This is an example of what I do up for my choir every week. We use the same Anglican chant for a whole season, so it’s thoroughly memorized, and to give the season a particular sound (I usually write them; this one is for the season of Easter). We first practice by chanting the notes on this text:

Reciting tone; strong weak strong; *
reciting tone; strong weak strong weak strong.

You can find the words in many places online, so you only have to format the text (I change “LORD” to “Lord” because otherwise the choir tends to accent it with a new chord). And you won’t even need a music notation program if the choir just memorizes their 10 notes.

Psalm 97

The Lord is King; let the earth re-joice; *
let the multitude of the isles be glad.
Clouds and darkness are round a-bout him, *
righteousness and justice are the foun-da-tions of his throne.
A fire goes be-fore him *
and burns up his enemies on e-very side.
His lightnings light up the world; *
the earth sees it and is a-fraid.
The mountains melt like wax at the presence of the Lord, *
at the presence of the Lord of the who-ole earth.
The heavens de-clare his righteousness, *
and all the peo-ples see his glory.
Confounded be all who worship carved images and de-light in false gods! *
Bow down be-fore him, all you gods.
Zion hears and is glad, and the cities of Judah re-joice, *
be-cause of your judgments, O Lord.
For you are the Lord, most high over all the earth; *
you are exalted far a-bove all gods.
The Lord loves those who hate evil; *
he preserves the lives of his saints and delivers them from the ha-and of the wicked.
Light has sprung up for the righteous, *
and joyful gladness for those who are true-hearted.
Rejoice in the Lord, you righteous, *
and give thanks to his ho-ly Name.
Glory be to the Father, and to the Son,
and to the Ho-ly Spirit:
as it was in the beginning, is now, and e-ver shall be,
world without e-end. A-a-men.