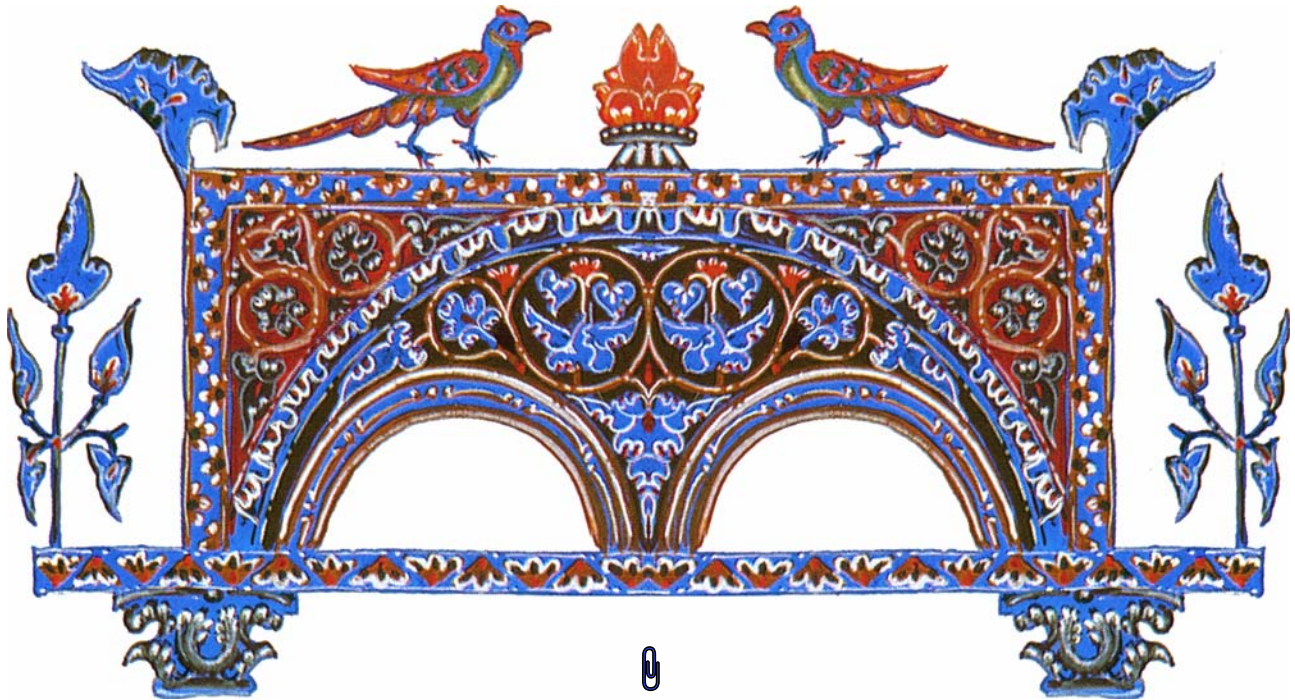




# THE LIGHT OF YOUR COUNTENANCE

Communion Hymn for September 14<sup>th</sup>  
The Exaltation of the Precious Cross

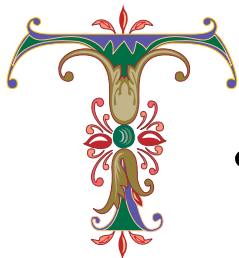
Third Mode  
by Hieromonk Ephraim

Duration: 1:00

Ἦχος Γα

76

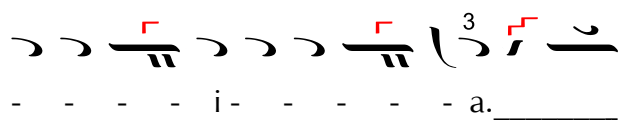
77



(M) 3 he light of Your

4 coun-te - - nance, O Lord, has been signed

(N) up-on us. Al - le - lu -



## THE EXALTATION OF THE CROSS



# He Has SENT REDEMPTION

Communion Hymn for December 25<sup>th</sup>  
The Nativity of Christ

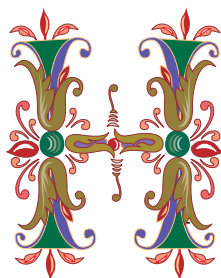
## First Mode

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

χ 76

Ἦχος ♫ Πα



e \_\_\_\_\_ has \_\_\_\_\_ sent \_\_\_\_\_ re - - demp - - - -

- - - - tion \_\_\_\_\_ un - to \_\_\_\_\_ His peo - -

- - - - ple. \_\_\_\_\_ Al - le - lu -

- - - - i - - - - a. \_\_\_\_\_

π q

π q

## Alternate Melody

## Third Mode

Duration: 1:00

Ἦχος Γα<sup>ϕ</sup>

χ 76

ἦ

**H** e \_\_\_\_\_ has \_\_\_\_\_ sent re - -

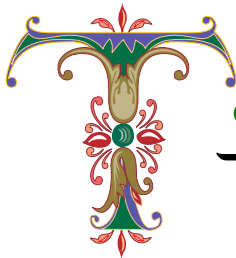
dem - - - re - demp - - - tion un - to His

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





he grace \_\_\_\_\_ of \_\_\_\_\_ God  $\pi q$  that  
brings \_\_\_\_\_ sal - - - va - -  
- - tion \_\_\_\_\_ to all men \_\_\_\_\_ has \_\_\_\_\_  
ap - - - - - - - - - peared. \_\_\_\_\_ Al -  
- - le - lu - - i - - a.

## Alternate Melody

## Plagal Fourth Mode

Duration: 1:15

$$^{\circ}\text{H}\chi\omicron\varsigma \quad \lambda_{\pi} \quad \text{N}\eta$$
 $\bar{\chi}^{76}$ 

ν

 (N) he \_\_\_\_\_ grace \_\_\_\_\_ of \_\_\_\_\_ God \_\_\_\_\_ that \_\_\_\_\_ brings \_\_\_\_\_

\_\_\_\_\_ sal - - va - - - tion \_\_\_\_\_ to \_\_\_\_\_ all \_\_\_\_\_

\_\_\_\_\_ men \_\_\_\_\_

\_\_\_\_\_ has \_\_\_\_\_ ap - -

- peared. \_\_\_\_\_ Al - le -

lu - - - i - - - a.





# THE LORD HAS ELECTED SION

Communion Hymn for March 25<sup>th</sup>  
The Annunciation

**Plagal Fourth Mode**

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

Ἦχος λ π ς Νη

χ 76

ς  
ς



(N) (Δ↓) (N) 4  
he Lord\_\_\_\_\_ has e - - lect - - - - ed\_\_\_\_

(Δ) (Π) 6  
Si - - - - on,\_\_\_\_\_ He has cho-sen\_\_\_\_ her\_\_\_\_ to\_\_\_\_ be\_\_\_\_

(N) 4 (Π) (N)  
\_\_\_\_\_ a hab - i - ta - - tion for\_\_\_\_\_ Him - - -

(Π) (N) 4  
- self.\_\_\_\_\_ Al - le - lu - - - - i - - - a.\_\_\_\_

ς  
ς



# OUT OF THE MOUTHS OF BABES

Communion Hymn for Lazarus Saturday

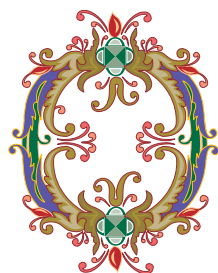
**Plagal First Mode**  
by Hieromonk Ephraim

Duration: :30

Ἦχος λ̣ ᾠ Πα

λ̣ 76

π  
q



(□) 4  
ut of the mouths\_ of babes\_ and suck - - - lings

π  
q

(κ) (Δ) (□)  
have\_ You\_ per - - fect - ed\_ praise.\_ Al - le - lu - - -

π  
q

i - - - a.

IT IS A GREAT ACCOMPLISHMENT TO PRAY WITHOUT DISTRACTION,

BUT IT IS EVEN GREATER TO CHANT WITHOUT DISTRACTION.

-EVAGRIOS 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

Ἦχος λ̣ π̣ ᾠ Πα

χ̣ 76

π̣  
q̣



(Π) (K) (Δ)  
les - - - sed is he that

(M) (Π)  
comes in the name of

(K) (Δ) (Π)  
the Lord. Al - le - lu - - - i - - -

(M)  
- - a.

π̣  
q̣





# 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

Ἦχος α'.

76



he Lord a - - woke as one that sleeps, and  
is ris - - - en, sav - - - ing  
us. Al - - - le - lu - - - i - - - a.





# PARTAKE OF THE BODY OF CHRIST

Communion Hymn for Pascha

Plagal First Mode

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:30

Ἦχος λ̣ π̣ ᾠ Πα

76



(N) (N) (N) (M)  
ar - - - - - take

4 (N) (K)  
of the Bod -

(Δ) (K) 4 (N) (M)  
- - - - y the Bod - - - -

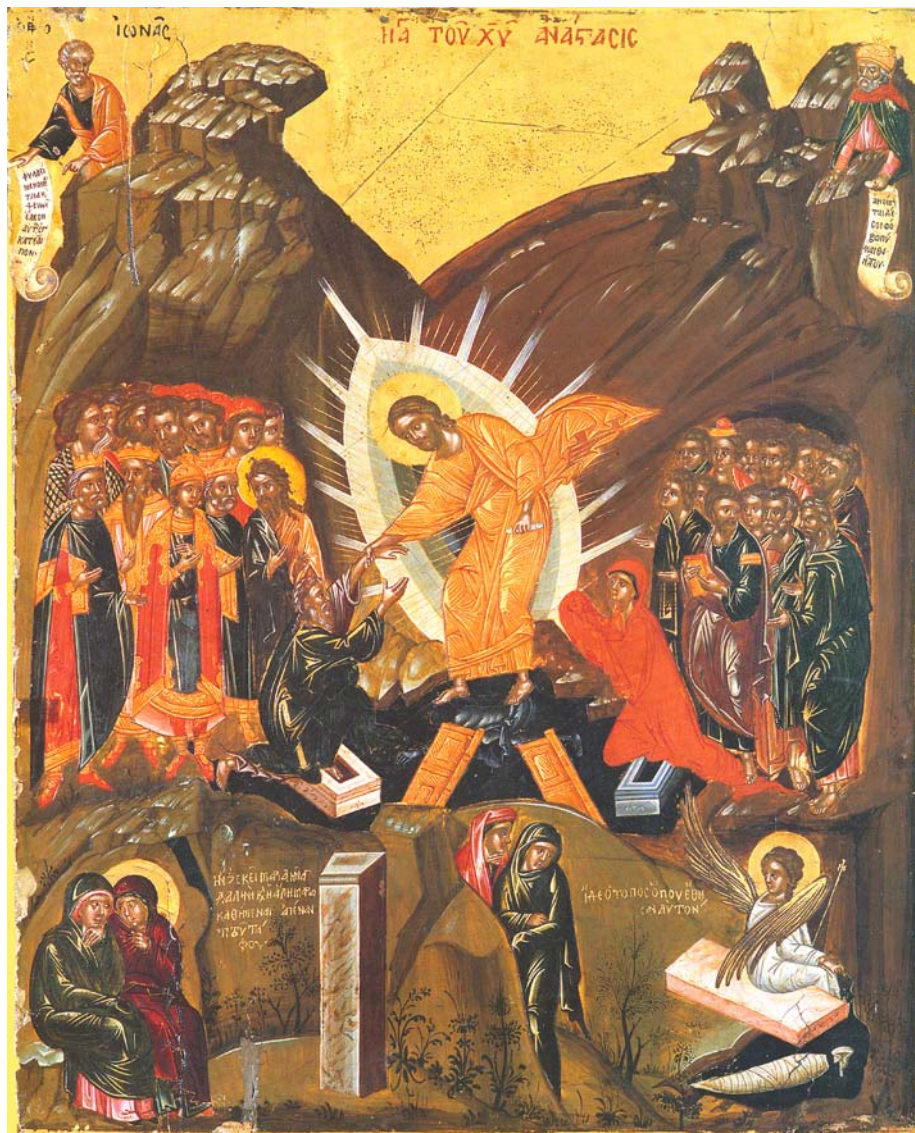
4 (N) (M)  
y the Bod - - - y of Christ, taste

(N) (N) (K)  
the foun - - tain of im - mor - - - tal -

(Δ) (Κ) (Δ) (Κ)  
 - - - i - - - - - ty. \_\_\_\_\_

\_\_\_\_\_

✠  
 9



## Briefer Melody

## Plagal First Mode

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 0:45

Ἦχος λ̣ π̣ ᾠ Πα

76

π  
q

**P** <sup>(Π)</sup> ar - - - - take <sup>(Κ)</sup> of the Bod - - - y

<sup>(Δ)</sup> of Christ, <sup>4</sup> taste the

<sup>(Π)</sup> foun - - tain of <sup>(Ν)</sup> im - mor - - tal - - - i - - - - - ty. <sup>(Μ)</sup>

<sup>π</sup>  
<sup>q</sup>

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

Duration: 0:45

Ἦχος Γα

χ 76

**P**raise the Lord, O Jerusalem; praise  
Your God, O Zion. Alleluia.

*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

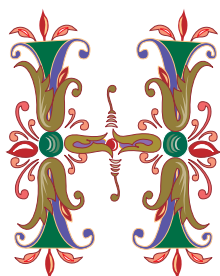
adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

Ἦχος ♫ Πά

χ 76

π  
q



(□) — — — — — (M) — — — — — (□) 4 — — — — — π q — — — — —  
e that eats \_\_\_\_\_ My \_\_\_\_\_ flesh \_\_\_\_\_ and drinks \_\_\_\_\_

— — — — — (N) (M) (□) — — — — — π q — — — — — π q  
\_\_\_\_\_ My \_\_\_\_\_ blood \_\_\_\_\_ dwells \_\_\_\_\_ in \_\_\_\_\_ Me \_\_\_\_\_

— — — — — (N) (□) — — — — — (N) — — — — — π q — — — — —  
and I \_\_\_\_\_ in \_\_\_\_\_ him, \_\_\_\_\_ said \_\_\_\_\_ the \_\_\_\_\_ Lord. Al - le -

(□) — — — — — 4 — — — — — π q  
lu - - - - i - - - - - a. \_\_\_\_\_



# GOD IS GONE UP IN JUBILATION

Communion Hymn for Ascension

Second Mode  
"Deuteroprotos"

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

Ἕχος Δ'

76



(M) (Δ) (Γ) (Δ)  
od \_\_\_\_\_ is gone\_

up\_ in ju - bi - - - la - - - - - tion, \_\_\_\_\_

the \_\_\_\_\_ Lord \_\_\_\_\_ with the voice \_\_\_\_\_

of the \_\_\_\_\_ trump - - - - - et. \_\_\_\_\_ Al - le - lu - - - -

i - - a.





# THY GOOD SPIRIT SHALL LEAD ME

Communion Hymn for Pentecost

First Mode

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

Ἦχος ᾠὴ Πά

χ 76

π  
q



(Π) (M) (Π) (N)  
our good Spir - - - - - it shall

(Π) (N) (M) (Π)  
lead me in

the land of up - - - right - - - - - ness.

(N) (Π)  
Al - le - lu -

4  
- - - - i - - - - a. -

π  
q

## Alternate Melody

## Plagal Second Mode

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 1:00

Ἦχος λ π Πά

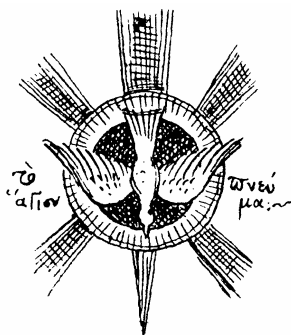
76

π

our good Spir - - - it shall  
lead me in the  
land of up - right - - -  
ness. Al - le - lu - - - i -

a.

Δ





# TAKE NOT YOUR HOLY SPIRIT FROM US

Communion Hymn for  
Monday of the Holy Spirit

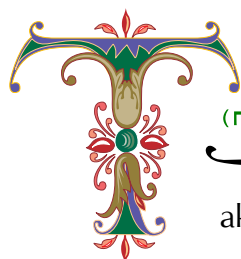
**Plagal Second Mode**

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

Duration: 0:45

Ἦχος λ π Πά

76



(□)

ake\_\_ not\_\_ Your\_\_ Ho -

(Δ)

ly\_\_ Spir - - - it\_\_ from\_\_ us.

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



*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

Ἦχος λ̣ ᾠ Πα

76

π  
q



(K)

e - joyce\_\_ in the Lord, O\_\_ right - - eous, praise is fit -

- - ting for\_\_ the\_\_ up - - - - - right.\_\_\_\_\_

Al - - - le - - - lu - - - i - - -

- a.

π  
q





**Communion Hymn for August 6<sup>th</sup>**  
**The Transfiguration**

adapted from Hieromonk Gregory  
of Simonos Petras Monastery

$${}^{\epsilon}\mathrm{H}\chi_{\mathrm{OS}}\frac{\lambda}{\pi}\ddot{\phi}\mathrm{N}\eta$$
 $\bar{\chi}$  76

π  
ο




 (N) \_\_\_\_\_  
 n the light \_\_\_\_\_ of Your \_\_\_\_\_ face, \_\_\_\_\_ O \_\_\_\_\_  
 (K) \_\_\_\_\_ (Δ) \_\_\_\_\_  
 \_\_\_\_\_ Lord, \_\_\_\_\_ shall \_\_\_\_\_ we \_\_\_\_\_ walk, \_\_\_\_\_ and \_\_\_\_\_ we \_\_\_\_\_  
 (N) \_\_\_\_\_  
 shall \_\_\_\_\_ re - - - - - joyce \_\_\_\_\_ in Your name \_\_\_\_\_ for - - -  
 - - - ev - - - - - er. \_\_\_\_\_ Al - le - lu -  
 \_\_\_\_\_  
 - - - - - i - - - - - a.

۷۳