

Now the Hosts of the Heavens

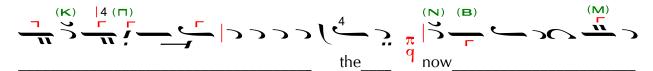
First Mode Abbreviated Version

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

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Duration: 2:15 + 2:15

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the hosts of the

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After the Great Entrance:

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