



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

Ἦχος ♩ Πά

76

9

Now _____

the _____ now _____

the hosts _____ of _____ the

Heav - - - ens _____ in - - - - vi - - - in -

vis - - i - - - bly _____ wor -

- - - - - ship with ^(N) us; ^(M) ^(Π) for ^{π q} be -

 - hold ^(K) the ^{⊗ q} King ^(Δ) ^(K)

^(Π) of glo - - - - - ry ⁴ ^{⊗ q} en - ^(K)

^(Δ) ^(Π) ters. ^{⊗ q}

After the Great Entrance:

^{⊗ q}

B ^(Π) e - hold ^(K↓) the ac-com - - plished mys - - - - - al ⁴ ^q ^x

^(Π) sac - ri - fice is ⁴ be - ^(N) - - - - - ing ^(M) ⁴ ^{π q} es - ^(K)

³ cort - ³ - - - - - ed. ^(Δ) ^(M) ⁴ ^{⊗ q} With ^(Δ) ^(Π) faith and long - -

 - - - - - ing ^(Δ) let ^o us

let us draw nigh
 that we may be - - come par -
 tak - - ers of e - - - ter - - nal life.
 Al - le - lu - - i - a.

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