One is Holy

First Mode
adapted from Nicolaos Georgiafentis (1935-)
the Protopsaltis of Chicago

ne is ho-ly, one is Lord, Jesus Christ, to the
glo-ry of God the Fa-ther. A-men._
Second Mode (Deuteroprotos)
adapted from Spyridon Maidanoglou (1929-1975)
the Protopsaltis of Serres

One is Holy

Third Mode
by Hieromonk Ephraim
Fourth Mode (Legetos)
adapted from Hieromonk Hierotheos

One is Holy

Plagal First Mode
adapted from Hieromonk Hierotheos
Plagal Second Mode
adapted from Spyridon Maidanoglou
the Protopsaltis of Serres

One is Holy
Je - sus Christ, to the glory of God the Father. Amen.

Grave Mode
adapted from Spyridon Maidanoglou
the Protopsaltis of Serres

One is Holy
Je - sus Christ, to the glory of God the Father. Amen.
Let us examine during psalmody what kind of sweetness comes to us from the demon of fornication and, on the other hand, what kind of sweetness comes to us from the words of the Spirit and from the grace and power contained in them.

—St. John of the Ladder
Praise the Lord

Communion Hymn for Sundays

Plagal First Mode
by St. John Koukouzelis the Maestro (14th century)

Duration: 8:00
(or 3:30 if abbreviated)

raise

the

Lord

68
For brevity, the melody may jump from this left bracket to the right bracket on the final page of this hymn.
Communion Hymn - Praise the Lord - Plagal First Mode

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(Δ) (Κ)
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Communion Hymn - Praise the Lord - Plagal First Mode

St. John Koukouzelis
Copy of a miniature found in Codex 178 of the Monastery of Lavra
Praise the Lord

Communion Hymn for Sundays

Plagal Second Mode
adapted from John the Protopsaltis from Trebizond (d. 1770)
as abbreviated by Constantine Psachos the Musicologist (1866-1949)

Duration: 3:45
Communion Hymn - Praise the Lord - Plagal Second Mode

Lo(rd)

the Lord

from the heavens. Alleluia.
Praise the Lord

Communion Hymn for Sundays

Plagal Fourth Mode
adapted from Constantine Pringos (1892-1964)
the Presing Protopsaltis of the Patriarchate of Constantinople (1939-1960)

Duration: 3:00
Sing to God, not with the voice,
but with the heart; not, after the fashion of tragedians,
in smearing the throat with a sweet drug, so that theatrical melodies and songs
are heard in the church, but in fear, in work, and in knowledge of the Scriptures.
And although a man be cacophonous, if he have good works,
he is a sweet singer before God.

—St. Jerome
Praise the Lord

Communion Hymn for Sunday
Brief Versions in All Eight Modes

adapted from Hieromonk Gregory
of Simonos Petras Monastery

First Mode

\[ \HBox{\text{Duration: } 3:00} \]

\[ \chi \]

raise the Lord

praise the Lord

from the heavens.
Second Mode

Communion Hymn - Sunday - Praise the Lord

The book of psalms uproots the passions with a certain melodic enjoyment and a delight that instills pure thoughts.

—St. Basil the Great
Third Mode

'Ηχος η Γα

raise___________________
the____________________________
Lord_

from the heav-

ens.

Al-le-lu-ia.____

SIMONOS PETRAS MONASTERY
The virtue of silence, especially in church, is very great...

Is anything more unbecoming than the divine words should be so drowned by talking, as not to be heard, believed, or made known, that the sacraments should be indistinctly heard through the sound of voices, that prayer should be hindered when offered for the salvation of all?

—St. Ambrose of Milan
Plagal First Mode

'Ἡχως ἡ Πα

raise_____________________________         ƒthe___________Ì  Lord___________Ì
_______________________________      ƒAl -    ƒle -    ƒlu -     -     -     -     - ƒa.____________________________
from_______the heav -     -     -     -     -     -     -     -    ens.____________________________

Al - le - lu - i - - - - a.____________________________
Let the servant of God
sing in such a manner that
the words of the text rather than
the voice of the singer cause delight.

—St. Jerome
Communion Hymn - Sunday - Praise the Lord  

Grave Mode (Diatonic)  

Ὑχρεο βαρύς  Ζω  

Praise__________________ praise______________________ the Lord__________________ 
from the heavens, Al-le-lu-i-a._
When we are weighed down by deep despondency,
we should for a while sing psalms out loud,
raising our voice with joyful expectation
until the thick mist is dissolved
by the warmth of song.

—St. Diadochos of Photiki
He Who Maketh His Angels Spirits

Communion Hymn for Mondays and Feast Days of the Archangels

First Mode
adapted from Anthony "Nomophylax" the Priest (15th century)

Duration: 6:30
(or 5:00 if abbreviated)

He Who maketheth, maketh His angels.
Communion Hymn - Monday - He Who Maketh His Angels Spirits

His angels

and His ministers

and His ministers

and His ministers

a flame of fire.
Lovers of God
are moved to spiritual joy,
to divine love, and to tears
both by worldly and by religious songs;
but lovers of pleasure are moved to the opposite.

—St. John of the Ladder
He Who Maketh His Angels Spirits

Communion Hymn for Mondays and Feast Days of the Archangels

Briefer Melodies
adapted from Hieromonk Gregory of Simonos Petras Monastery

First Mode

Duration: 1:30
Communion Hymn - Monday - He Who Maketh His Angels

Alternate Melody

First Mode

Duration: 1:30

Alternate Melody

First Mode
Another Melody

Fourth Mode

He Who Maketh His Angels

Duration: :30

Another Melody

Fourth Mode

He Who Maketh His Angels and His Ministers a Flame of Fire.

Al-le-lu-ia.
In Everlasting Remembrance

Communion Hymn for Tuesdays and Feast Days of Saints

Grave Mode (Diatonic)
adapted from Anthony "Nomophylax" the Priest (15th century)

\[ \chi \text{ 60} \]

Duration: 9:00 (or 5:30 if abbreviated)

\[ \frac{3}{4} \text{n ev-er-last-ing__________________________ev-er-} \]

\[ \frac{3}{4} \text{last-ing__________________________} \]
Communion Hymn - Tuesday - In Everlasting Remembrance

In Everlasting Remembrance

shall the right
In Everlasting Remembrance

Communion Hymn for Tuesdays
and Feast Days of Saints

Briefer Melodies
adapted from Hieromonk Gregory
of Simonos Petras Monastery

First Mode

Duration: 1:00

shall______________________ the righteous be.__________________________

Alleluia.
A psalm is a city of refuge from the demons; a means of inducing help from the angels, a weapon in fears by night, a rest from the toils of the day, a safeguard for infants, an adornment for those at the height of their vigor, a consolation for the elders, a most fitting ornament for women. It peoples the solitudes; it rids the market places of excesses; it is the elementary exposition of beginners, the improvement of those advancing, the solid support of the perfect, the voice of the Church. It brightens feast day; it creates a sorrow which is in accordance with God. For, a psalm calls forth a tear even from a heart of stone. A psalm is the work of angels, a heavenly institution, the spiritual incense.

—St. Basil the Great
I WILL TAKE THE CUP OF SALVATION

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

Fourth Mode
adapted from Anthony "Nomophylax" the Priest (15th century)

Duration: 6:30
(or 4:00 if abbreviated)

I will take the cup of salvation

take the cup of salvation
Communion Hymn - Wednesday - I Will Take the Cup

I will take the cup of salvation, and
I will call upon the name of the Lord.

Al-le-lu-

* For the sake of brevity, the melody may skip from this left bracket to the right bracket on the following page.
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 Πά

I will take the cup of salvation, and I will call upon the name of the Lord.

Alleluia.

Duration: 1:00
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
Plagal First Mode

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*)
Their Sound Hath Gone Forth

Communion Hymn for Thursdays and Feast Days of the Apostles

Plagal Fourth Mode
adapted from Athanasios Karamanis (1911- )
the Presiding Protopsaltis of Thessaloniki

Duration: 5:30

χ 60

heir sound

hath
Communion Hymn - Thursday - Their Sound Hath Gone Forth

4

_th_ gone__________________________

– fo(_th)___________ hath__gone____ forth

_________ in - to

___________________________ in - - - - - - to

_________ all________________________

________________________________ the_ earth

________________________________ all________ the_

___________________________ earth,________________________ and their__ words

________________________________ and_____ their________
words______________________________ unto the ends__

un - to the ends ________________________________ of__

the world__________________________________ of the world ________

of_______ of_______ of_______

Al - le - lu - - i -

- - - a.____________________________
Their Sound Hath Gone Forth

Communion Hymn for Thursdays and Feast Days of the Apostles

Briefer Melodies
adapted from Hieromonk Gregory of Simonos Petras Monastery

First Mode

Duration: 1:00

Their sound hath gone forth in to all earth, and their words unto the ends of the world. Alleluia.
"When you have children, teach them music. But, of course, real music—angelic, not dances and songs. Music assists the development of the perception of spiritual life. The soul becomes refined. It begins to understand spiritual music as well."

—St. Barsanuphius of Optina
Thou Hast
Wrought Salvation

Communion Hymn for Fridays

Plagal First Mode
adapted from Anthony "Nomophylax" the Priest (15th century)

Duration: 8:30
(or 5:00 if abbreviated)

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Communion Hymn - Friday - Thou Hast Wrought Salvation

4. In the midst of the earth, O Christ our God, alleluia.
Communion Hymn - Friday - Thou Hast Wrought Salvation
Thou Hast Wrought Salvation

Communion Hymn for Fridays

Briefer Melody
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Plagal First Mode

Duration: 0:30
Blessed are they whom Thou hast Chosen

Communion Hymn for Saturdays

Plagal First Mode
adapted from Anthony "Nomophylax" the Priest (15th century)

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Duration: 9:00
(or 6:15 if abbreviated)

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Communion Hymn  -  Saturday  -  Blessed are They

and______ hast______

en______

Thy______

self,______ O______ Lord,______

and______

their______ re______

me(m)______

their re-______ mem-

brance their re-mem-

brance______ is______

from______ gen-

er______ a______ tion______
An illustration from a 14th-century manuscript depicting John Glykes teaching cheironomy to St. John Koukouzelis and Xenos Koronis
Blessed are they whom Thou hast Chosen

Communion Hymn for Saturdays

Briefer Melodies
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Plagal First Mode

Duration: 2:00

\( \chi 76 \)

\( \pi q \)

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\( \upsilon \chi \sigma \lambda \tilde{q} \Pi \alpha \)

\( \chi \)
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

Duration: 1:30

Blessed are They

Thou hast chosen and hast taken to Thyself, O Lord, and their remembrance is from generation to generation.

Al-le-lu-ia.
Alleluia

Slow Melody*

First Mode
by Peter Bereketis "the Sweet" (d. 1715)
taken from his magnum opus "O Theotokos and Virgin"
as interpreted by Photios Ketsetzis the Protopsaltis of America
Lyrical Adaptation by Lycourgos Petridis

Duration: 2:30

* The slow melodies of "Alleluia" on the following pages are useful for biding time at the end of the communion hymn (or even at the end of the Cherubic Hymn) in the event that the priest is not ready to continue.
Alleluia - First Mode (Slow Melody)
Alleluia

Slow Melody
by Peter Bereketis "the Sweet" (d. 1715)
from his magnum opus "O Theotokos and Virgin"
Lyrical adaptation by Lycourgos Petridis

Fourth Mode

Duration: 1:15
Alleluia

Slow Melody
by St. Mark of Ephesus (d. 1443)
taken from his slow cherubic hymn

Plagal Fourth Mode

Duration: 3:00

\[ \text{\( \chi \) 76} \]
Slow Alleluia - Plagal Fourth Mode

St. Mark of Ephesus
The Champion of Orthodoxy