

# THE TYPICA

## First Stasis Psalm 102

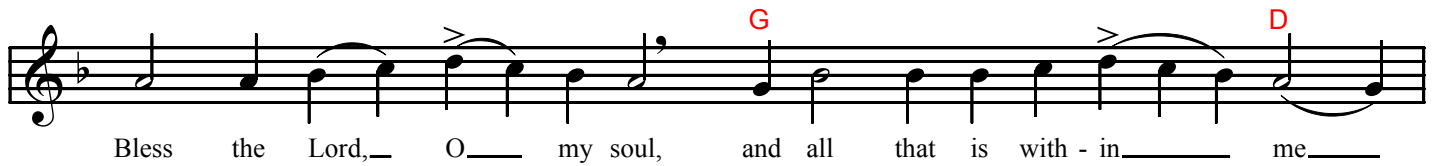
Duration: 4:15

Plagal First Mode

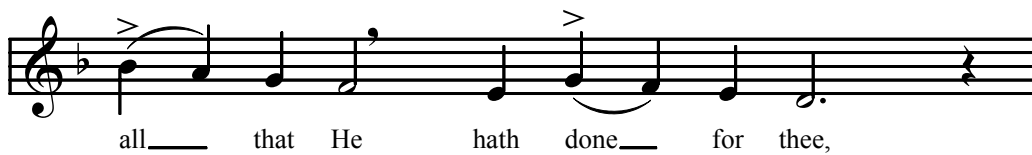
by Hieromonk Hierotheos  
of Philotheou Monastery  
English Adaptation by  
Hieromonk Ephraim

**Presto** ♩=190

1



2



3



*Typica - First Stasis - Plagal First Mode*



Who heal - eth all — thine in - fir - mi - ties,

4



Who re - deem - eth thy life from cor - rup - tion, Who crown - eth thee



with mer - cy and com - pas - sion,

5



Who ful - fill - eth thy de - sire — with good — things; thy youth shall



be re - newed as the ea - gle's.

6



The Lord per - form - eth deeds — of mer - cy, and ex - e - cu -



teth judg - ment for all them that are wronged.

7



He hath made His ways known un - to Mo - ses, un - to the sons of

*Typica - First Stasis - Plagal First Mode*



Is - 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 First Mode*

11



As far\_\_\_\_\_ as the east is from the west, so far hath He re-moved



our in - iq - ui - ties from us.

12



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

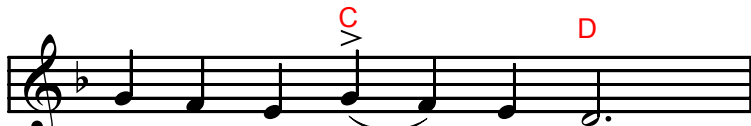


where - of we are made, He hath re - mem - bered that we\_\_\_\_\_ are dust.

13



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



so shall he blos - som forth.

14



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

*Typica - First Stasis - Plagal First Mode*

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,

*Typica - First Stasis - Plagal First Mode*

that per - form His word, to hear the voice of His words.

19

Bless the Lord, all ye His hosts, His min - is - ters

that do His will.

20

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

**Andante**  $\text{♩} = 100$

Bless the Lord, O my soul.

21

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

22

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

a - ges. A - men.

*Typica - First Stasis - Plagal First Mode*

23

Bless the Lord, O my soul, and all that is within me,  
bless His holy Name; bless - ed art Thou, O  
Lord.

WHEN WE ARE WEIGHED DOWN BY DEEP DESPONDENCY,  
WE SHOULD FOR A WHILE SING PSALMS OUT LOUD,  
RAISING OUR VOICE WITH JOYFUL EXPECTATION  
UNTIL THE THICK MIST IS DISSOLVED  
BY THE WARMTH OF SONG.

-FROM THE PHILOKALIA  
(ST. DIADOGHOS OF PHOTIKI)