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

\( \text{[now the hosts of the heavens now visibly]} \)
Now the Hosts - First Mode - Abbreviated

After the Great Entrance:

B

e - hold the accomplished mystical

sacrifice is being esteemed

corticed. With faith and long -

ing let us
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