The Typica

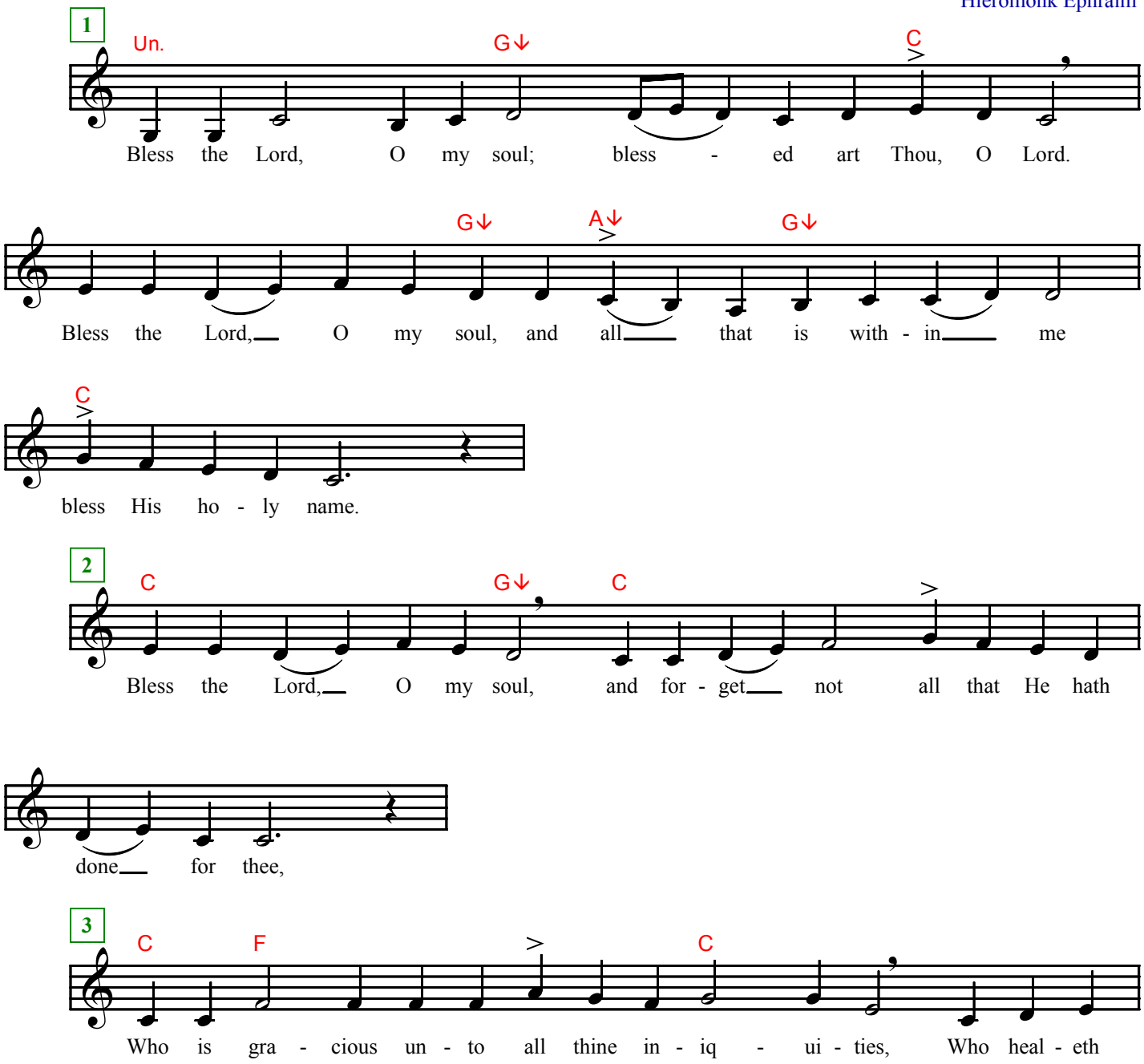
First Stasis*
Psalm 102

Duration: 4:15

Presto ♩=200

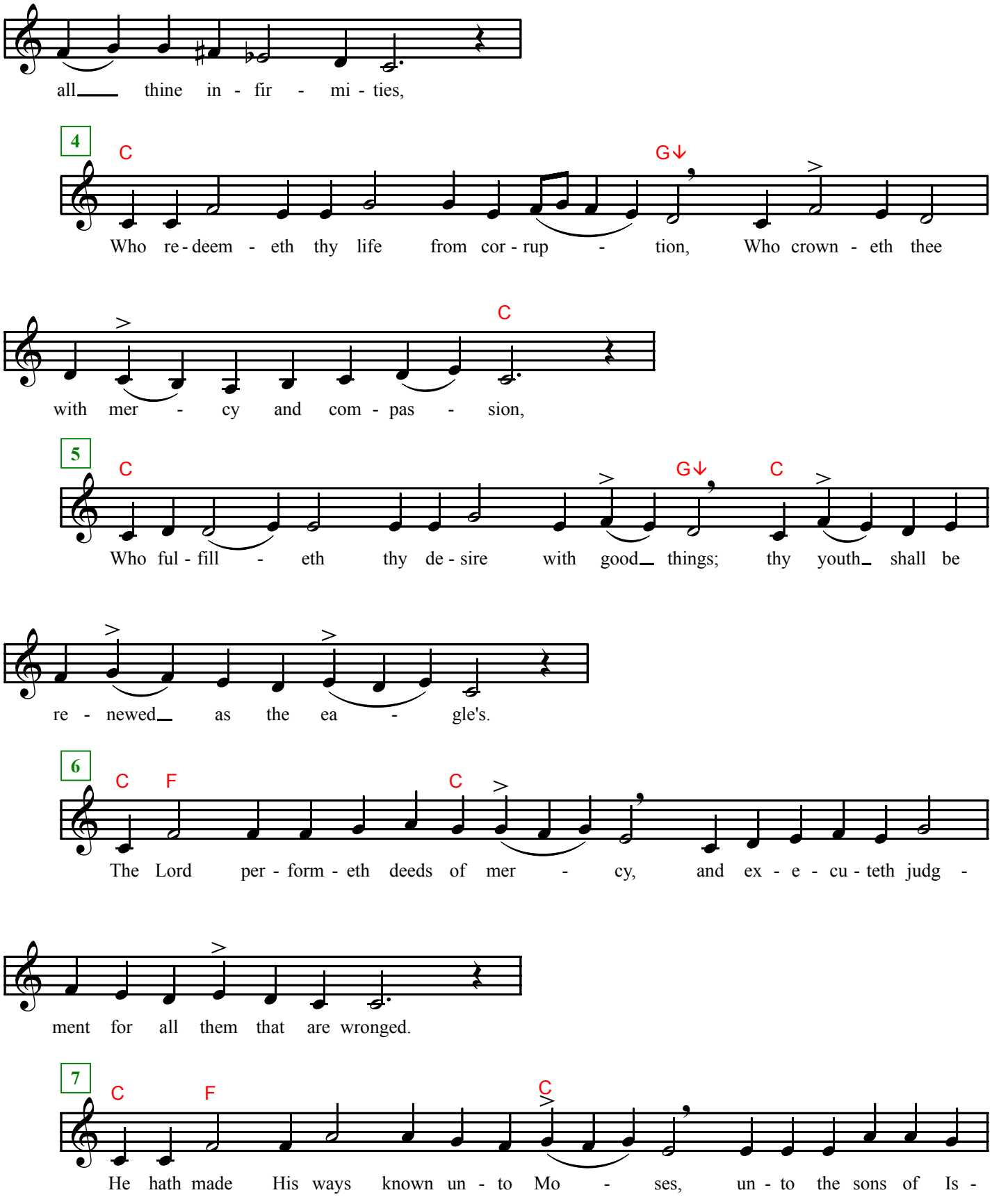
Plagal Fourth Mode

Athonite Melody
English Adaptation by
Hieromonk Ephraim



* 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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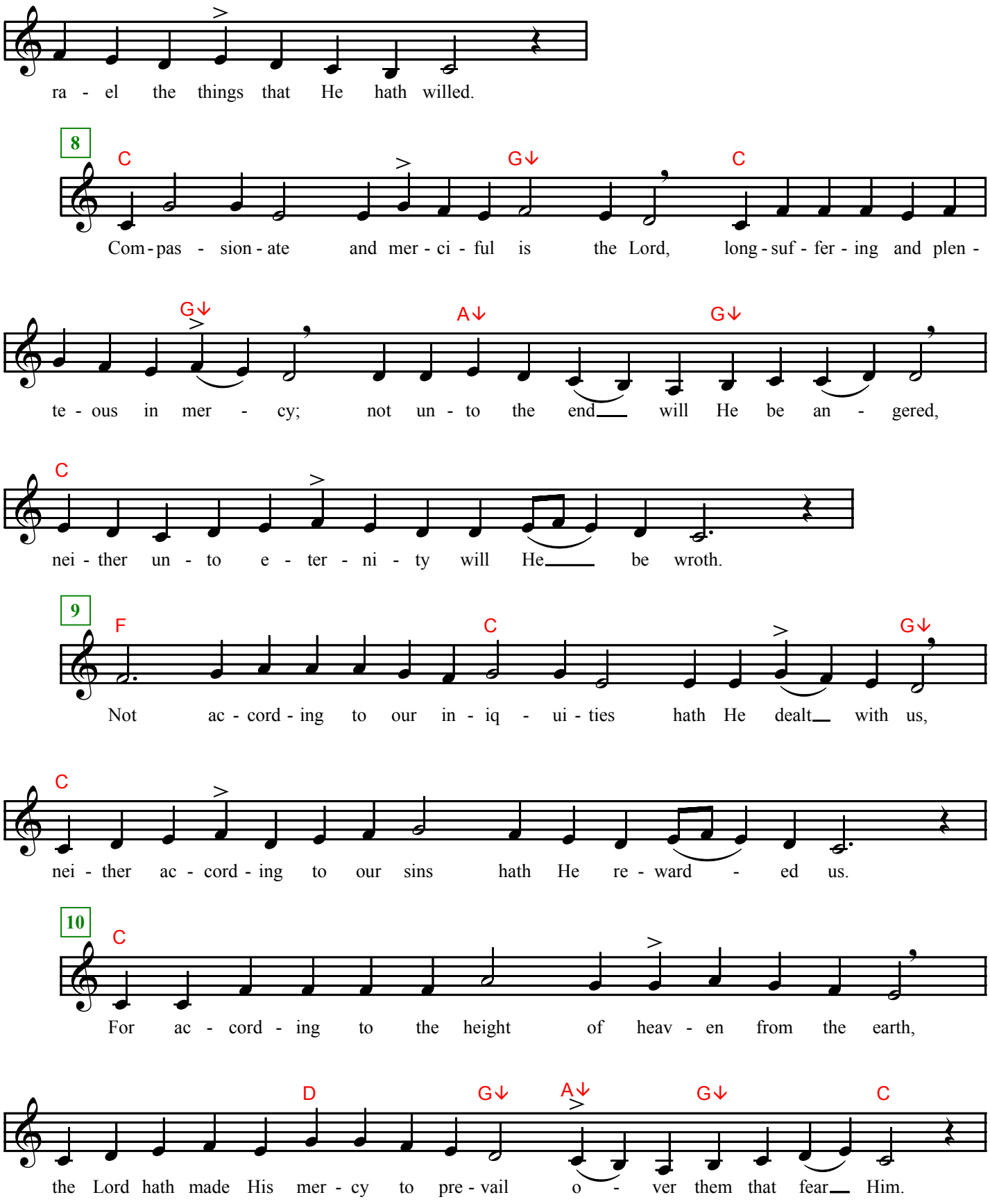

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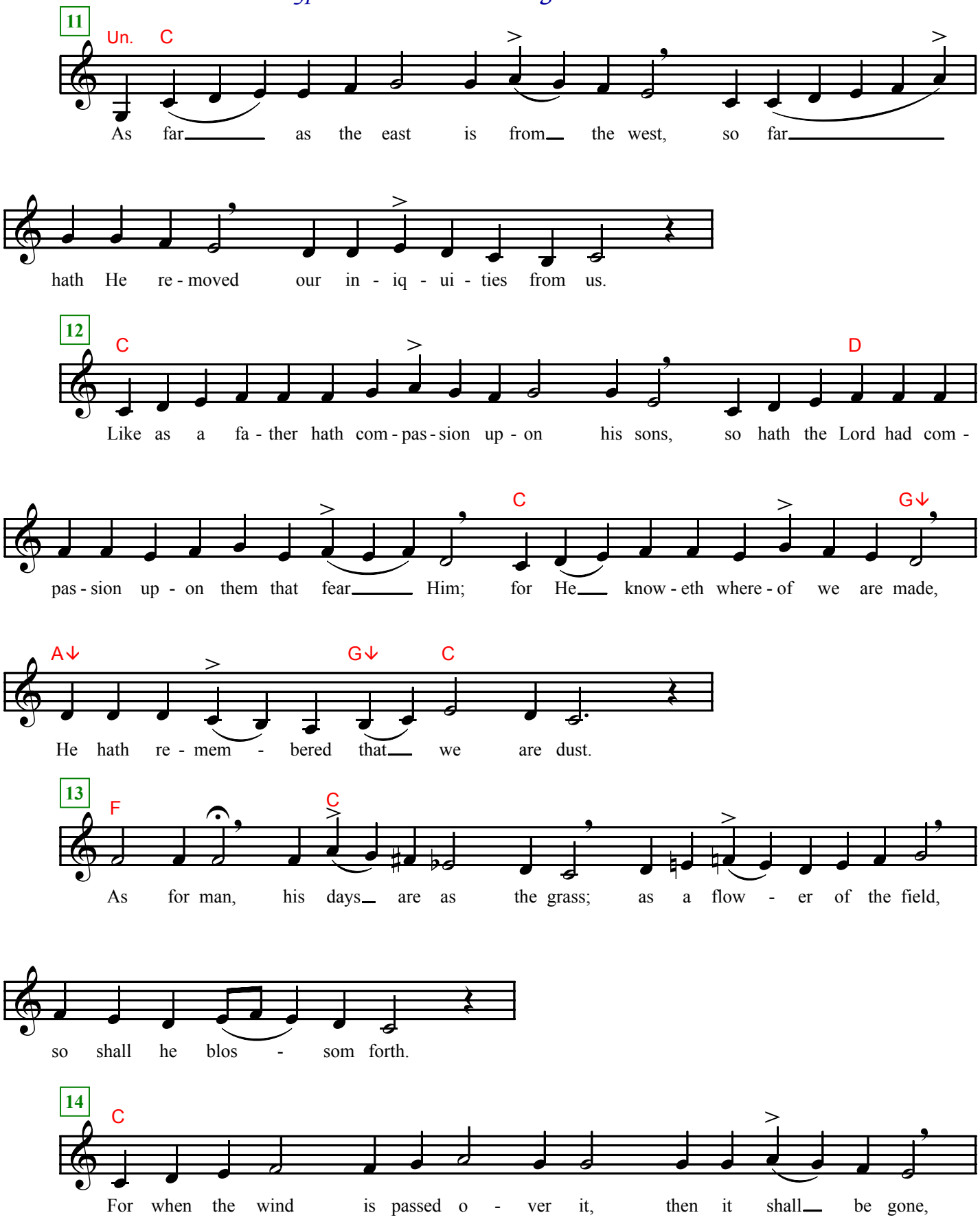

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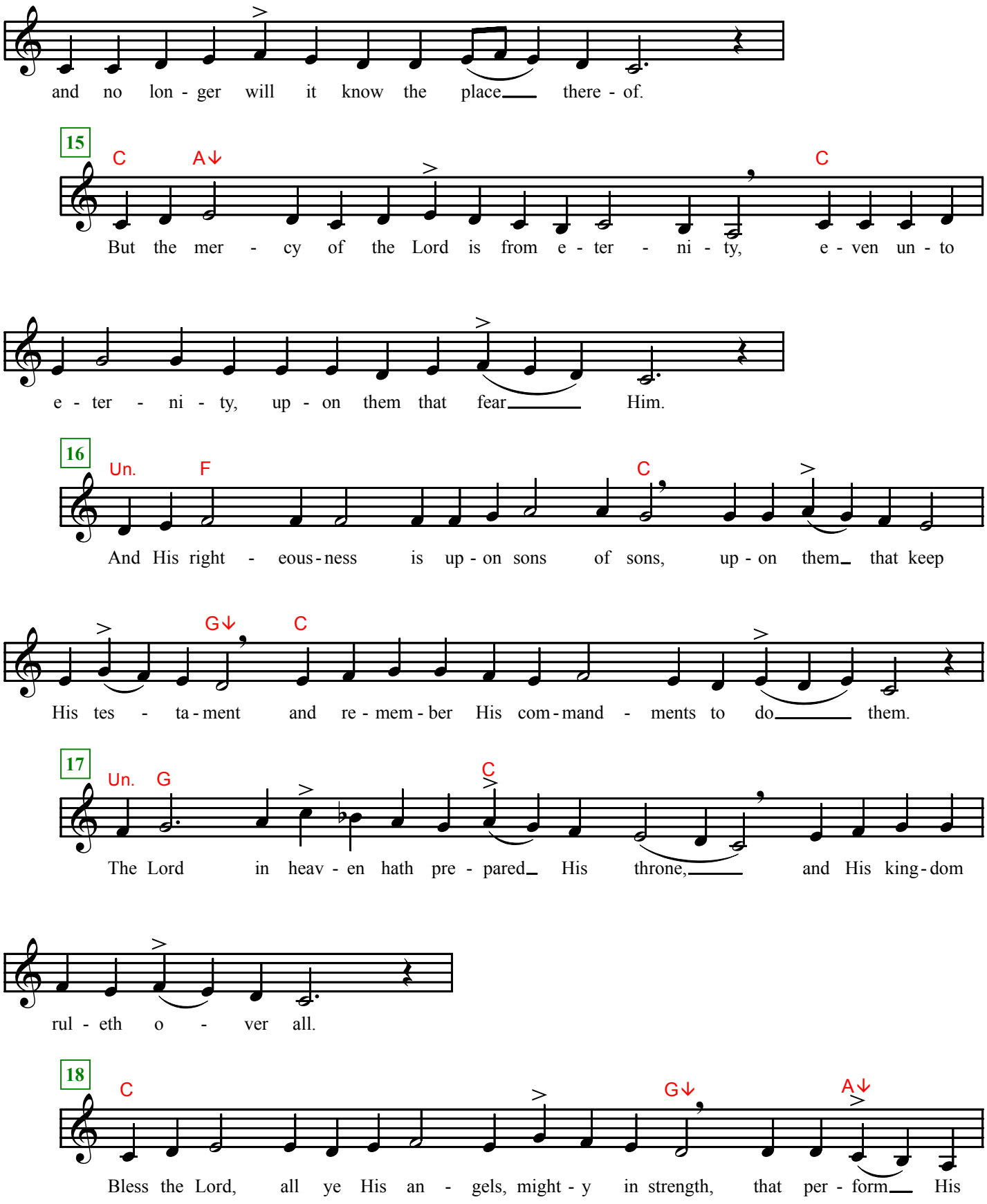
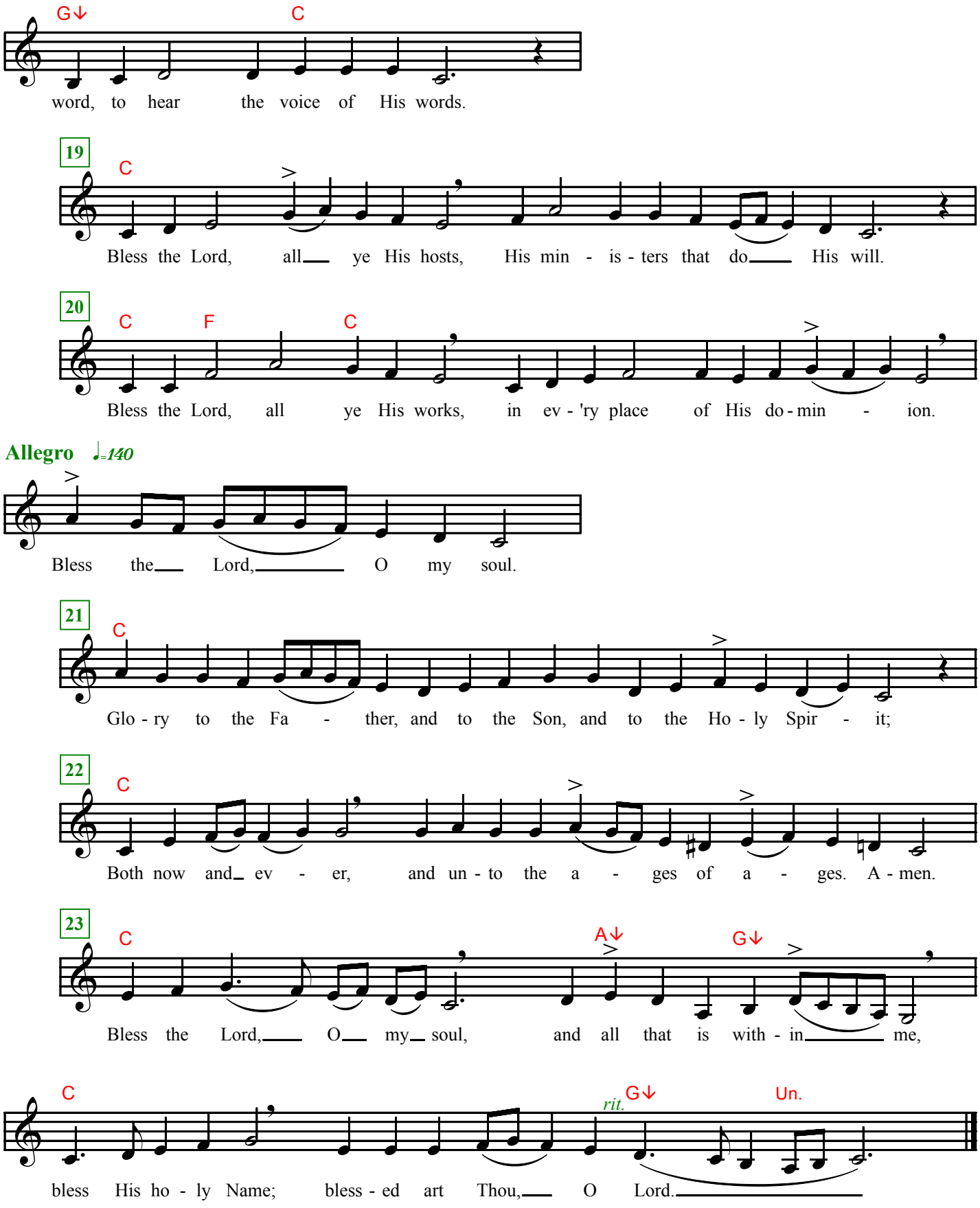
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