Ye adorned your divinely wrought robe of chastity with the sublime varied colours of sacred virtues in God, when with one accord ye strove in the ascetic life. Therefore, your silence on the earth was re-

www.stanthonyssmonastery.org/music/Menaion.htm
When you have children, teach them music.

But, of course, real music--angelic, not dances and songs.

Music assists the development of the perception of spiritual life.

The soul becomes refined. It begins to understand spiritual music as well.

- St. Barsanuphius of Optina