

COMMUNION HYMN TABLE OF CONTENTS

*All Communion Hymns, except for No. 12, are basically the same melody.
For each Hymn, the Refrain is sung first and repeated after the chanting of each verse.
The Alleluia is sung after the final singing of the Refrain. No Alleluia is sung after No. 12.*

<u>DAY OR FEAST</u>	<u>FIRST LINE</u>
<i>Sung after the last verse & Refrain of each Hymn (except No. 12 for Holy Thursday)</i>	Alleluia
1. Holy Saturday	And the Lord was awakened
2. Beginning of the Ecclesiastical Year	Bless the crown
3. Palm Sunday	Blessed is He who cometh
4. Saturdays for the Departed; Second Saturday before Great Lent, before Last Judgment Sunday; Second Saturday of Great Lent-for the departed; Third Saturday of Great Lent-for the departed; Fourth Saturday of Great Lent-for the departed; Saturday before Pentecost-Saturday of All Souls	Blessed is he whom Thou hast chosen
5. Ascension	God is gone up in jubilation
6. Fridays	God is our King before the ages
7. Mondays; Nov. 8-Feast of the Archangels	He maketh His angels spirits
8. Wednesdays Sept. 8-Nativity of the Theotokos; Nov. 21-Entrance of the Theotokos; Feb. 2-Meeting of the Lord; Fifth Saturday of Great Lent; Aug. 15-Dormition of the Theotokos	I will take the cup of salvation
9. Aug. 6-Feast of the Transfiguration	O Lord, in the light of Thy face
10. Consecration of a new church	O Lord, I have loved the beauty of Thy house
11. Liturgy of the Presanctified Gifts Holy Monday-Liturgy of the Presanctified Gifts; Holy Tuesday-Liturgy of the Presanctified Gifts; Holy Wednesday- Liturgy of the Presanctified Gifts	O taste and see that the Lord is good
12. Holy Thursday	Receive me today, O Son of God
13. Saturday before Palm Sunday (Lazarus Saturday)	Out of the mouths of infants and sucklings
14. Ordinary Sundays Circumcision of Our Lord; Cheesefare Sunday (Sunday of Forgiveness); First Sunday of Great Lent; Second Sunday of Great Lent; Fourth Sunday of Great Lent; Fifth Sunday of Great Lent; Saturday of Thomas Week; Sunday after Ascension (Sunday of the Holy Fathers of the First Ecumenical Council)	Praise the Lord from the heavens
15. First Sunday after Pascha (St. Thomas Sunday)	Praise the Lord, O Jerusalem
16. Pascha Second Sunday after Pascha (Myrrhbearing Women); Third Saturday after Pascha (Myrrhbearing Women); Third Sunday after Pascha (Paralytic); Fourth Sunday after Pascha (Samaritan Woman); Fifth Sunday after Pascha (Blind Man)	Receive ye the body of Christ

COMMUNION HYMN TABLE OF CONTENTS

(continued)

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|---|--|
| 17. Saturday-Weekday
Second Sunday before the Nativity of our Lord
(Holy Forefathers);
Sunday before the Nativity of our Lord
(Holy Fathers/Genealogy);
<i>(NOTE: In some traditions, the Communion Hymn
"Praise the Lord" (#14) is prescribed on the Second
Sunday before the Nativity, and the Sunday before
the Nativity.)</i>
First Sunday of Great Lent (for the Ecumenical Council);
Second Saturday of Great Lent;
Third Saturday of Great Lent;
All Saints Sunday;
Martyrs;
Holy Unmercenarys | Rejoice in the Lord, O ye righteous |
| 18. Tuesday-Weekday
Oct. 11-17 (Holy Fathers of the 7 th Ecumenical Council);
Jan. 7-Synaxis of St. John the Baptist;
Aug. 29-Beheading of St. John the Baptist;
First Saturday of Great Lent;
Second Sunday of Great Lent (St. Gregory Palamas);
Fourth Sunday of Great Lent (St. John of the Ladder);
Fifth Sunday of Great Lent (St. Mary of Egypt);
Sunday after the Ascension
(Holy Fathers of the 1 st Ecumenical Council);
A Saint;
A Prophet;
A Hierarchy;
Fools for Christ;
A Martyr;
A Priest-Martyr | The just shall be in everlasting remembrance |
| 19. Sept. 14-Elevation of the Cross
Aug. 1-Procession of the Cross;
Third Sunday of Great Lent (Sunday of the Cross);
Commemoration of a Great Tragedy | The light of Thy countenance, O Lord |
| 20. Mar. 25-Annunciation | For the Lord hath elected Sion |
| 21. Dec. 25-Nativity of Our Lord
Dec. 26-Synaxis of the Theotokos;
Sunday after the Nativity of our Lord;
Leave-taking of the Nativity of our Lord | The Lord hath sent redemption |
| 22. Wednesday of Mid-Pentecost | The Lord saith: He that eateth my flesh |
| 23. Jan. 6-Theophany
Leave-taking of Theophany;
Sunday after Theophany | The grace of God that bringeth salvation |
| 24. Thursday-Weekday
Holy Apostle(s) | Their sound hath gone forth into all the earth |
| 25. Pentecost | Thy good Spirit shall lead me |

Alleluia A

Soprano
Al - le - lu - ia! Al - le - lu - ia!

Alto
Al - le - lu - ia! Al - le -

Tenor
Al - le - lu - ia! Al - le - lu - ia!

Bass
Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia!

lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia!

Alleluia B

Al - le - lu - ia! Al - le - lu - ia!

COMMUNION HYMN No. 1

*Psalm 77:70 and the
Greek Menaion*

And The Lord Was Awakened

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

And the Lord was a - wak - ened as one that sleep -
eth, and has a - ris - en, sav - ing us.

The musical score is written for voice and piano. It consists of two systems. The first system is the refrain, starting with the lyrics 'And the Lord was a - wak - ened as one that sleep -'. The second system continues with 'eth, and has a - ris - en, sav - ing us.' The music is in a key with one flat (B-flat) and a 4/4 time signature. The piano accompaniment features a steady bass line and chords that support the vocal melody.

Verses:

- (1) He smote His enemies upon their backs,
reproach everlasting He gave to them. (*Psalm 77:71*)
- (2) He rejected the dwelling of Joseph,
and He chose not the tribe of Ephraim. (*Psalm 77:72*)
- (3) He chose the tribe of Judah,
Mount Sion which He loved. (*Psalm 77:73*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Holy Saturday

COMMUNION HYMN No. 2

Psalm 64:12

Bless the Crown of the Year

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

Bless the crown, bless the crown of the year

The musical notation for the refrain is written on two staves, Treble and Bass clef, in a key signature of one flat (B-flat). The melody is primarily composed of quarter and eighth notes, with some rests. The lyrics are placed below the notes.

with Thy good - ness, O Lord, with Thy good - ness, O Lord.

The musical notation continues on two staves, Treble and Bass clef. It features a more rhythmic melody with eighth and sixteenth notes. The lyrics are placed below the notes.

Verses:

- (1) Enriched shall be the mountains of the wilderness,
and the hills shall be girded with rejoicing. (*Psalm 64:13*)
- (2) The rams of the flock have clothed themselves with fleece,
and the valleys shall abound with wheat. (*Psalm 64:14*)
- (3) They shall cry aloud,
yea, they shall chant hymns unto Thee. (*Psalm 64:14*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Sept 1 – Beginning of the Ecclesiastical Year

COMMUNION HYMN No. 3

Psalm 117:25

Blessed Is He Who Cometh

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

Bless - ed is He, bless - ed is He,
who com - eth in the Name, in the Name of the Lord.

Verses:

- (1) We have blessed you out of the house of the Lord.
God is the Lord and hath appeared unto us. (*Psalm 117:26*)
- (2) Ordain a feast with thick boughs, even unto the horns of the altar.
(*Psalm 117:27*)
- (3) Thou art my God and I will confess Thee; Thou art my God and I will exalt Thee.
(*Psalm 117:28*)
- (4) I will give thanks unto Thee, for Thou hast heard me, and Thou art become my salvation.
(*Psalm 117:29*)
- (5) O give thanks unto the Lord, for He is good, for His mercy endureth forever.
(*Psalm 117:30*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Palm Sunday

Psalm 64:4
Psalm 101:12

COMMUNION HYMN No. 4

Blessed Is He Whom Thou Hast Chosen

Byzantine Tone 8

Arranged by Michael G. Farrow

Refrain:

The musical score is written for voice and piano. It consists of four systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The key signature has one flat (B-flat). The tempo and style are indicated by the 'Byzantine Tone 8' and 'Arranged by Michael G. Farrow' text. The lyrics are: 'Bless - ed is he, bless - ed is he whom Thou hast cho - sen and hast tak - en to Thy - self. Thy re - mem - brance, Thy re - mem - brance is un - to gen - er - a - tion and gen - er - a - tion.'

Verses:

- (1) He shall dwell in Thy courts. (*Psalm 64:4*)
- (2) We shall be filled with the good things of Thy house;
holy is Thy temple, wonderful in righteousness. (*Psalm 64:5*)
- (3) Hearken unto us, O God our Saviour, Thou hope of all the ends of the earth
and of them that be far off at sea. (*Psalm 64:6*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Saturdays for the Departed; Second Saturday before Great Lent, before Last Judgment Sunday; Second Saturday of Great Lent—for the Departed; Third Saturday of Great Lent—for the Departed; Fourth Saturday of Great Lent—for the Departed; Saturday before Pentecost—Saturday of All Souls

COMMUNION HYMN No. 5

God Is Gone Up In Jubilation

Psalm 46:5

Byzantine Tone 8
Arranged by Michael G. Farrow

God _____ is gone up in _____ ju - bi - la - tion,
the Lord with the voice of the trum - pet.

The musical score is written for voice and piano. It consists of two systems. The first system covers the lyrics 'God _____ is gone up in _____ ju - bi - la - tion,'. The second system covers 'the Lord with the voice of the trum - pet.' The piano accompaniment features a steady bass line and chords that support the vocal melody. The key signature has one flat (B-flat), and the time signature is 4/4.

Verses:

- (1) O chant unto our God, chant ye; chant unto our King, chant ye. (*Psalm 46:6*)
- (2) For God is king of all the earth, O chant ye with understanding. (*Psalm 46:7*)
- (3) God is king over the nations, God sitteth upon His holy throne. (*Psalm 46:8*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Ascension

COMMUNION HYMN No. 7

Psalm 103:5

He Maketh His Angels Spirits

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

He mak - - - eth His an - gels spir - its,

and His min - is - ters a flame of fire.

Verses:

- (1) Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever. (*Psalm 103:6*)
- (2) The abyss like a garment is His mantle; upon the mountains shall the waters stand. (*Psalm 103:7*)
- (3) At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. (*Psalm 103:8*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Mondays, Nov. 8—Feast of the Archangels

COMMUNION HYMN No. 8

I Will Take The Cup of Salvation

Psalm 115:4

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

I will take the cup of sal - va - - - tion,

and I will call up - on the name of the Lord.

Verses:

- (1) My vows unto the Lord will I pay in the presence of all His people. (*Psalm 115:5*)
- (2) Precious in the sight of the Lord is the death of His saints. (*Psalm 115:6*)
- (3) O Lord, I am Thy servant; I am Thy servant and the son of Thy handmaid.
Thou hast broken my bonds asunder. (*Psalm 115:7*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Wednesdays; Sept. 8-Nativity of the Theotokos; Nov. 21-Entrance of the Theotokos;
Feb. 2-Meeting of the Lord; Fifth Saturday of Great Lent; Aug. 15-Dormition of the Theotokos

COMMUNION HYMN No. 9

O Lord, In The Light of Thy Face

Psalm 88:15

Byzantine Tone 8
Arranged by Michael G. Farrow

O Lord, in the light of Thy face shall they walk,
and in Thy Name shall they re-joice all the day long.

The musical score is written for voice and piano. It consists of two systems. The first system has a vocal line and a piano accompaniment. The vocal line is in a single melodic line with lyrics underneath. The piano accompaniment has a treble and bass clef. The second system also has a vocal line and a piano accompaniment. The vocal line continues the melody with lyrics. The piano accompaniment continues with chords and single notes.

Verses:

- (1) In Thy righteousness shall they be exalted. (*Psalm 88:15*)
- (2) For the boast of their strength art Thou, and in Thy good pleasure shall our horn be lifted high. (*Psalm 88:16*)
- (3) For from the Lord is our defense, yea, from the Holy One of Israel, our King. (*Psalm 88:17*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Aug. 6-Feast of the Transfiguration

COMMUNION HYMN No. 10

Psalm 25:7

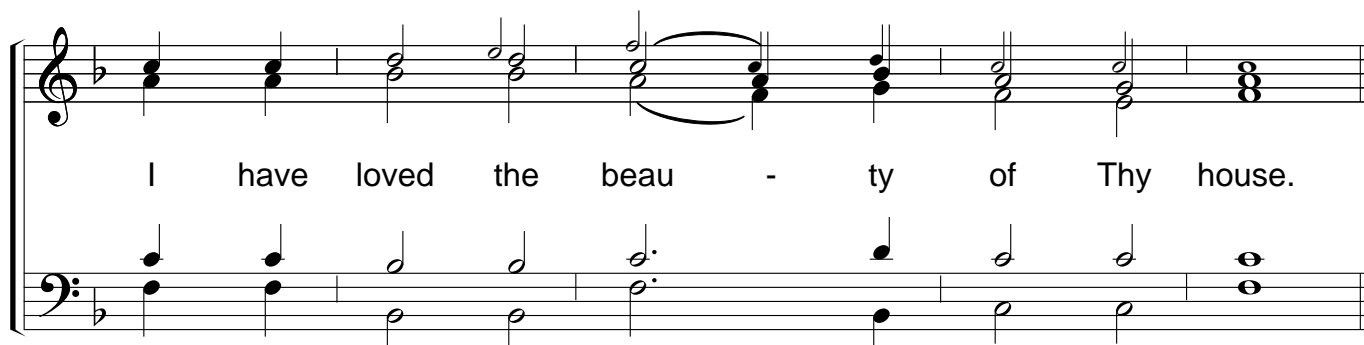
O Lord, I Have Loved The Beauty of Thy House

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:



O Lord, I have loved the beauty of Thy house,



I have loved the beauty of Thy house.

Verses:

- (1) [I have loved] the place where Thy glory dwelleth. (*Psalm 25:7b*)
- (2) I will wash my hands in innocence and I will compass Thine altar. (*Psalm 25:6*)
- (3) O Lord, that I may hear the voice of Thy praise. (*Psalm 25:6*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Consecration of a new church

COMMUNION HYMN No. 11

Psalm 33:8

O Taste And See

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

O taste and see that the Lord is good.

The musical notation for the refrain consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The key signature has one flat (B-flat). The melody is written in a style characteristic of Byzantine Tone 8, featuring a mix of eighth and quarter notes with some longer note values. The lyrics are placed below the notes, with lines indicating where the voice should breathe.

O taste and see that the Lord is good.

This section of the hymn continues the melody from the refrain. It also consists of two staves (treble and bass clef) in the same key signature. The lyrics are placed below the notes, with lines indicating where the voice should breathe.

Verses:

- (1) Blessed is the man that hopeth in Him. (*Psalm 33:8*)
- (2) O fear the Lord, all ye His saints,
for there is no want to them that fear Him. (*Psalm 33:9*)
- (3) Rich men have turned poor and gone hungry;
but they that seek the Lord shall not be deprived of any good thing. (*Psalm 33:10*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Liturgy of the Presanctified Gifts; Holy Monday, Holy Tuesday, & Holy Wednesday-Liturgy of the Presanctified Gifts

COMMUNION HYMN No. 12

Receive Me Today

Byzantine Tone 8

Frederick T. Karam
(1926 - 1978)

p Re - ceive__ me to - day, O Son of__

God, as par - tak - er of thy mys - ti - cal

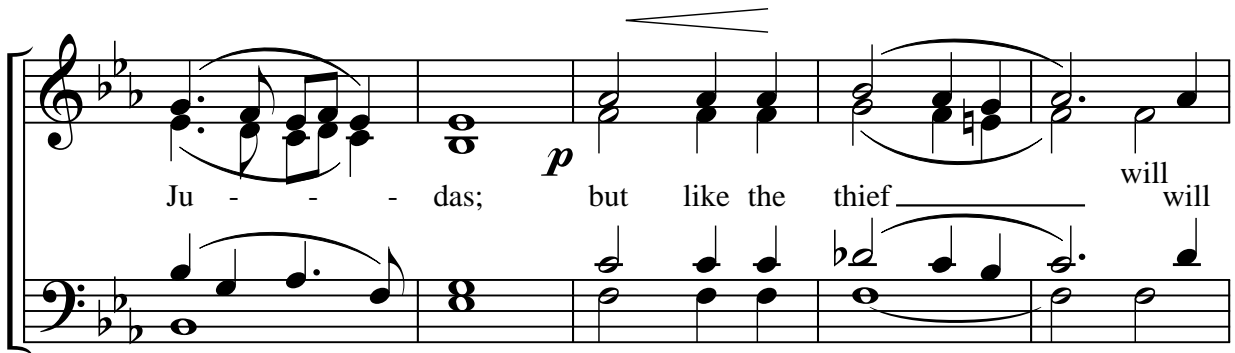
sup - per; for__ I will not speak, __

p for I will not speak of thy mys - ter - y to thine

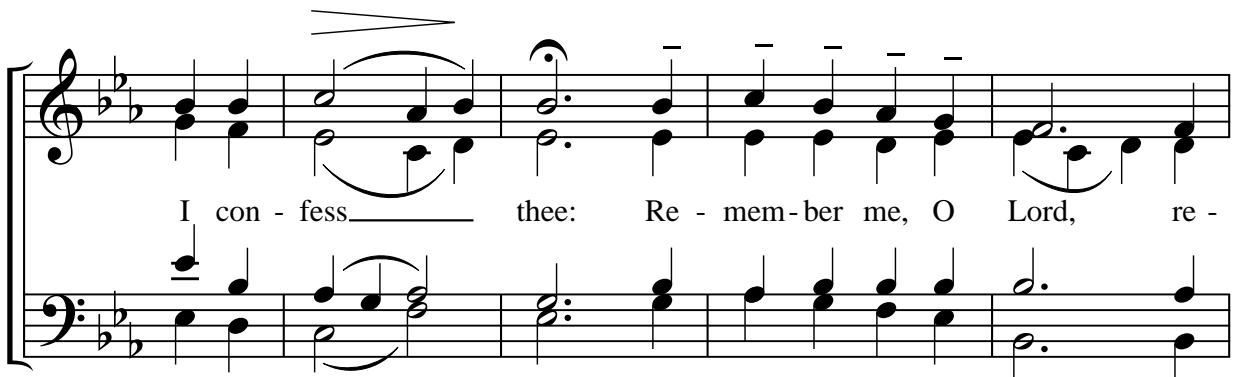
The musical score is written in 4/4 time with a key signature of two flats (B-flat and E-flat). It consists of a vocal line and a piano accompaniment. The piano part features a steady bass line and chords that support the vocal melody. The lyrics are: "Re - ceive__ me to - day, O Son of__ God, as par - tak - er of thy mys - ti - cal sup - per; for__ I will not speak, __ for I will not speak of thy mys - ter - y to thine". The score includes dynamic markings such as *p* (piano) and phrasing slurs.



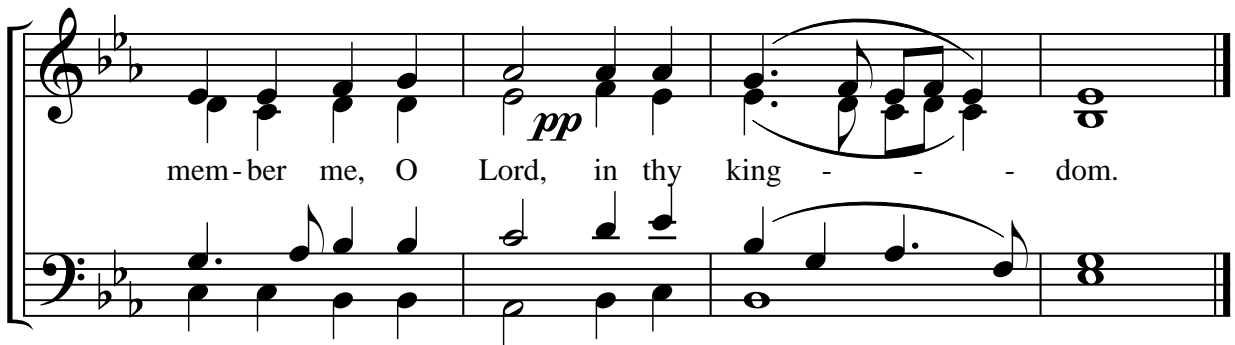
en - e - mies, nei-ther will I give thee a kiss as did
will I



Ju - - das; *p* but like the thief will will



I con - fess thee: Re - mem-ber me, O Lord, re -



mem-ber me, O Lord, *pp* in thy king - - - dom.

USAGE: Holy Thursday

COMMUNION HYMN No. 13

Out Of The Mouths Of Infants & Sucklings

Psalm 8:2

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

Out of the mouths of in - fants, in - fants and suck - lings,

Thou hast per - fect - ed praise, Thou hast per - fect - ed praise.

Verses:

- (1) For I will behold the heavens, the works of Thy fingers, the moon and the stars, which Thou hast founded. (*Psalm 8:3*)
- (2) What is man, that Thou art mindful of him? Or the son of man, that Thou visitest him? (*Psalm 8:4*)
- (3) Thou hast made him a little lower than the angels; with glory and honor hast Thou crowned him, and Thou hast set him over the works of Thy hands. (*Psalm 8:5*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Saturday before Palm Sunday (Lazarus Saturday)

COMMUNION HYMN No. 14

Psalm 148:1

Praise the Lord from the Heavens

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The musical score is written for voice and piano. It consists of two systems of music. The first system is the 'Refrain' and the second system is the continuation of the text. The music is in a key with one flat (B-flat) and a 4/4 time signature. The melody is simple and hymn-like, with a mix of quarter and eighth notes. The piano accompaniment consists of chords and simple rhythmic patterns. The lyrics are: 'Praise the Lord from the heavens, praise Him in the highest.'

Verses:

- (1) Praise Him, all ye His angels; praise Him, all ye His hosts. (*Psalm 148:2*)
- (2) Praise Him, O sun and moon; praise Him, all ye stars and light. (*Psalm 148:3*)
- (3) Praise Him, ye heavens of heavens, and thou water that art above the heavens. (*Psalm 148:4*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Ordinary Sundays; Circumcision of our Lord; Cheesefare Sunday (Sunday of Forgiveness); First Sunday of Great Lent; Second Sunday of Great Lent; Fourth Sunday of Great Lent; Fifth Sunday of Great Lent; Saturday of Thomas Week; Sunday after Ascension (Sunday of the Holy Fathers of the First Ecumenical Council)

COMMUNION HYMN No. 15

Praise the Lord, O Jerusalem

Psalm 147:1

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The musical score is written for a piano accompaniment in two staves, treble and bass clef. The key signature has one flat (B-flat). The melody is primarily in the treble clef, with some chords in the bass clef. The lyrics are: "Praise the Lord, O Jerusalem; Praise thy God, O Zion." The first system covers the first line of the refrain, and the second system covers the second line. The music features a mix of eighth and sixteenth notes, with some longer note values and rests.

Verses:

- (1) For he hath strengthened the bars of thy gates,
He hath blessed thy sons within thee. (*Psalm 147:2*)
- (2) He bringeth peace upon thy borders,
and with the fatness of the wheat He filleth thee. (*Psalm 147:3*)
- (3) He sendeth His saying unto the earth. (*Psalm 147:4*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: First Sunday after Pascha (St. Thomas Sunday)

COMMUNION HYMN No. 16

Receive Ye The Body of Christ

Based on John 4:14
and John 7:37-38

Byzantine Tone 8
Arranged by Michael G. Farrow

Re - ceive _____ ye the Bod - y of Christ!

Taste ye of the Foun - tain Im - mor - tal!

Verses:

- (1) Great is the mystery of Thy Resurrection, O Christ!
(from the Pentecostarion)
- (2) From the supper the Immortal One willingly comes to the passion.
(Sticheron Idiomelon for Holy Monday)
- (3) Then was Hades, who accounted and demanded of souls, embittered at the encounter.
(Catechetical Sermon on the Resurrection of St. John Chrysostom)
- (4) Then was Mary, who annointed and worshipped God before the tomb, made glad.
(Based on John 14-18, 20)
- (5) Tell Peter and the other apostles that the Immortal One hath risen from the dead.
(Based on Mark 16:7)

USAGE: Pascha; Second Sunday after Pascha (Myrrhbearing Women); Third Saturday after Pascha (Myrrhbearing Women); Third Sunday after Pascha (Paralytic); Fourth Sunday after Pascha (Samaritan Woman); Fifth Sunday after Pascha (Blind Man)

COMMUNION HYMN No. 17

Rejoice In The Lord, O Ye Righteous

Psalms 32:1

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

Re - joice in the Lord, O ye right - eous;
praise is meet for th up - right.

The musical score is written for voice and piano. It features a treble and bass clef with a key signature of one flat (B-flat). The melody is primarily composed of eighth and quarter notes, with some rests. The piano accompaniment consists of chords and single notes, providing harmonic support for the vocal line. The lyrics are placed below the vocal staff, with hyphens indicating syllables that span across multiple notes.

Verses:

(1) Give praise to the Lord with the harp, chant unto him with the ten-stringed psaltery. (Psalm 32:2)

(2) Sing unto Him a new song, chant well unto Him with jubilation. (Psalm 32:3)

(3) For the word of the Lord is true, and all His works are in faithfulness. (Psalm 32:4)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Saturdays; All Saints Sunday; Prophets.

COMMUNION HYMN No. 18

The Just Shall Be

Psalm 111:6

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

1. The just shall be in ev-er-last - ing re-mem - brance;
2. *In ev - er - last - ing re-mem-brance shall the right-eous be;

he shall not be a - fraid of e - vil tid - ings.

Verses:

(1) His heart is ready to hope in the Lord; his heart is established, he shall not be afraid, until he look down upon his enemies. (*Psalm 111:7*)

(2) He hath dispersed, he hath given to the poor, his righteousness abideth unto ages of ages; his horn shall be exalted with glory. (*Psalm 111:8*)

(3) The sinner shall see and be angered, he shall gnash with his teeth and melt away; the desire of the sinner shall perish. (*Psalm 111:9*)

(* This translation is taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Tuesdays; Martyrs; Hierarchs; Fools for Christ; St. John the Baptist (Conception, September 23; Synaxis, January 7; First and Second Findings, February 24; Third Finding, May 25; Nativity, June 24; Beheading, August 29); First Saturday of Great Lent

COMMUNION HYMN No. 19
The Light Of Thy Countenance

Psalms 115:4

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The light of Thy countenance, O Lord,

The musical notation for the refrain consists of two staves, treble and bass clef, in a key signature of one flat. The melody is written in a style characteristic of Byzantine Tone 8. The lyrics are: "The light of Thy countenance, O Lord," with a long horizontal line under "light" and "countenance" indicating a sustained note.

hath been signed upon us.

The musical notation continues on two staves, treble and bass clef. The lyrics are: "hath been signed upon us." with a long horizontal line under "signed upon" and "us" indicating a sustained note.

Verses:

- (1) Thou hast given gladness to my heart. (*Psalms 4:7*)
- (2) From the fruit of their wheat, wine and oil are they multiplied. (*Psalms 4:8*)
- (3) In peace in the same place I shall lay me down and sleep. (*Psalms 4:9*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Sept. 14-Elevation of the Cross; Aug. 1-Procession of the Cross; Third Sunday of Great Lent (Sunday of the Cross); Commemoration of a Great Tragedy

COMMUNION HYMN No. 20

For The Lord Hath Elected Sion

Psalm 131:14

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

For the Lord hath e - lect - ed Si - on;

The musical notation for the refrain consists of two staves, treble and bass clef, in a key signature of one flat. The melody is written in a style characteristic of Byzantine Tone 8, featuring a mix of eighth and quarter notes with some ties. The lyrics are placed below the notes.

He hath cho - sen her to be a hab - i - ta - tion for Him - self.

The musical notation for the main body of the hymn consists of two staves, treble and bass clef, in a key signature of one flat. The melody is written in a style characteristic of Byzantine Tone 8, featuring a mix of eighth and quarter notes with some ties. The lyrics are placed below the notes.

Verses:

(1) This is my rest for ever and ever; here will I dwell, for I have chosen her.
(*Psalm 131:15*)

(2) Blessing, I will bless her pursuit; her beggars will I satisfy with bread.
(*Psalm 131:16*)

(3) Her priests will I clothe with salvation, and her saints with rejoicing shall rejoice.
(*Psalm 131:17*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: March 25-Annunciation

COMMUNION HYMN No. 21
The Lord Hath Sent Redemption

Psalms 110:8

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The Lord hath sent, the Lord hath sent

re - demp - tion to His Peo - ple.

Verses:

(1) He hath enjoined His covenant for ever; holy and terrible is His name.
(*Psalms 110:8*)

(2) The fear of the Lord is the beginning of wisdom; all they that foster this
have a good understanding. (*Psalms 110:9*)

(3) His praise abideth unto ages of ages. (*Psalms 110:10*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Dec. 25th-Nativity of our Lord; Dec. 26-Synaxis of the Theotokos; Sunday after the Nativity of our Lord; Leave-taking of the Nativity of our Lord

COMMUNION HYMN No. 22
He That Eateth My Flesh

John 6:56-57

Byzantine Tone 8
Arranged by Michael G. Farrow

He that eat - eth My Flesh and drink - eth My
Blood a - bid - eth in Me and I in him, saith the Lord.

The musical score is written for two staves, Treble and Bass clef, in a key signature of one flat (B-flat). The melody is simple and homophonic, with lyrics placed below the notes. The first system covers the first line of the hymn, and the second system covers the second line. The music is arranged in a style suitable for liturgical use, with clear phrasing and a steady rhythm.

Verses:

- (1) As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. (*John 6:57*)
- (2) This is the bread which came down from heaven. (*John 6:58*)
- (3) He who eats this bread will live forever. (*John 6:59*)

USAGE: Wednesday of Mid-Pentecost

COMMUNION HYMN No. 23

The Grace of God

Titus 2:11

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The__ grace_____ of God that bring - eth sal - va - tion

The musical notation for the refrain consists of two staves, treble and bass clef, in a key signature of one flat (B-flat). The melody is written in a Byzantine style with a mix of quarter, eighth, and sixteenth notes, often beamed together. The lyrics are placed below the notes, with some words split across lines.

hath_____ ap - peared to_____ all_____ men.

The musical notation continues on two staves, treble and bass clef. The melody continues with similar rhythmic patterns. The lyrics are placed below the notes.

Verses:

- (1) Looking for that blessed hope, and the glorious appearing of our great God and Saviour, Jesus Christ. (*Titus 2:13*)
- (2) He who gave Himself for us to redeem us from all iniquity. (*Titus 2:14*)
- (3) To purify for Himself a people of His own, who are zealous for good deeds. (*Titus 2:14*)

(Translation taken from "The January Menaion," Holy Transfiguration Monastery, Boston, MA, 2005)

USAGE: Jan. 6-Theophany; The Leave-taking of Theophany; Sunday after Theophany

COMMUNION HYMN No. 24

Psalm 18:4

Their Sound Hath Gone Forth

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

The musical score is written for voice and piano. It consists of two systems of music. The first system is the refrain, starting with the lyrics "Their sound hath gone forth in - to all the earth,". The second system continues with the lyrics "and their words un - to the ends of the world." The music is in a key with one flat (B-flat major or D minor) and is in a 4/4 time signature. The piano accompaniment features a steady bass line and chords that support the vocal melody. The lyrics are placed below the vocal line, with hyphens indicating syllables that span across two notes.

Verses:

- (1) In the sun hath He set His tabernacle. (*Psalm 18:5*)
- (2) He, like a bridegroom coming forth from his chamber, will rejoice like a giant to run his course. (*Psalm 18:5*)
- (3) From the outermost border of heaven is His going forth. (*Psalm 18:6*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Thursday-Weekday; Holy Apostle(s)

COMMUNION HYMN No. 25

Thy Good Spirit

Psalm 142:12

Byzantine Tone 8
Arranged by Michael G. Farrow

Refrain:

Thy good Spir - it shall lead me
in the land of up - right - ness.

The musical score is written for voice and piano. It consists of two systems. The first system is the refrain, with lyrics: "Thy good Spir - it shall lead me". The second system continues the melody with lyrics: "in the land of up - right - ness." The music is in a single system with a treble and bass clef. The key signature has one flat (B-flat). The time signature is not explicitly shown but appears to be 4/4. The melody is simple and homophonic, with the piano accompaniment providing harmonic support through chords and single notes.

Verses:

- (1) For Thy name's sake, O Lord, shalt Thou quicken me. (*Psalm 142:12*)
- (2) In Thy righteousness shalt Thou bring my soul out of affliction. (*Psalm 142:13*)
- (3) In Thy mercy shall Thou utterly destroy mine enemies. (*Psalm 142:13*)

(Translation taken from "The Psalter According to the Seventy," Holy Transfiguration Monastery, Boston, MA, 1987)

USAGE: Pentecost