

THE TYPICA

Second Stasis Psalm 145

Duration: 3:30

Grave Mode

Presto $\text{J}=200$

Athonite Melody
English Adaptation by
Hieromonk Ephraim

1

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

Praise the Lord,— O— my soul. I will praise the Lord— in— my life,

I will chant un - to my God for as long as I have my be - ing.

2

Trust ye not in prin - ces, in the sons— of men, in whom

there is no sal - va - tion.

3

His spir - it shall go forth, and he— shall re - turn un - to his earth.

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4

In that day all his thoughts shall per - ish.

5

Bless - ed is he of whom the God of Ja - cob is his help,

D
B

whose hope is in the Lord his God,

6

Who hath made heav - en and the earth, the sea and all

that is there - in,

7

Who keep - eth truth un - to e - ter - ni - ty, Who ex - ec - u - teth judg -

ment for - the wronged, Who giv - eth food un - to the hun - gry.

8

The Lord loos - eth the fet - tered; the Lord mak -

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Music for measures 8-10. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letters above the staff indicate performance techniques: 'B' over the first note, 'F#' over the second note, and 'B' over the third note. The lyrics are: "eth wise— the blind; the Lord set - teth a - right the fall - en;"

Music for measure 11. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letters above the staff indicate performance techniques: 'D' over the first note, 'B' over the second note, and 'B' over the third note. The lyrics are: "the Lord lov - eth the right - eous; the Lord pre-serv - eth the pros - e-lytes."

9

Music for measure 12. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letter 'B' is above the first note. The lyrics are: "He shall a - dopt for His own the or - phan and wid - ow,"

Music for measure 13. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letters above the staff indicate performance techniques: 'D' over the first note, 'B' over the second note, and 'B' over the third note. The lyrics are: "and the way of sin - - ners shall He de - stroy."

10

Music for measure 14. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letter 'B' is above the first note. The lyrics are: "The Lord shall be king— un - to e - ter - ni - ty; thy God, O Si - on,"

Allegro $\text{J}=140$

Music for measure 15. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letters above the staff indicate performance techniques: 'C' over the first note and 'B' over the second note. The lyrics are: "un - to gen - er - a - tion and gen - er - a - tion."

11

Music for measure 16. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letter 'B' is above the first note. The lyrics are: "Both now and ev - er, and un - to the a - ges of a - ges. A - men."

Music for measure 17. The key signature is G major (one sharp). The melody consists of eighth and sixteenth notes. Red letters above the staff indicate performance techniques: 'Un.' over the first note and 'B' over the second note. The lyrics are: "On - ly - be - got - ten Son and Word of God, Thou Who art im - mor - tal,

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Un. B

and didst con - de - scend for our sal - va - tion to be - come in - car - - nate of the ho - ly

C D > B Un.

The - o - to - - kos and ev - er vir - gin Mar - y, with - out change be - com - ing man,

B

Who wast cru - ci - fied, O Christ our God, by death_ tram - pling down up - on_ death:

D >

Thou Who art_ one of the Ho - ly Trin - i - ty, glo - ri - fied_ with the

B

Fa - - ther and with the Ho - ly Spir - - it, save_ us._____

Un.

At all times, but most of all while chanting, let us be still and undistracted.
For through distractions, the demons aim to ruin our prayer.

-St. John of the Ladder