The Typica

Second Stasis
Psalm 145

Grave Mode
adapted from Athonite Melody

'Hôs bârûz

Duration: 3:30

G

lo - 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.

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

is no sal - va - tion.
His spirit shall go forth, and he shall return unto his earth.

In that day all his thoughts shall perish.

Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord, his God,

Who hath made heaven and the earth, the sea and all that is therein,

Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the hungry.

The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth a right the fallen; the Lord loveth the
right-eous; the Lord preserveth the pros-e-lytes.

He shall adopt for His own the or-phan and wid- ow,

and the way of sin-ners shall He de-stroy.

The Lord shall be king un-to e-ter-ni-ty; thy God, O Si-on, un-to gen-er-a-tion and gen-er-a-tion.

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

n-ly-be-gotten Son and Word of God, Thou Who art im-

mor-tal, and didst con-descend for our salva-tion to be-come

in-car-nate of the ho-ly The-o-to-kos and ev-er vir-gin

Mar-y, with-out change be-com-ing man, Who wast cru-ci-fied, O Christ
No one in chanting with a ready and eager mind will be blamed if he be weakened by old age, or young, or have a rough voice, or is altogether ignorant of rhythm. What is here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a clear conscience.

If having these you have entered into God's sacred choir, you may stand beside David himself. There is no need of zithers, nor of taut strings, nor of a plectrum, nor skill, nor any instruments. But if you will, you can make yourself into a zither, mortifying the limbs of the flesh, and forming full harmony between body and soul. For when the flesh does not lust against the spirit, but yields to its commands, and perseveres along the path that is noble and admirable, you thus produce a spiritual melody.

—St. John Chrysostom, Commentary on Psalm 41