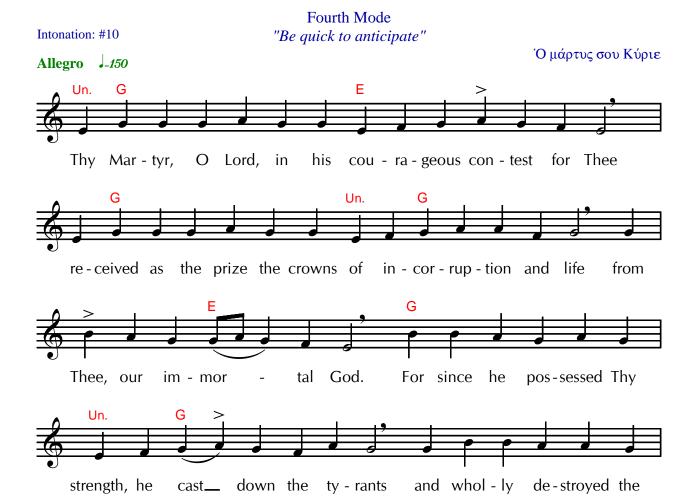
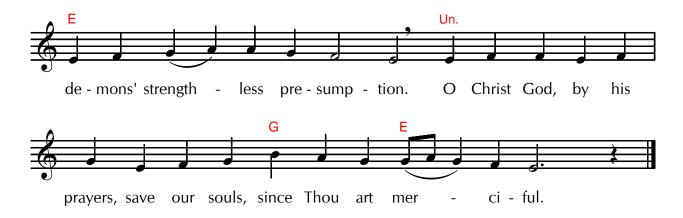


THE RIGHTEOUS MARTYR ANASTASIUS OF PERSIA

January 22

Apolytikion





For prayer and psalmody,
as for many other things, every time is suitable;
so that we praise God with psalms and hymns and spiritual songs,
while we move our hands in work, chanting with our tongue
if this is possible and conducive to the edification
of the faith, but if not, then in the heart.