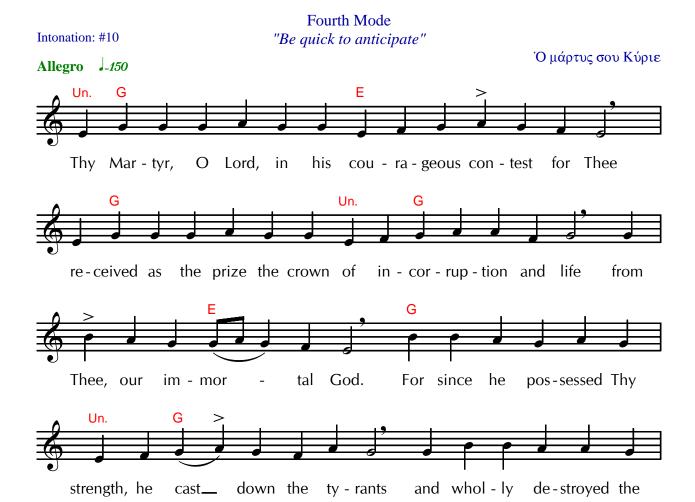
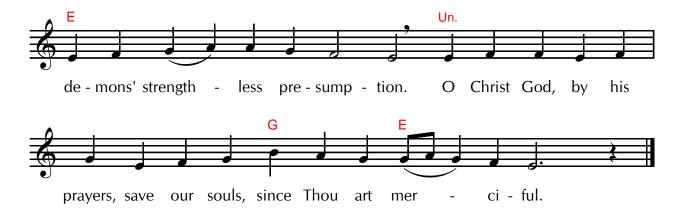


## THE HOLY MARTYR NICEPHORUS

## February 9

## **Apolytikion**





## We must think of what we sing rather than allow our mind, seized by extraneous thoughts as is often the case, to lose the fruit of our labor. One must sing with a manner and melody befitting holy religion; it must not proclaim theatrical distress but rather exhibit Christian simplicity in its very musical movement; it must not remind one of anything theatrical, but rather create compunction in the listeners.

- St. Niceta of Remesiana