I Will Take the Cup of Salvation

Communion Hymn for Wednesdays and Feast Days of the Mother of God

Briefer Melodies
adapted from Hieromonk Gregory of Simonos Petras Monastery

First Mode

Duration: 1:00

I

'Hχος Πα

will___ take____ the cup___ of__

sal - va - tion, and___ I will___ call up - on____

the name________________________ of____ the________ Lord.__

Al - le - lu - - - i - - - - - a.__
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
Fourth Mode "Agia"

I will take the cup of salvation, and I will call upon the name of the Lord. Alleluia.
We should offer our prayers to God with fear and trembling, tears and sighs, and our voices when we chant should be sober, contrite, measured, and humble.

—St. Palladios (in the Evergetinos)