The Holy Martyrs
Menodora, Metrodora, and Nymphodora

September 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
When, indeed, the Holy Spirit saw that the human race was guided only with difficulty toward virtue, and that, because of our inclination toward pleasure, we were neglectful of an upright life, what did He do? The delight of melody He mingled with the doctrines so that by the pleasantness and softness of the sound heard we might receive without perceiving it the benefit of the words, just as wise physicians who, when giving the fastidious rather bitter drugs to drink, frequently smear the cup with honey.

Therefore, He devised for us these harmonious melodies of the psalms, that they who are children in age, or even those who are youthful in disposition, might to all appearances chant, but in reality, become trained in soul.

- St. Basil the Great