The Holy Hieromartyr Cyprian
and the Virgin Martyr Justina

October 2

Apolytikion

Fourth Mode

\[ \text{\textbf{\textit{\textit{H}χος \textit{\textit{D}ι}}} \]

\( ^7_X \) 150

Intonation: #10

Кой τρόπον μέτοχος

as a shar-er of the ways and a suc-ces-sor to

the throne of the A-pos-tles, O in-spired of God, thou found-

est dis-ci-pline to be a means of as-cent to di- vine vi-

-sion. Where-fore, hav-ing right-ly di-vid-ed the word of
Reading, keeping vigil and prayer focus the wandering mind. Hunger, toil and solitude quell inflamed desire. Psalmody, patience and pity arrest seething anger.

And these are to be practiced at the appropriate time and in good measure, for what is excessive and ill-timed is not lasting, and what does not last is harmful rather than beneficial.

—Evagrius the Solitary