



(N) (Π) (K) (Δ)  
 but they \_\_\_\_\_ that \_\_\_\_\_ seek \_\_\_\_\_ the \_\_\_\_\_ Lord  
 shall \_\_\_\_\_ not \_\_\_\_\_ be \_\_\_\_\_ de - - - prived \_\_\_\_\_ of an - - -  
 y \_\_\_\_\_ good \_\_\_\_\_ thing. \_\_\_\_\_



Plagal First Mode

60

adapted from Hieromonk Daniel Danielidou  
of Katounakia on the Holy Mountain

Duration: 1:15

Ἦχος λ̣ π̣ ᾠ Πα

Intonation: #14



(K) ich \_\_\_\_\_ men \_\_\_\_\_ have turned \_\_\_\_\_

(Δ) poor \_\_\_\_\_ and \_\_\_\_\_ gone \_\_\_\_\_ hun - - - - - gry;

π q but they \_\_\_\_\_ that \_\_\_\_\_ seek \_\_\_\_\_ the \_\_\_\_\_ Lord \_\_\_\_\_

shall \_\_\_\_\_ not \_\_\_\_\_ be \_\_\_\_\_ de - - - - - prived \_\_\_\_\_ of \_\_\_\_\_

(N) (N) (N) (N) an - - - - - y \_\_\_\_\_ good \_\_\_\_\_ thing. \_\_\_\_\_

\_\_\_\_\_ π q

Psalmody is the weapon of a monk, by which he chases away grief.

—St. John of the Ladder

Plagal First Mode

Ⲭ 60

adapted from Hieromonk Hierotheos of Philothou Monastery  
(inspired by Michael Hatzathanasiou)

Duration: 1:15

ⲛⲏⲕⲟⲥ ⲗ ⲓ ⲛⲁ

Intonation: #14



(K) ich \_\_\_\_\_ men \_\_\_\_\_ have turned \_\_\_\_\_ poor \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_ gone \_\_\_\_\_ hun - - - - - gry; \_\_\_\_\_ but they \_\_\_\_\_ that \_\_\_\_\_  
 seek \_\_\_\_\_ the \_\_\_\_\_ Lord \_\_\_\_\_ shall \_\_\_\_\_ not \_\_\_\_\_ be \_\_\_\_\_ de - -  
 - - prived \_\_\_\_\_ of an - - - - - y \_\_\_\_\_ good \_\_\_\_\_  
 thing. \_\_\_\_\_



## Enharmonic Grave Mode

adapted from Ancient Melody

♩ 60

Duration: 1:15

Ἰχθὺς βαρὺς Ζω

Intonation: #23



ich \_\_\_\_\_ men \_\_\_\_\_ have turned \_\_\_\_\_ poor \_\_\_\_\_

and \_\_\_\_\_ gone \_\_\_\_\_ hun - - - gry; but they \_\_\_\_\_ that \_\_\_\_\_ seek \_\_\_\_\_

\_\_\_\_\_ the \_\_\_\_\_ Lord \_\_\_\_\_ shall \_\_\_\_\_ not \_\_\_\_\_ be de - prived \_\_\_\_\_

of an - - - y \_\_\_\_\_ good \_\_\_\_\_ thing. \_\_\_\_\_

Just as the angels stand with great fear  
and chant their hymns to the Creator,  
likewise should we stand in psalmody.

—St. Ephraim the Syrian

Diatonic Grave Mode

60

adapted from Ancient Melody

Duration: 1:15

Ἰχθὺς βαρεὺς Ζω

Intonation: #22



ich men have turned poor

and gone hun - - - gry; but they

that seek the Lord shall not be

de - - prived of an - - - - - y good thing.

