



NOW THE HOSTS OF THE HEAVENS

First Mode Abbreviated Version

adapted from Theodore "Phokaeus"
first part abbreviated by Hieromonk Gregory
of Simonos Petras Monastery

Duration: 2:15 + 2:15

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Now the Hosts - First Mode - Abbreviated

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- - - - - ing let _____ us

Now the Hosts - First Mode - Abbreviated

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The Apostle admonishes women to be silent in church, yet they do well to join in a psalm; this is gratifying for all ages and fitting for both sexes. Old men ignore the stiffness of age to sing a psalm, and melancholy veterans echo it in the joy of their hearts; young men sing one without the bane of lust, as do adolescents without threat from their insecure age or the temptation of sensual pleasure; even young women sing psalms with no loss of wifely decency, and girls sing a hymn to God with sweet and supple voice while maintaining decorum and suffering no lapse of modesty.

Youth is eager to understand a psalm, and the child who refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more learning than that which is dispensed with stern discipline.

—St. Ambrose of Milan