

Alternate Melody

Third Mode

Duration: 1:00

Ἦχος Γα^ϕ

λ̄ 76

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H e _____ has _____ sent _____ re - -

dem - - - - re - demp - - - - tion _____ un - to _____ His _____

peo - - - - - ple. _____ Al - le - lu - - - -

i - - - - a. _____

He who is not alone but is with others,
cannot derive so much benefit from psalmody
as from internal prayer; for the confusion of voices
renders the psalms indistinct.

—St. John of the Ladder