

PRAISE THE LORD

Communion Hymn for Sunday Brief Versions in all Eight Modes

Duration: 1:00

Intonation: #1

Adagio $\text{♩} = 76$

First Mode

by Hieromonk Gregory
of Simonos Petras Monastery

First Mode

A D D C D > C

X X Praise the Lord
At - vει - - - - - -
Eh - nee - - - - - - teh

Un. D A > Un.

praise the Lord
tov - - - - - -
ton - - - - - - on

G > D >

from the heav - - - ens.
εκ των ου - - ρα - - νων
ek ton oo - - rah - - non

Al - le - lu - - - - - i - a.
Αλ - λη - λου - - - - - ι - α.
Ah - lee - loo - - - - - ee - ah

*To recite the psalms with melody is not done from a desire for pleasing sound,
but it is a manifestation of harmony among the thoughts of the soul.*

*And melodious reading is a sign of the well-ordered
and tranquil condition of the mind.*

-St. Athanasius the Great

Communion Hymn - Sunday - Praise the Lord

Duration: 1:15

Intonation: #4 or #7

Second Mode

by Hieromonk Gregory
of Simonos Petras Monastery

B

X Praise_____, Ah - veει - - - - (veει) - - - - praise_____,
Eh - nee - - - - (nee) - - - - .

X the_____, Lord_____, - τε_____, τον_____, Kee_____, - ree_____.
- - - - (veε)_____, τον_____, - - - - (ne)_____, τον_____, Kee_____, - - - - ree_____, on_____.

- - - - (veε)_____, τον_____, - - - - (ne)_____, τον_____, Kee_____, - - - - ree_____, on_____.

from_____, the_____, heav_____, - - - - ens_____.
εκ_____, τον_____, ου_____, ρα_____, νων_____.
ek_____, ton_____, oo_____, rah_____, non_____.

Al - le - lu_____, i_____, a_____,
Ah - λη - λου_____, t_____, α_____,
Ah_____.
G_____, F_____, G_____.

Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #8

Third Mode

by Hieromonk Gregory
of Simonos Petras Monastery

C

Un. Un. F

X Praise the
At - ve - - - - - - - - - - - - - - - - - -
Eh - nee - - - - - - - - - - - - - - - - - -

F

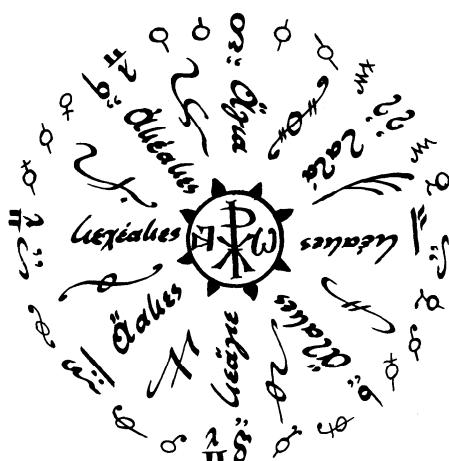
Lord from the heav - - - - - ens.
o - - - - - (vo) - - - - ov
o - - - - - (no) - - - - on
ek ton oo

G F

pa - - vowel
rah - - non

C F

Al - le - lu - - - - - i - a.
Αλ - λη - λου - - - - - ι - α.
Ah - lee - loo - - - - - ee - ah.



Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #12

Fourth Mode "Agia"

by Hieromonk Gregory
of Simonos Petras Monastery

D

X Praise.
At - veɪ - (vɛɪ) - nee - (nee)

F G

the - Lord - ov - on -

- - - - τε τον - Κυ - ρι - ον -
- - - - teh ton - Kee - ree -

F

from - the - heav - - - - ens -

εκ των - ου - ρα - νων -
ek ton - oo - rah - non

G F G

Al - le - lu - i - - - - a. -

Αλ - λη - λου - ι - - - - α. -
Ah - lee - loo - ee - - - - ah -

”Οποιος ζῆ μὲ ἄλλους δὲν ὠφελεῖται τόσο ἀπὸ τὴν ψαλμωδία, ὅσο ἀπὸ τὴν ἐσωτερικὴν προσευχήν. Διότι οἱ φωνὴς τῶν ψαλτῶν δημιουργοῦν σύγχυσι καὶ ἐμποδίζουν τὴν κατανόησι τῶν ὕμνων.

-·Αγίου Ιωάννου τῆς Κλίμακος (Δ' πξ')

He who is not alone, but is with others, cannot derive so much benefit from psalmody as from internal prayer; for the confusion of voices renders the psalms indistinct.

-St. John of the Ladder (4:91)

Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #14 or #15

Plagal First Mode

by Hieromonk Gregory
of Simonos Petras Monastery



Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #20

Plagal Second Mode

by Hieromonk Gregory
of Simonos Petras Monastery

F D > C D G

Praise the Lord
At - vει - - - - τε_____
Eh - nee - - - - teh_____
the Lord
- - - - τον_____
- - - - τον_____
the Lord
- - - - τον_____
- - - - τον_____
the Lord
- - - - τον_____
- - - - τον_____
from the heav - - - - ens._____ from the
εκ των ου - - - - εκ των
ek ton oo - - - - ek ton
heav - - - - ens.
ου - - - - ρα - - - - νων.
oo - - - - rah - - - - non.
D > C D

Al - le - lu - - - - i - a.
Αλ - λη - λου - - - - ι - α.
Ah - lee - loo - - - - ee - ah

"Ἄσω τῷ Κυρίῳ ἐν τῇ ζωῇ μογ,
ψαλῶ τῷ Θεῷ μογ ἔως γέπαρχω.

I WILL SING UNTO THE LORD
THROUGHOUT MY LIFE, I WILL
CHANT TO MY GOD FOR AS
LONG AS I HAVE MY BEING.

Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #22

Grave Mode (Diatonic)

by Hieromonk Gregory
of Simonos Petras Monastery

G

B D C B

Praise _____ praise _____ the
At - - - - veɪ - - - - - - - - - - τε _____ τον
Eh - - - - nee - - - - - - - - - - teh _____ ton

D G

Lord _____ from the heav -
Kv -
Kee - ek ton oo - rah

D B

ens _____ from _____ the heav -
vōv _____
non _____

>

ens. Al - le - lu - - - - i - - - a.
Aλ - λη - λου - - - - τ - - - α.
Ah - lee - loo - - - - ee - - - ah.



Communion Hymn - Sunday - Praise the Lord

Duration: 1:15

Intonation: #26

Plagal Fourth Mode

by Hieromonk Gregory
of Simonos Petras Monastery

H C G D
Praise At - vei - - - - te the Lord tov Ku - - - - pi - - - ov
Eh - nee - - - - teh ton Kee - - - - ree from the heav - - - - ens.
from the heav εκ των ου - - - - ρα - - νων
ek ton oo - - - - rah - - non

C Un. C
Al - le - lu - - - - i - - - - a.
Aλ - λη - λου - - - - ι - - - - (vu) - - - - α.
Ah - lee - loo - - - - ee - - - - (nee) - - - - ah

Ἡ δὲ τῶν Ψαλμῶν βίβλος ἐξαιρεῖ τὰ πάθη
μετά τυνος ψυχαγωγίας ἐμμελοῦς καὶ ἡδονῆς
σώφρονα λογισμὸν ἐμπιούσης.

-Μεγάλου Βασιλείου

*The book of psalms uproots the passions
with a certain melodic enjoyment and a
delight that instills pure thoughts.*

-St. Basil the Great