The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
For to sing the Psalms
demands such concentration
of a man's whole being on them
that, in doing it, his usual disharmony
of mind and corresponding bodily confusion
is resolved, just as the notes of several flutes are
brought by harmony to one effect; and he is thus no
longer to be found thinking good and doing evil, ...so he
who sings well puts his soul in tune, correcting by degrees its
faulty rhythm so that at last, being truly natural and integrated,
it has fear of nothing, but in peaceful freedom from all
vain imaginings may apply itself with greater long-
ing to the good things to come. For a soul
rightly ordered by chanting the sacred
words forgets its own afflictions
and contemplates with joy
the things of Christ
alone.

- St. Athanasius the Great