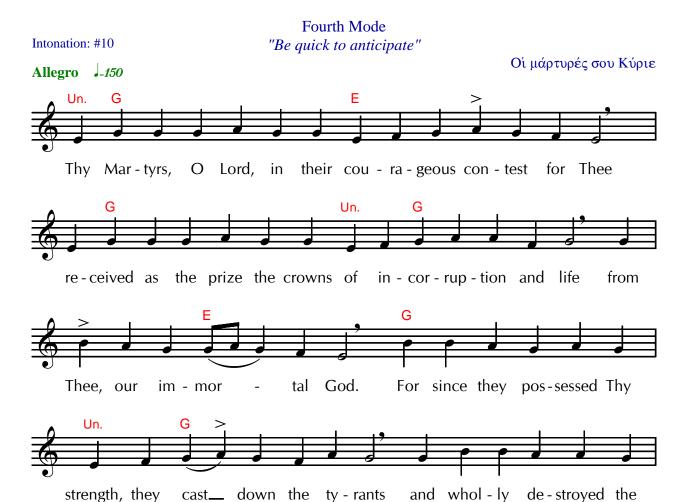
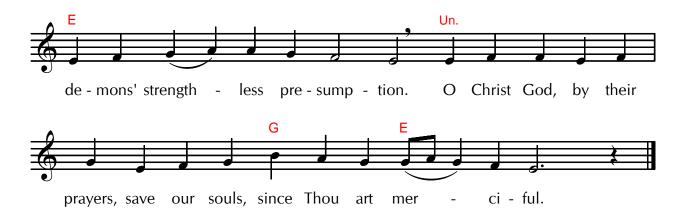


THE HOLY HIEROMARTYR PATRICK BISHOP OF PRUSA AND HIS FELLOW MARTYRS ACACIUS, MENANDER, AND POLYAENUS

May 19

Apolytikion





Pray gently and calmly,

sing with understanding and rhythm;

then you will soar like a young eagle high in the heavens.

Psalmody calms the passions and curbs the uncontrolled impulses in the body.

- Evagrios the Solitary