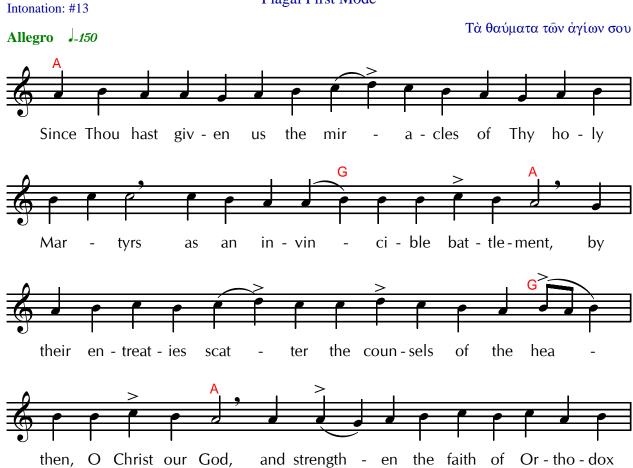


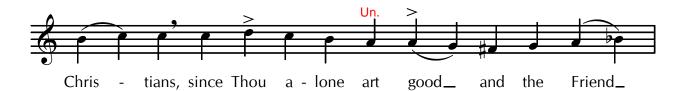
THE HOLY VIRGIN MARTYRS AGAPE, IRENE, AND CHIONIA THE SISTERS

April 16

Apolytikion

Plagal First Mode







The Apostle admonishes women to be silent in church,
yet they do well to join in a psalm; this is gratifying for all
ages and fitting for both sexes. Old men ignore the stiffness of age
to sing [a psalm], and melancholy veterans echo it in the joy of their hearts;
young men sing one without the bane of lust, as do adolescents without threat from
their insecure age or the temptation of sensual pleasure; even young women sing psalms
with no loss of wifely decency, and girls sing a hymn to God with sweet and supple
voice while maintaining decorum and suffering no lapse of modesty. Youth
is eager to understand [a psalm], and the child who refuses to learn
other things takes pleasure in contemplating it; it is a kind
of play, productive of more learning that that
which is dispensed with stern discipline.