The Light of Your Countenance

Communion Hymn for September 14th
The Exaltation of the Precious Cross

Third Mode
by Hieromonk Ephraim

Duration: 1:00

Ἦχος Γά

heiro light________________________________             Χ of Your_________________________

countenance, O Lord, has been signed__________

up-on us.__________________________ Αl-le-lu-
THE EXALTATION OF THE CROSS
He Has Sent Redemption

Communion Hymn for December 25th
The Nativity of Christ

First Mode
adapted from Hieromomk Gregory of Simonos Petras Monastery

Duration: 1:00

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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
The Grace of God
That Brings Salvation

Communion Hymn for January 6th
Theophany

Plagal First Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 1:00

he grace of God that brings salvation has appeared.

*Hχς Α Πα

al-le-lu-i-a.
Alternate Melody

Plagal Fourth Mode

Duration: 1:15

he grace of God brings salvation to all men

 has appeared.

Al-le-lu-ia.
The Lord Has Elected Sion

Communion Hymn for March 25th
The Annunciation

Plagal Fourth Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 1:00

'Hχζς Ἄη Νη

he Lord has elected her to be a habitation for Himself.

Al-le-lu-i-a.
Out of the Mouths of Babes

Communion Hymn for Lazarus Saturday

Plagal First Mode
by Hieromonk Ephraim

Duration: :30

It is a great accomplishment to pray without distraction, but it is even greater to chant without distraction.

—Evagrius the Solitary
Blessed is He That Comes

Communion Hymn for Palm Sunday

Plagal First Mode
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 0:45

\[ \text{Plagal First Mode} \]

\[ \text{adapted from Hieromonk Gregory of Simonos Petras Monastery} \]

\[ \text{Duration: 0:45} \]
The Lord Awoke
As One That Sleeps

Communion Hymn for Holy Saturday

First Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 0:45

he Lord awoke as one that sleeps, and is risen, saving us. Alleluia.
Partake of the Body of Christ

Communion Hymn for Pascha

Plagal First Mode
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 1:30
When you stand in church,
be careful not to look here and there
or curiously examine how each one of the
brethren stands or sings. Rather, pay attention
only to yourself and to the chanting and to your sins.

—St. Symeon the New Theologian
Praise the Lord, O Jerusalem

Communion Hymn for Thomas Sunday
Third Mode

Virtually all know the words of this psalm and they continue to sing it at every age, without knowing, however, the sense of what has been said. This is not a small charge, to sing something every day, putting forth words from the mouth, without searching out the meaning of the thoughts residing in the words.

—St. John Chrysostom, On Psalm 140
He That Eats My Flesh

Communion Hymn for the Wednesday of Mid-Pentecost

First Mode
adapted from Hieromonnk Gregory of Simonos Petras Monastery

(Duration: 1:00)

He that eats My flesh

and drinks

My blood

dwells in Me

and I in him, said the Lord. 

Alleluia.
God is Gone Up in Jubilation

Communion Hymn for Ascension

Second Mode
"Deuteroprotos"
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 1:00

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Communion Hymn for Ascension

Second Mode
"Deuteroprotos"
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 1:00

'Hχος □□ □□
Thy Good Spirit
Shall Lead Me

Communion Hymn for Pentecost

First Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 1:00
Alternate Melody

Plagal Second Mode
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 1:00

Y

your good spirit shall lead me in the land of uprightness

A

a.
Take Not Your Holy Spirit From Us

Communion Hymn for Monday of the Holy Spirit

Plagal Second Mode
adapted from Hieromonk Gregory of Simonos Petras Monastery

Duration: 0:45

Now [in 1911] theatrical tunes and melodies have even penetrated into the Church, forcing out ancient chant. Meanwhile, the latter is more highly artistic, but people don't understand this.

—St. Barsanuphius of Optina
Rejoice in the Lord
O Ye Righteous

Communion Hymn for the
Sunday of All Saints

Plagal First Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 0:45

'Ἡχος λ ᾨ Πα

ε- joice in the Lord, O right- eous, praise is fit-
- ting for the up- right.

Ἀ- le- lu- i- a.
In the Light of Your Face

Communion Hymn for August 6th
The Transfiguration

Plagal Fourth Mode
adapted from Hieromonk Gregory
of Simonos Petras Monastery

Duration: 1:00

\( \text{Hv} \, \frac{3}{8} \, \text{N} \eta \)

n the light of Your face, O Lord, shall we walk, and we shall rejoice in Your name for ever.

\( \text{Al - le - lu - i - a} \)