The Holy Virgin Martyrs
Acape, Irene, and Chonia
the Sisters

April 16

Apolytikion

Intonation: #13
Plagal First Mode

Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battle-ment, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox

www.stanthonyismonastery.org/music/Menaion.htm
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The Apostle admonishes women to be silent in church, yet they do well to join in a psalm; this is gratifying for all ages and fitting for both sexes. Old men ignore the stiffness of age to sing [a psalm], and melancholy veterans echo it in the joy of their hearts; young men sing one without the bane of lust, as do adolescents without threat from their insecure age or the temptation of sensual pleasure; even young women sing psalms with no loss of wifely decency, and girls sing a hymn to God with sweet and supple voice while maintaining decorum and suffering no lapse of modesty. Youth is eager to understand [a psalm], and the child who refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more learning that that which is dispensed with stern discipline.

- St. Ambrose