One is Holy

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

One is holy, one is Lord, Jesus Christ, to the
glory of God the Father. Amen.
Second Mode (Deuteroprotos)
adapted from Spyridon Maidanoglou (1929-1975)
the Protopsaltis of Serres

\(\text{One is Holy}\)

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

Plagal First Mode
adapted from Hieromonk Hierotheos
One is Holy

Plagal Second Mode
adapted from Spyridon Maidanoglou
the Protopsaltis of Serres

'Ἡχός Παπα το Πατήρ. Amen.

Grave Mode
adapted from Spyridon Maidanoglou
the Protopsaltis of Serres

'Ἡχός Παπα το Πατήρ. Amen.
One is Holy

Plagal Fourth Mode
adapted from Spyridon Maidanoglou
the Protopsaltis of Serres

Ο Ἑλστος Λόρ, Ἰησοῦς Χριστός, τῷ τῆς θεοῦ γούς ζευτῆρ.

A - - men.

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____________________________________________________________Ì

____________________________________________________________Ì           the___________Ì ƒƒLord_____________________________________Ì

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

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

\[ \text{duration: } \frac{7}{68} \]

\[ \begin{align*}
\text{raise} & \quad \text{the Lord} \\
\end{align*} \]
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

raise __________________________________________________________________________
______________________________________________________________________________
__________________________________________          the    ________________________________________________________________________
______________________________________________________________________________

"Hχος ʎ Nη

χ 68

raise_________________________________________________________________________
______________________________________________________________________________
______________________________________________________________ÌÌ   ƒƒpraise________
______________________________________________________________________________

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

Duration: 3:00

First Mode

Duration: 3:00

\( \text{raise } \text{the } \text{Lord } \)

Duration: 3:00

\( \text{raise } \text{the } \text{Lord } \)

Duration: 3:00

\( \text{praise the Lord } \)

Duration: 3:00

\( \text{from the heavens. } \)

Duration: 3:00

\( \text{Al-leluia. } \)
Second Mode

\[H\chi\rho\varsigma \Delta\]

Praise_________________________________________________________Praise________________________

Heavens_____________________________________________________

Al...-...i...

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

Νο η Κ τον Κα

raise___________________        ƒƒthe___________________________________ÌÌ  Lord_

from    the    heav -     -     -     -     -     -     -     -     -     -

Al - le - lu - - - i - - - - a._

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
Praise the Lord

from the heavens

Alleluia.
Plagal Second Mode

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
Grave Mode (Diatonic)

\[ \text{Hyps bypos} \quad Z \]

raise ______________________ praise ______________________ the Lord____

from the hea - - - - - - - - - 

ens, from ________________ the hea - - - - - - -

ens. Al - le - lu - - - - - 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 Makes 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 makes______________________________Ì
His an - - - - - - gels___________________
His angels______________________________

spirits________________________________

and_______ His ministers__________________________

His ministers______________________________

a______ flame_

__________________________________________ a______ flame of____ fire,__________________________

re.________________________________________
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 Makes 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

He Who Makes 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
Communion Hymn - Monday - He Who Makes His Angels

Alternate Melody

First Mode

Duration: 1:30

Alternate Melody

First Mode

Duration: 1:30

Alternate Melody

First Mode

Duration: 1:30

Alternate Melody

First Mode
Another Melody

Fourth Mode

Hχος Λ Πα

He Who makes His angels spirits

and His ministers a flame of fire.

Alleluia.
In Everlasting Remembrance

Communion Hymn for Tuesdays and Feast Days of Saints

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

'Hyez baBw  Zw

(Duration: 9:00 (or 5:30 if abbreviated) 60)
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
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)

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

\[ \text{Duration: 1:00} \]

\[ \chi 76 \]

\[ \sum \]

\[ \text{will take the cup of } \]

\[ \text{sal - va - tion, and I will call upon } \]

\[ \text{the name of the Lord.} \]

\[ \text{Al - le - lu - ia.} \]
Communion Hymn - Wednesday - I Will Take the Cup

Third Mode

Third Mode

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

- - - - - - - - a.
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 Has 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

\( \chi \) 60
Communion Hymn - Thursday - Their Sound Has Gone Forth

words ____________________________________________ unto the ends__

________ un- to the ends__________________________ 6 of

____ the world__________________________________
of the world_______

______________________________________________ of___ the

world.___________________________________________ Alleluia-

- - - a._________________________________________
Their Sound Has 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 has gone forth into all

the earth, and their words unto the ends of the

world.

Alleluya.
"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
You Have Worked Salvation

Communion Hymn for Fridays

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

Duration: 8:30 (or 5:00 if abbreviated)
Communion Hymn - Friday - You Have Worked Salvation

You Have Worked Salvation

In the midst of the earth, O Christ Our God.
You Have Worked 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 You have Chosen

Communion Hymn for Saturdays

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

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

 מכלל קריסת הזירה

null

null

null
Communion Hymn - Saturday - Blessed are They

4

and have taken to their remembrance from generation...

Yourself, O Lord, and their remembrance is...

me(m)
Commemoration Hymn - Saturday - Blessed are They

An illustration from a 14th-century manuscript depicting John Glykes teaching cheironomy to St. John Koukouzelis and Xenos Koronis.
Blessed are they whom You have Chosen

Communion Hymn for Saturdays

Briefer Melodies
adapted from Hieromonk Gregory of Simonos Petras Monastery

Plagal First Mode

Duration: 2:00

Blessed are they whom You have chosen

Communion Hymn for Saturdays

Briefer Melodies
adapted from Hieromonk Gregory of Simonos Petras Monastery

Plagal First Mode

Duration: 2:00
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

Blessed are They

Plagal First Mode

 assh - ed are they_________________________________

whom You have cho - sen

and have tak - en to Your - self, O Lord, and their re - mem - brance is from gen - er - a - tion
to gen -  er - a - tion.

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

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

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Alleluia

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

Plagal Fourth Mode

Duration: 3:00
Slow Alleluia - Plagal Fourth Mode

St. Mark of Ephesus

The Champion of Orthodoxy