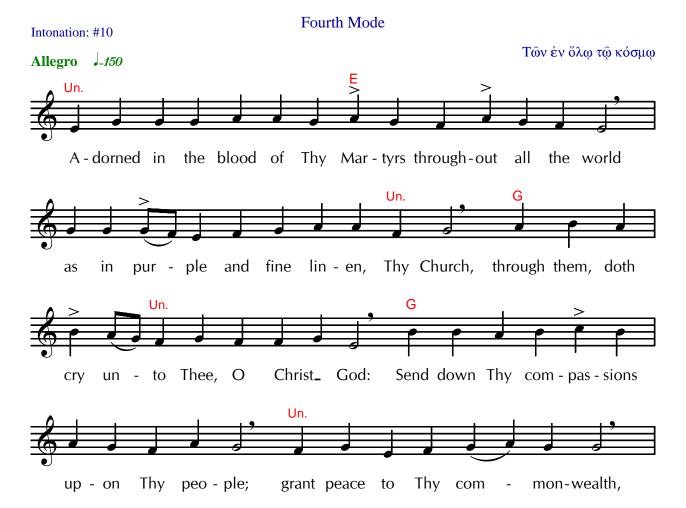
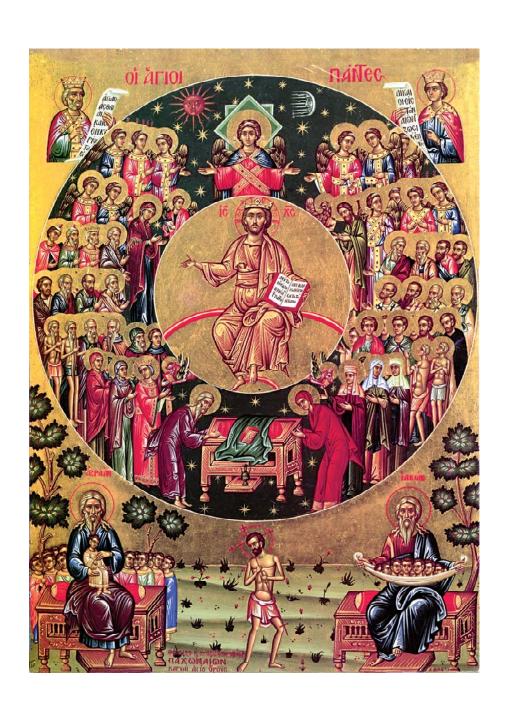


# THE SUNDAY OF ALL SAINTS

### Apolytikion





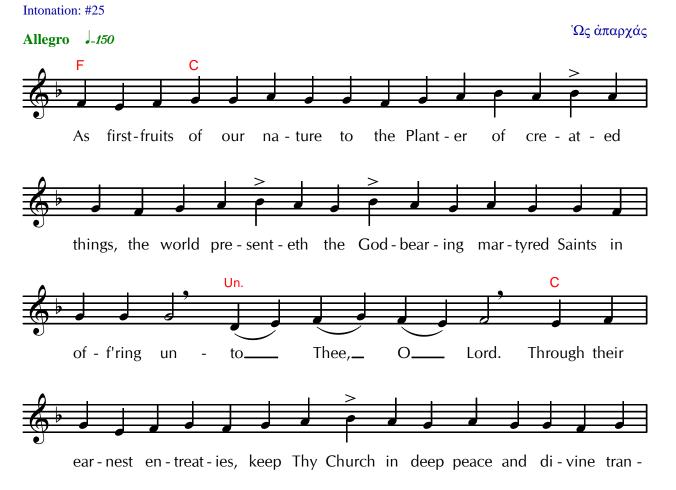


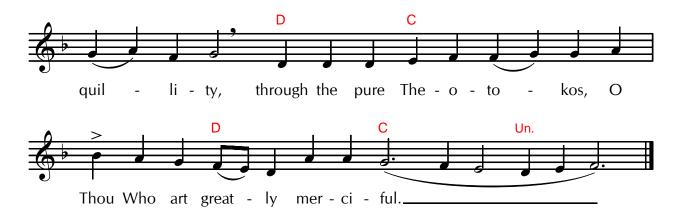


# THE SUNDAY OF ALL SAINTS

#### Kontakion

#### Plagal Fourth Mode





No one in such 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 rhthym. 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 harmonybetween 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 meldoy.