

# From My Youth

*Gradual Antiphon*

Abbr. Russian "Greek" Chant  
arr. for 3-part chorus, SAB

Tone 4

Soprano  
Alto

Bass

From my youth man-y pas - sions have fought a-against me,

but do Thou help— me and save me, O my Sav - ior.

You who hate Zi - on shall be put to shame by the Lord;

you shall be with - ered up like grass by the fire.

Glo-ry to the Fa - ther, and to the Son, and to the Ho-ly Spir - it,

now and ev - er and unto ag - es of ag - es. A - men.

Eve - ry soul is en - liv - ened by the Ho - ly Spir - it

and is ex - alt - ed in pu - ri - ty, il - lu - mined

by the Ho - ly Trin - i - ty  
(Tri-une U - ni - ty)\* in a sa - cred mys - ter - y.

\*While "Holy Trinity" is a commonly used translation, a more accurate and poetic translation of the original Greek and Slavonic is "Triune Unity."