

PRAISE THE LORD

Communion Hymn for Sunday Brief Versions in all Eight Modes

Duration: 1:00

Intonation: #1

Adagio $\text{♩} = 76$

First Mode

by Hieromonk Gregory
of Simonos Petras Monastery

First Mode

A D D C D > C

X X Praise the Lord
At - vει - - - - - te
Eh - nee - - - - - teh

Un. D A > Un.

praise the Lord
τον Kee

G > D >

from the heav ens.
εκ των ου ραν
ek ton oo rah non

Al - le - lu - - - - - i - a.
Αλ - λη - λου - - - - - ει - α.
Ah - lee - loo - - - - - ee - ah

*To recite the psalms with melody is not done from a desire for pleasing sound,
but it is a manifestation of harmony among the thoughts of the soul.*

*And melodious reading is a sign of the well-ordered
and tranquil condition of the mind.*

-St. Athanasius the Great

Communion Hymn - Sunday - Praise the Lord

Duration: 1:15

Intonation: #4 or #7

Second Mode

by Hieromonk Gregory
of Simonos Petras Monastery

B

X Praise _____
At - vει - - - - - (vει) - - - - -
Eh - nee - - - - - (nee) - - - - -

X the _____ Lord _____
- τε _____ τον Kee - - - - - ree - - - - -
- teh _____ ton Kee - - - - - on - - - - -

- - - - - (vε) - - - - - τον Kee - - - - - ov - - - - -
- - - - - (ne) - - - - - ton Kee - - - - - on - - - - -

from the_ heav - - - - - ens.
εκ των_ ου - - ρα - - νων.
ek ton_ oo - - rah - - non.

Al - le - lu - - i - - a.
Αλ - λη - λου - - ι - - α.
Ah - lee - loo - - ee - - ah.

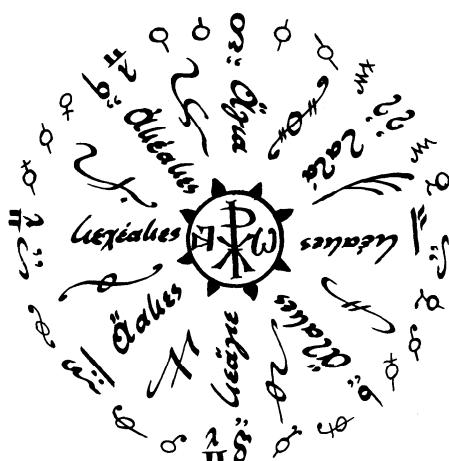
Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #8

Third Mode

by Hieromonk Gregory
of Simonos Petras Monastery



Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #12

Fourth Mode
"Agia"

by Hieromonk Gregory
of Simonos Petras Monastery

Staff 1:

X Praise.
At - vει - - - - - - - - - - - - - - - - - -
Eh - nee - - - - - - - - - - - - - - - - - -

Staff 2:

the Lord
- - - τε τον Ku - ρι - ov
- - - teh ton Kee - ree - on

Staff 3:

from the heav - - - - - - - - - - - - - - - - - - ens.
εκ των ου - ρα - νων
ek ton oo - rah - non

Staff 4:

Al - le - lu i - - - - - a.
Αλ - λη - λου ι - - - - - α.
Ah - lee - loo ee - - - - - ah

Ὅποιος οὗτος μὲν ἄλλους δὲν ὠφελεῖται τόσο ἀπὸ τὴν ψαλμωδία,
ὅσο ἀπὸ τὴν ἐσωτερικὴν προσευχὴν. Διότι οἱ φωνὲς τῶν ψαλτῶν
δημιουργοῦν σύγχυσι καὶ ἐμποδίζουν τὴν κατανόησι τῶν ὑμνων.

-Αγίου Ιωάννου τῆς Κλίμακος (Δ' πς)

The who is not alone, but is with others, cannot derive so much benefit from psalmody as from internal prayer; for the confusion of voices renders the psalms indistinct.

-St. John of the Ladder (4:91)

Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #14 or #15

Plagal First Mode

by Hieromonk Gregory
of Simonos Petras Monastery



Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #20

Plagal Second Mode

by Hieromonk Gregory
of Simonos Petras Monastery

F D > C D G

Praise the Lord
At - vει - - - - - τε -
Eh - nee - - - - - teh -
the Lord
- - - - - τον -
- - - - - τον -

D > C D

the Lord
- - - - - τον -
- - - - - τον -

A >

from the heav - - - - - ens.
εκ των ου - - - - - εκ των
ek ton oo - - - - - ek ton

heav - - - - - ens.
ου - - - - - ρα - - - νων.
oo - - - - - rah - - - non.

D > C D

Al - le - lu - i - a.
Αλ - λη - λου - ι - α.
Ah - lee - loo - ee - ah.

"Ἄσω τῷ Κυρίῳ ἐν τῇ ζωῇ μογ,
ψαλῶ τῷ Θεῷ μογ ἔως γέναρχω.

I WILL SING UNTO THE LORD
THROUGHOUT MY LIFE, I WILL
CHANT TO MY GOD FOR AS
LONG AS I HAVE MY BEING.

Communion Hymn - Sunday - Praise the Lord

Duration: 1:00

Intonation: #22

Grave Mode
(Diatonic)

by Hieromonk Gregory
of Simonos Petras Monastery

G B D C B

Praise vεi - nee - the tov ton

Lord ρι - ov - eκ των oo - pα - rah

ens. vων non

Al - le - lu i a.
Ah - λη - λου t a.
Ah - lee - loo ee ah



Communion Hymn - Sunday - Praise the Lord

Duration: 1:15

Intonation: #26

Plagal Fourth Mode

by Hieromonk Gregory
of Simonos Petras Monastery

H C G D
Praise At - vei - - - - te the Lord tov Ku - - - - pi - - - ov
Eh - nee - - - - teh ton Kee - - - - ree from the heav - - - - ens.
from the heav εκ των ου - - - - ρα - - νων
ek ton oo - - - - rah - - non

C Un. C
Al - le - lu - - - - i - - - - a.
Aλ - λη - λου - - - - ι - - - - (vu) - - - - α.
Ah - lee - loo - - - - ee - - - - (nee) - - - - ah

Ἡ δὲ τῶν Ψαλμῶν βίβλος ἐξαιρεῖ τὰ πάθη
μετά τυνος ψυχαγωγίας ἐμμελοῦς καὶ ἡδονῆς
σώφρονα λογισμὸν ἐμπιούσης.

-Μεγάλου Βασιλείου

*The book of psalms uproots the passions
with a certain melodic enjoyment and a
delight that instills pure thoughts.*

-St. Basil the Great