The Typica

Second Stasis - Psalm 145

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

Duration: 3:00

\[\frac{3}{4} \times 200\]

\(\text{Lord, O my soul. I will praise the}
\)

\(\text{Lord in my life, I will chant unto my God}
\)

\(\text{Trust ye not in princes, in the sons of men, in whom there is no_}
\)
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_ salvation.

3 

His spirit shall go forth, and he shall return unto his earth.

4 

In that day all his thoughts shall perish.

5 

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

6 

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

7 

Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the
hun- - gry.

The Lord loos- - eth the fet- - - tered; the Lord mak- - eth wise the blind; the Lord set- teth a - right the fall - en; the Lord lov- - eth the right- eous; the Lord pre-serv-eth the pros- - e - lytes.

He shall a- dopt 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 thē
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ages of ages. Amen.

nily begotten Son and Word of God, Thou Who art immortal, and didst descend for salvation to become incarnate of the holy Theotokos and ever-virgin Mary, without change becoming man, Who wast crucified, O Christ our God, by death trampling down upon death: Thou Who art one of the Holy Trinity, glorified with the Father and with the Holy Spirit, save us.