**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.

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**Alleluia**
17. Saturday-Weekday  
Second Sunday before the Nativity of our Lord  
(Holy Forefathers);  
Sunday before the Nativity of our Lord  
(Holy Fathers/Genealogy);  
(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.)  
First Sunday of Great Lent (for the Ecumenical Council);  
Second Saturday of Great Lent;  
Third Saturday of Great Lent;  
All Saints Sunday;  
Martyrs;  
Holy Unmercenaries

18. Tuesday-Weekday  
Oct. 11-17 (Holy Fathers of the 7th 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 1st Ecumenical Council);  
A Saint;  
A Prophet;  
A Hierarch;  
Fools for Christ;  
A Martyr;  
A Priest-Martyr

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

20. Mar. 25-Annunciation  
For the Lord hath elected Sion

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

22. Wednesday of Mid-Pentecost  
The Lord saith: He that eateth my flesh

23. Jan. 6-Theophany  
Leave-taking of Theophany;  
Sunday after Theophany

24. Thursday-Weekday  
Holy Apostle(s)  
Their sound hath gone forth into all the earth

25. Pentecost  
Thy good Spirit shall lead me
And The Lord Was Awakened

Psalm 77:70 and the Greek Menaion

Refrain:

And the Lord was awakened as one that sleepeth, and hath arisen, saving us.

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

Refrain:

Bless the crown, bless the crown of the year

with Thy goodness, O Lord, with Thy goodness, O Lord.

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

Refrain:
Blessed is He, blessed is He,
who cometh 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

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Blessed Is He Whom Thou Hast Chosen

Refrain:
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

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Rev. 1, 6/1/09
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 jubilation,

the Lord with the voice of the trumpet.

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. 6

God Is Our King Before The Ages

Psalm 73:13

Refrain:

God is our King before the ages;

He hath wrought salvation in the midst of the earth.

Verses:

(1) Thou didst establish the sea by Thy might.  *(Psalm 73:14)*

(2) Thou didst break the heads of the dragons in the water.  *(Psalm 73:14)*

(3) Thou didst crush the head of the dragon. Thou gavest him as food to the Ethiopian people.  *(Psalm 73:15)*

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

**USAGE:** Fridays
COMMUNION HYMN No. 7

He Maketh His Angels Spirits

Byzantine Tone 8
Arranged by Michael G. Farrow

Psalm 103:5

Refrain:
He maketh His angels spirits, and His ministers 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

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Rev. 0, 12/8/08
Refrain:

I will take the cup of salvation,

and I will call upon 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)
O Lord, in the light of Thy face shall they walk, and in Thy Name shall they rejoice all the day long.

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
Refrain:

O Lord, 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

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Refrain:

O taste and see that the Lord is good.

Verses:

(1) Blessed is the man that hopeth in Him.  
(Psalms 33:8)

(2) O fear the Lord, all ye His saints, 
for there is no want to them that fear Him.  
(Psalms 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.  
(Psalms 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
Receive Me Today

Frederick T. Karam
(1926 - 1978)

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

Ju - - das; but like the thief will

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

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

USAGE: Holy Thursday
OUT OF THE MOUTHS OF INFANTS & SUCKLINGS

REFRAIN:

Thou hast perfected praise, Thou hast perfected 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)
Praise the Lord from the Heavens

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

Refrain:

Praise the Lord, O Jerusalem;

Praise thy God, O Si - on.

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

Byzantine Tone 8
Arranged by Michael G. Farrow

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)
Rejoice in the Lord, O ye Righteous

Psalm 32:1

Refrain:

Rejoice in the Lord, O ye righteous;
praise is meet for the upright.

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

Refrain:

1. The just shall be in ever-lasting remembrance;
2. *In ever-lasting remembrance shall the righteous be;

(she shall not be afraid of evil tidings.

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)
COMMUNION HYMN No. 19

The Light Of Thy Countenance

Psalm 115:4

Refrain:

The light of Thy countenance, O Lord,

hath been signed upon us.

Byzantine Tone 8
Arranged by Michael G. Farrow

Verses:

(1) Thou hast given gladness to my heart. (Psalm 4:7)

(2) From the fruit of their wheat, wine and oil are they multiplied. (Psalm 4:8)

(3) In peace in the same place I shall lay me down and sleep. (Psalm 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

Refrain:
For the Lord hath elected Sion;
He hath chosen her to be a habitation for Himself.

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
The Lord Hath Sent Redemption

Verses:

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

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

(3) His praise abideth unto ages of ages. (Psalm 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
He That Eateth My Flesh

John 6:56-57

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

Refrain:

The grace of God that bringeth salvation

hath appeared to all men.

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

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Their Sound Hath Gone Forth

Psalm 18:4

Refrain:

Their sound hath gone forth into all the earth,

and their words unto the ends of the world.

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

Refrain:
Thy good Spirit shall lead me
in the land of uprightness.

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