



KATAVASIA OF THE EXALTATION OF THE PRECIOUS CROSS

Chanted instead of "It is Truly Right"
on September 14th

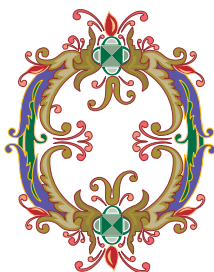
Plagal Fourth Mode

adapted from Hourmouziou Hartophylax (1780-1840)

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Q: Many times, when I chant, I feel myself being puffed up.

When this happens, how should I confront the thoughts?

A: When the heart becomes puffed up during psalmody, remember that it is written: “Let not them who embitter Him be exalted in themselves.” (Ps. 65:7) Embittering Him is when we sing without understanding (Ps. 47:7) and without the fear of God. If you examine yourself to see if your thoughts are wandering during psalmody, you will definitely find that they have been wandering and you are angering God.

—Sts. Barsanuphius and John