The Typica

First Stasis*

Psalm 102

Plagal Fourth Mode

Athonite Melody

Duration: 4:15

Presto

English Adaptation by Hieromonk Ephraim

Bless the Lord, O my soul; blessed art Thou, O Lord.

Bless the Lord, O my soul, and all that is within me

bless His holy name.

Bless the Lord, O my soul, and forget not all that He hath done for thee,

Who is gracious unto all thine iniquities, Who healeth

* 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.
all thine infirmities,

Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion,

Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's.

The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged.

He hath made His ways known unto Moses, unto the sons of Israel...
ra - el the things that He hath willed.

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.

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.

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.
As far as the east is from the west, so far hath He removed our iniquities from us.

Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made,

He hath remembered that we are dust.

As for man, his days are as the grass; as a flower of the field, so shall he blossom forth.

For when the wind is passed over it, then it shall be gone,
and no longer will it know the place thereof.

But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him.

And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them.

The Lord in heaven hath prepared His throne, and His kingdom ruleth over all.

Bless the Lord, all ye His angels, mighty in strength, that perform His
word, to hear the voice of His words.

Bless the Lord, all ye His hosts, His ministers that do His will.

Bless the Lord, all ye His works, in every place of His dominion.

Allegro \[\text{\textemdash} \text{\textemdash} \text{\textemdash} \text{\textemdash}\] 140

Bless the Lord, O my soul.

Glory to the Father, and to the Son, and to the Holy Spirit;

Both now and ever, and unto the ages of ages. Amen.

Bless the Lord, O my soul, and all that is within me,

bless His holy Name; blessed art Thou, O Lord.