



# 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

Duration: 1:00

### First Mode

Ἦχος ᾠ̇ Πα̇

̇χ̇ 76

π̇ 9



(□) will take (N) (M)

(□) sal - - - va - - - tion, (Δ)

(□) the name (N)

(M) (□) Al - le - lu - - - i - - - - - a. π̇ 9

Third Mode

Ἦχος Γα

I 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"

Ἦχος Δι Δε

Δ

**I** <sup>(M)</sup> <sup>(Δ)</sup> \_\_\_\_\_ will \_\_\_\_\_ take the \_\_\_\_\_ cup of \_\_\_\_\_ sal- - va- - - tion,

\_\_\_\_\_ and \_\_\_\_\_ I \_\_\_\_\_ will call up- - on the \_\_\_\_\_ name \_\_\_\_\_ of \_\_\_\_\_

\_\_\_\_\_ the \_\_\_\_\_ Lord. \_\_\_\_\_ Al- le- lu- - -

\_\_\_\_\_ i- - - - - a.

Δ



Plagal First Mode

Ἦχος λ̣ ᾠ Πα

π  
q

**I** (π) (N) (π) (N) (M)

\_\_\_\_\_ will \_\_\_\_\_ take \_\_\_\_\_

(π) (K)

\_\_\_\_\_ the \_\_\_\_\_ cup \_\_\_\_\_ of sal - - va - - -

(Δ) (M) (Δ) (π)

- - - tion, \_\_\_\_\_ and \_\_\_\_\_ I \_\_\_\_\_ will \_\_\_\_\_ call \_\_\_\_\_ up -

- on the \_\_\_\_\_ name \_\_\_\_\_ of \_\_\_\_\_ the \_\_\_\_\_ Lord. \_\_\_\_\_

(Δ) (π)

\_\_\_\_\_ Al - le - lu - - - - - i - - - a. \_\_\_\_\_ π  
q

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*)