

THE TYPICA

First Stasis* Psalm 102

Duration: 4:15

Presto ♩=200

Plagal Fourth Mode

Athonite Melody
English Adaptation by
Hieromonk Ephraim

1 Un. G↓ C

Bless the Lord, O my soul; bless - ed art Thou, O Lord.

G↓ A↓ G↓

Bless the Lord, O my soul, and all that is with - in me

C

bless His ho - ly name.

2 C G↓ C

Bless the Lord, O my soul, and for - get not all that He hath

done for thee,

3 C F C

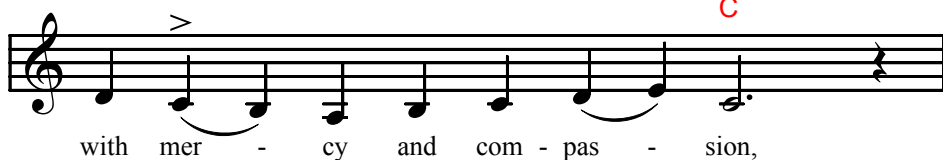
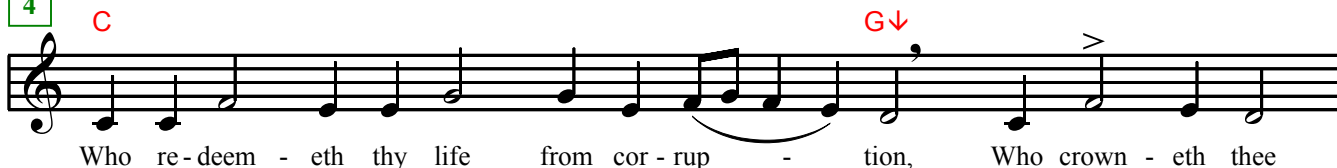
Who is gra - cious un - to all thine in - iq - ui - ties, Who heal - eth

* On the Holy Mountain (and in Slavic countries) the Typica are chanted every Sunday, except on Sundays that fall between a feast day of the Lord and its leave-taking. The first stasis (Psalm 102, LXX) is chanted instead of the First Antiphon: "Through the intercessions of the Theotokos. . . ." The second stasis (Psalm 145) is chanted instead of the Second Antiphon: "Save us, O Son of God. . . ." The third stasis of the Typica is the Beatitudes, which are chanted as verses for the appropriate hymns of the day.

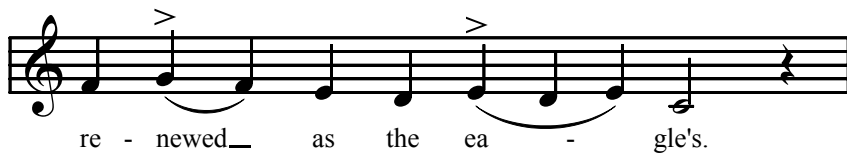
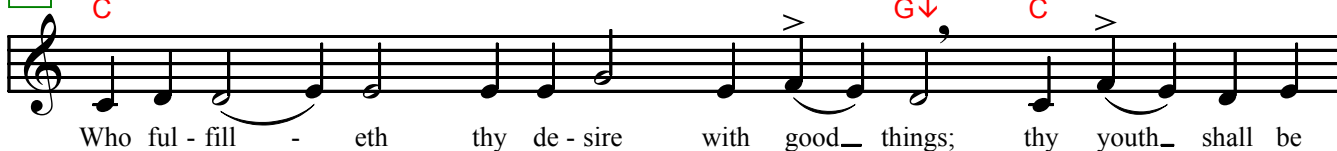
Typica - First Stasis - Plagal Fourth Mode



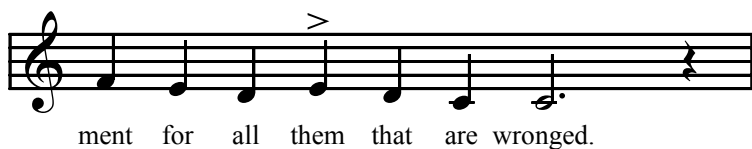
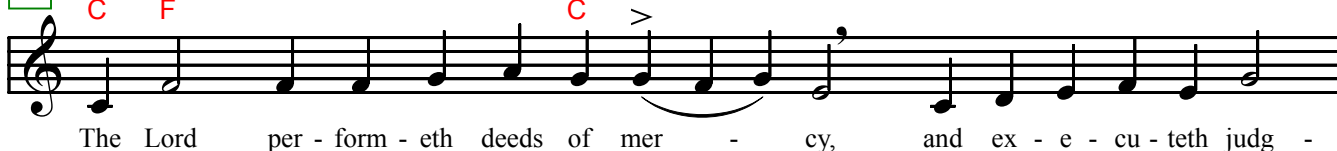
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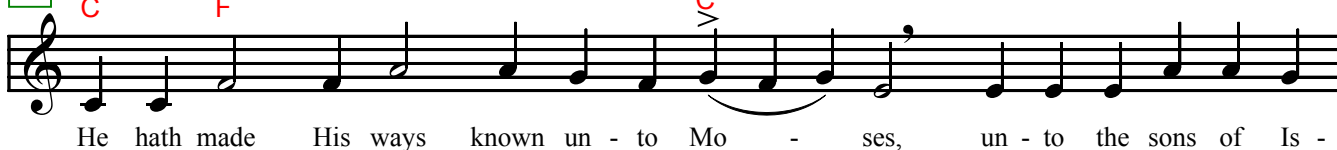
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6



7



Typica - First Stasis - Plagal Fourth Mode

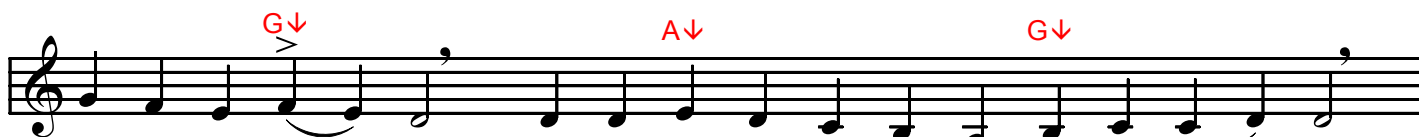


ra - el the things that He hath willed.

8



Com-pas - sion - ate and mer - ci - ful is the Lord, long - suf - fer - ing and plen -

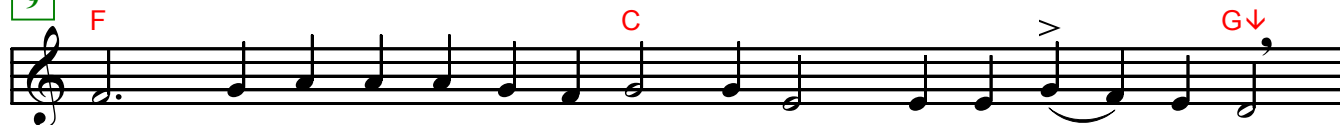


te - ous in mer - cy; not un - to the end — will He be an - gered,



nei - ther un - to e - ter - ni - ty will He — be wroth.

9



Not ac - cord - ing to our in - iq - ui - ties hath He dealt — with us,



nei - ther ac - cord - ing to our sins hath He re - ward - ed us.

10



For ac - cord - ing to the height of heav - en from the earth,



the Lord hath made His mer - cy to pre - vail o - ver them that fear — Him.

Typica - First Stasis - Plagal Fourth Mode

11

Un. C

As far _____ as the east is from _____ the west, so far _____

hath He re - moved our in - iq - ui - ties from us.

12

C

D

Like as a fa - ther hath com - pas - sion up - on his sons, so hath the Lord had com -

pas - sion up - on them that fear _____ Him; for He _____ know - eth where - of we are made,

He hath re - mem - bered that _____ we are dust.

13

F

C

As for man, his days _____ are as the grass; as a flow - er of the field,

so shall he blos - som forth.

14

C

For when the wind is passed o - ver it, then it shall _____ be gone,

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and no lon - ger will it know the place — there - of.

15

But the mer - cy of the Lord is from e - ter - ni - ty, e - ven un - to

e - ter - ni - ty, up - on them that fear — Him.

16

And His right - eous-ness is up - on sons of sons, up - on them — that keep

His tes - ta - ment and re - mem - ber His com - mand - ments to do — them.

17

The Lord in heav - en hath pre - pared — His throne, — and His king - dom

rul - eth o - ver all.

18

Bless the Lord, all ye His an - gels, might - y in strength, that per - form — His

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G↓ C

word, to hear the voice of His words.

19 C

Bless the Lord, all ye His hosts, His min - is - ters that do His will.

20 C F C

Bless the Lord, all ye His works, in ev - 'ry place of His do - min - ion.

Allegro ♩=140

Bless the Lord, O my soul.

21 C

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

22 C

Both now and ev - er, and un - to the a - ges of a - ges. A - men.

23 C A↓ G↓

Bless the Lord, O my soul, and all that is with - in me,

C rit. G↓ Un.

bles His ho - ly Name; bless - ed art Thou, O Lord.