The Holy Martyr
Sabine of Egypt

March 16

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crown of incorruption and life from
Thee, our immortal God. For since he possessed Thy
strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
In all places and at all seasons you may sing with the mind.

For whether you walk in the market place, or begin a journey, or sit down with your friends you may rouse up your mind or call out silently. So also Moses called out, and God heard him. If you are an artisan, you may sing sitting and working in your shop. If you are a soldier, or if you sit in judgment, you may do the very same.

One may also sing without voice, the mind resounding inwardly. For we sing, not to men, but to God, who can hear our hearts and enter into the silences of our minds.

- St. John Chrysostom