

# The Typica

## First Stasis\*

### Psalm 102

Duration: 4:15

Presto  $\text{J}=200$

Plagal Fourth Mode

Athonite Melody  
English Adaptation by  
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**1** Un. G↓ C > G↓ A↓ G↓

Bless the Lord, O my soul; bless - ed are You, O Lord.

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

bless His ho - ly name.

**2** C C >

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

done for you,

Who is gra - cious un - to all your in - iq - ui - ties, Who heals

\* 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.

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all your infirmities,

4 C

Who redeems your life from corruption,

G↓

Who crowns you with mercy and compassion,

C

5 C

Who fulfills your desire with good things;

C C >

your youth shall be

renewed as the eagle's.

6 C F

The Lord performs deeds of mercy,

C >

and executes judgment for all them that are wronged.

He has made His ways known unto Moses,

7 C F

unto the sons of Israel.

C

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ra - el the things that He has 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 has He dealt with us,

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

10

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

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

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11

Un. C

Musical notation for measure 11. The melody consists of eighth and sixteenth notes. The lyrics are: "As far \_\_\_\_\_ as the east is from\_\_\_\_\_. the west, so far\_\_\_\_\_". A red 'C' is placed above the first note of the melody.

Musical notation for measure 12. The melody continues with eighth and sixteenth notes. The lyrics are: "has He re - moved our in - iq - ui - ties from us." A red 'C' is placed above the first note of the melody.

12

C

D

Musical notation for measure 13. The melody continues with eighth and sixteenth notes. The lyrics are: "Like a fa - ther has com - pas - sion up - on his sons, so has the Lord had com -". A red 'C' is placed above the first note of the melody.

Musical notation for measure 14. The melody continues with eighth and sixteenth notes. The lyrics are: "pas - sion up - on them that fear\_\_\_\_\_. Him; for He\_\_\_\_\_. knows where - of we are made,". A red 'C' is placed above the first note of the melody.

G↓

Musical notation for measure 15. The melody continues with eighth and sixteenth notes. The lyrics are: "He has re - mem - bered that\_\_\_\_\_. we are dust." Red arrows labeled 'A↓' and 'G↓' point to specific notes in the melody.

13

F

C

Musical notation for measure 16. The melody continues with eighth and sixteenth notes. The lyrics are: "As for man, his days\_\_\_\_\_. are as the grass; as a flow - er of the field,". A red 'C' is placed above the first note of the melody.

Musical notation for measure 17. The melody continues with eighth and sixteenth notes. The lyrics are: "so shall he blos - som forth." A red arrow labeled 'C' points to the first note of the melody.

14

C

Musical notation for measure 18. The melody continues with eighth and sixteenth notes. The lyrics are: "For when the wind is passed o - ver it, then it shall be gone,". A red 'C' is placed above the first note of the melody.

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

**15** C A↓ C

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** Un. F C

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** Un. G C

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

rules o - ver all.

**18** C G↓ A↓

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

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word, to hear the voice of His words.

**19**

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

**20**

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

**Allegro**  $\text{J}=140$

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.

**23**

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

bless His ho - ly Name; bless - ed are You, O Lord.