

**COMMUNION HYMN FOR THOMAS SUNDAY**  
**ΕΠΑΙΝΕΙ ΙΕΡΟΥΣΑΛΗΜ – PRAISE THE LORD, O JERUSALEM**

Psalm 147:12 LXX

Ἦχος πλ. δ' — Plagal Fourth Tone

Melody from Sakellarides

**Lento**

Ἐ - παί - νει Ἰ - ε - ρου - σα - λήμ τὸν Κύ - ρι - ον, αἶ - νει τὸν Θε -  
 E - pe - ni I - e - ru - sa - lim ton Ky - ri - on, e - ni ton The -  
 - ὄν σου Σι - ὄν. Praise the Lord, O Jer -  
 - on sou, Si - on.  
 - u - sa - lem. Praise your God, O Zi - on.  
 Ἄλ - λη - λού - ἰ - α. Ἄλ - λη - λού - ἰ - α. Ἄλ - λη - λού - ἰ - α.  
 Al - li - lou - i - a. Al - li - lou - i - a. Al - li - lou - i - a.  
 Al - le - lu - i - a. Al - le - lu - i - a. Al - le - lu - i - a.

Antiphon Verses from Psalm 147

1. Ὅτι ἐνίσχυσε τοὺς μοχλοὺς τῶν πυλῶν σου,
2. Εὐλόγησε τοὺς υἱοὺς σου ἐν σοί·
3. Ὁ τιθεὶς τὰ ὄρια σου εἰρήνην καὶ στέαρ πυροῦ ἐμπιπλῶν σε·
4. Ὁ ἀποστέλλων τὸ λόγιον αὐτοῦ τῇ γῆ, ἕως τάχους δραμεῖται ὁ λόγος αὐτοῦ·
5. Ὁ ἀπαγγέλλων τὸν λόγον αὐτοῦ τῷ Ἰακώβ, δικαιοῦματα καὶ κρίματα αὐτοῦ τῷ Ἰσραήλ.

1. For He has strengthened the bars of your gates.
2. He has blessed your children within you.
3. He makes peace in your borders, and fills you with the finest wheat.
4. He sends out His command to the earth; His word runs very swiftly.
5. He declares His word to Jacob, His statutes and His judgments to Israel.

*Repeat hymn after each intoned verse.*