The Holy Martyrs
Onesiphorus and Porphyrius

November 9

Apolytikion

Fourth Mode
"Be quick to anticipate"

O Heavenly Father, in their courageous contest for Thee
received as the prize the crowns of incorruption and life
from Thee, our immortal God. For since they possessed Thy strength, they cast
down the tyrants and wholly destroyed the demons' strengthless pre-sump-
No one in chanting with a ready and eager mind will be blamed if he be weakened by old age, or young, or have a rough voice, or is altogether ignorant of rhythm. What is here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a clear conscience. If having these you have entered into God's sacred choir, you may stand beside David himself.

There is no need of zithers, nor of taut strings, nor of a plectrum, nor skill, nor any instruments. But if you will, you can make yourself into a zither, mortifying the limbs of the flesh, and forming full harmony between body and soul.

For when the flesh does not lust against the spirit, but yields to its commands, and perseveres along the path that is noble and admirable, you thus produce a spiritual melody.

- St. John Chrysostom