

COMMUNION HYMN OF THE HOLY CROSS
ΕΣΗΜΕΙΩΘΗ ΕΦ ΗΜΑΣ – LORD LIFT UP THE LIGHT

September 14 and 21

Ἦχος πλ. δ' – Plagal Fourth Tone

Psalm 4:6, LXX, Melody from Sakellarides

Lento

E-ση-μει - ώ - θη εφ η - μάς το φως του προ - σώ-που Σου, Κύ - ρι-
 E-si-mi - o - thi ef i - mas to fos tou pro - so - pou Sou, Ky - ri-

- ε. Lord, lift up the light of your coun-te-nance up - on us.
 - e.

Αλ-λι - λού-ι - α, Αλ-λι - λού-ι - α, Αλ-λι - λού - ι - α.
 Al - li - lou - i - a, Al - li - lou - i - a, Al - li - lou - i - a.

Antiphonal Verses from Psalm 4

Greek

1. Ἐν τῷ ἐπικαλεῖσθαί με εἰσήκουσάς μου, ὁ Θεὸς τῆς δικαιοσύνης μου.
2. Ἐν θλίψει ἐπλάτυνας με. οἰκτείρησόν με καὶ εἰσάκουσον τῆς προσευχῆς μου.
3. Υἱοὶ ἀνθρώπων, ἕως πότε βαρυκάρδιοι.
4. Ἰνατί ἀγαπᾶτε ματαιότητα καὶ ζητεῖτε ψεῦδος.
5. Καὶ γινῶτε ὅτι ἐθαυμάστωσε Κύριος τὸν ὄσιον αὐτοῦ.

English

1. Hear me when I call, O God of my righteousness!
2. You have relieved me in my distress; have mercy on me, and hear my prayer.
3. How long, O you sons of men, Will you turn my glory to shame?
4. How long will you love worthlessness and seek falsehood?
5. But know that the Lord has set apart for Himself him who is godly.

Repeat hymn after each intoned verse.