



THE TYPICA*

First Stasis - Psalm 102

Plagal Fourth Mode

adapted from traditional Athonite melody
as written by Hieromonk Hierotheos of Philotheou Monastery

Duration: 4:15

Ἕχος λ̣ ϣ̣ Νη

χ̣ 200

ϣ̣



(M)

(Δ↓)

(N)

less the Lord, O my soul; bless - - ed art Thou, O Lord. Bless

(Δ↓)

(K↓)

(Δ↓)

(N)

the Lord, O my soul, and all that is with - in me bless His ho-ly name.

(N)

(Δ↓)

(N)

2

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

for thee,

ϣ̣

* 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.

3 Who is gra - cious un - to all thine in - iq - ui - ties, 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


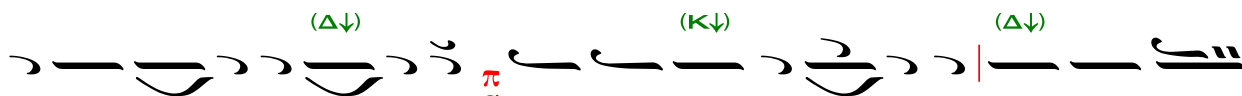
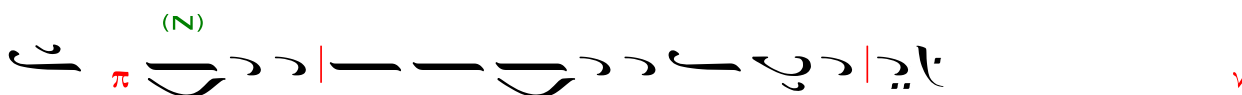
youth ___ shall be re - newed ___ as thē ea - - - gle's.

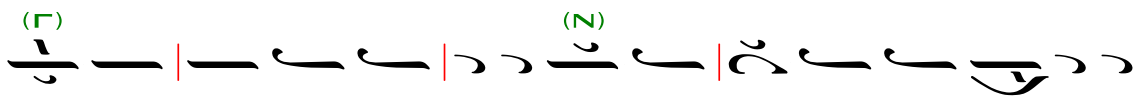
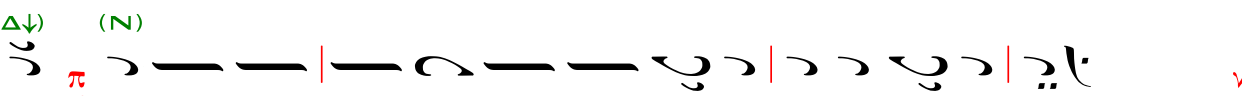
6 The Lord per - form - eth deeds of mer - - - cy, and ex - e -


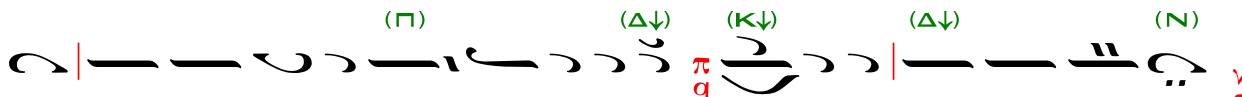
cu - teth judg - ment for all them that are wronged.



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



sons of 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 thē 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 thē earth,

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

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. 

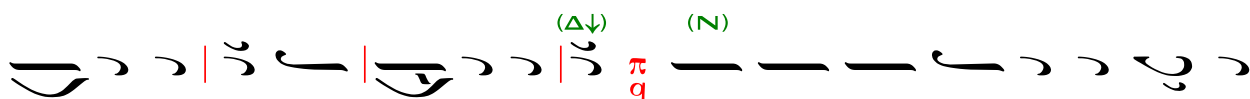
14 For when the wind is passed o - ver it,  then it shall___ be

gone,  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



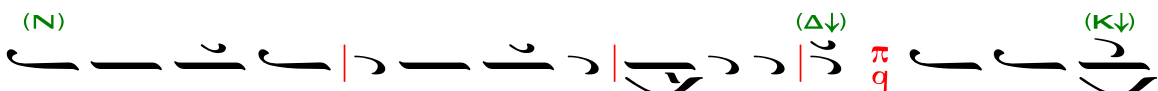
 to do ___ them.

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, 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 

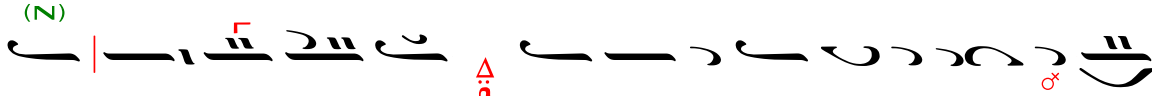

 Bless the Lord, all ye His works, in ev - 'ry place of His do -



 min - - - ion. Bless the__ Lord,__ O my soul.




21  (N)
 Glo - ry to the Fa - - ther, and to the Son, and to the Ho - ly

 Spir - it; 

22  (N)
 Both now and ev - er,  and un - to thē a - - ges of a -

 ges. A-men. 

23  (N)
 Bless the Lord, O my soul,  and all that is with - in__

 (N)
 __me,  bless His ho - ly Name;  bless - ed art Thou, O Lord. _____

A psalm consoles the sad, restrains the joyful, tempers the angry,
refreshes the poor and chides the rich man to know himself.
To absolutely all who take it, the psalm offers an appropriate
medicine; nor does it despise the sinner, but presses upon
him the wholesome remedy of penitential tears.

—St. Niceta of Remesiana