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Blessed are they whom Thou hast Chosen

Communion Hymn for Saturdays

Briefer Melodies

adapted from Hieromonk Gregory of Simonos Petras Monastery

Plagal First Mode

"H χ os λ_{π} ig $\Pi \alpha$ "In the self, of the self and the sel

and their re-mem- - - - brance is from gen- er- a - - tion to gen-er- - - - a - - tion.
$$(K)$$

Al- le- lu- - - - i - - - a q q

PSALMODY IN A CROWDED CONGREGATION IS ACCOMPANIED BY CAPTIVITY AND WANDERING OF THE THOUGHTS; BUT IN SOLITUDE, THIS DOES NOT HAPPEN. However, those in solitude are liable to be assailed by despondency, whereas in congregation the brethren help each other by their zeal.

—St. John of the Ladder

Plagal First Mode

 $^{\circ}$ H χ o $\lesssim \frac{\lambda}{\pi}$ \ddot{q} $\Pi\alpha$

Duration: 1:30



