

FROM MY YOUTH

Matins Antiphon 4

Valaam Chant

Male Voices

The musical score consists of six systems, each with two staves. The top staff is for Tenors 1 and 2 (T1, T2) and the bottom staff is for Basses 1 and 2 (B1, B2). The music is in 3/4 time with a key signature of one sharp (F#). The lyrics are as follows:

From my youth, ma-ny passions have fought a-gainst me, but do Thou help me
and save me, O my Sa - viour. You who hate Zi-on, shall be put to shame by the
Lord. You shall be wi - ther'd up like grass by the fi - re. Glo-ry to the Fa-
ther and to the Son and to the Ho-ly Spi-rit: now and ev-er, and unto ages of
a - ges, A - men. Every soul is en - li - ven'd by the Ho-ly Spi-rit and
is ex-alt-ed in pu-ri-ty il-lu - min'd by the Holy Trinity in a sacred mystery