Saint Domnica

January 8

Apolytikion

Plagal Fourth Mode

\[\text{\'H}$\\chi$\'\zeta$\; \lambda \; \dot{\alpha} \; \Gamma\alpha\]

En soi Mithter òkriboz

n the image was preserved with exactness, O____

Mother; for taking up thy cross, thou didst follow Christ, and

by thy deeds thou didst teach us to overlook the flesh, for

it passeth away, but to attend to the soul since it

Intonation: #25

www.stanthonysonastery.org/music/Menaion.htm
Sometimes singing in moderation successfully relieves the temper. But sometimes, if untimely and immoderate, it lends itself to the lure of pleasure. Let us then appoint definite times for this, and so make good use of it.

- St. John of the Ladder