

**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**

Ἐ - ση - μαι - ώ - θη ἔφ' ἡ - μάς τὸ φῶς τοῦ προ-  
 E - si - mi - o - thi ef i - mas to fos tou pro-

- σῶ - που σου Κύ - ρι - ε. Lord, lift up the  
 - so - rou Sou, Ky - ri - e.

light of your coun - te - nance up - on us.

Ἄλ-λη-λού-ι - α. Ἄλ-λη-λού-ι - α. Ἄλ-λη - λού - ι - 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.

Antiphonal Verses from Psalm 4

- |   |   |
|---|---|
| 1. Ἐν τῷ ἐπικαλεῖσθαί με εἰσήκουσάς μου, ὁ Θεὸς τῆς δικαιοσύνης μου.        | 1. Hear me when I call, O God of my righteousness!                            |
| 2. Ἐν θλίψει ἐπλάτυνάς με. οἰκτείρησόν με καὶ εἰσάκουσον τῆς προσευχῆς μου. | 2. You have relieved me in my distress; have mercy on me, and hear my prayer. |
| 3. Υἱοὶ ἀνθρώπων, ἕως πότε βαρυκάρδιοι.                                     | 3. How long, O you sons of men, Will you turn my glory to shame?              |
| 4. Ἰνατὶ ἀγαπᾶτε ματαιότητα καὶ ζητεῖτε ψεῦδος.                             | 4. How long will you love worthlessness and seek falsehood?                   |
| 5. Καὶ γνῶτε ὅτι ἐθαυμάστωσε Κύριος τὸν ὄσιον αὐτοῦ.                        | 5. But know that the Lord has set apart for Himself him who is godly.         |

*Repeat hymn after each intoned verse.*