes, if untimely and immoderate, it lends itslef
to the lure of pleasure. Let us then appoint definite
times for this, and so make good use of it.

- St. John of the Ladder