Cherubic Hymn

Grave Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

(Duration: 3:30 + 20 + 1:00)

"Ἡχός βαρύς \( \text{L} \) Zω"

let us ____________________________________ who___

\( \text{L} \) ____________________________________

(T) ___________________________ (T) ___________________________ (M) ___________________________ (T) ___________________________

___________________________________________________________

let __________________________________________________________
Cherubic Hymn - Grave Mode - Gregory

(f)N (Z) us____ who____ mys-____

(s)ti-____ c'ly rep-____ sen-____

Che-____ bim_______ the Che-____ bim_______

and________________ chant_______

and________________ chant_______

and________________ chant_______

The thrice-____ holy____ hymn_______

to____ the life-____ giving_______

-i-____ ty____ now____ lay____

ev-'ry____ earth-____ ly____

care____
Quality in psalmody and prayer consists in praying with the spirit and the nous. One prays with the spirit only when, as he prays and chants, he is attentive to the content of the Holy Writings, and thus raises his heart to divine thoughts.

—Nikitas Stithatos