

First Stasis - Psalm 102

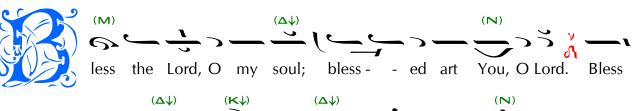
Plagal Fourth Mode

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

Duration: 4:15

 $^{\circ}$ H χ o ς $\frac{\lambda}{\pi}$ $\ddot{\varsigma}$ $N\eta$

χ[¯] 200



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

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

for you,

^{*} 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.

Who is gra-cious un- to all your in- iq- ui- ties,
$$\frac{6}{\lambda}$$
 Who

Who re-deems your life from cor-rup--tion, Who crowns_you with

Who ful - fills your de - sire with good things; your youth

The Lord per - forms_deeds of mer - - - cy, $\frac{6}{\lambda}$ and ex - e - cutes_

The hath made His ways known un-to $\frac{(N)}{MO---}$ ses, $\frac{\lambda}{N}$ un - to the

8 Com - pas - sion - ate and mer - ci-ful is the Lord, long - suf - fer - ing

and plen - te - ous in mer - - cy; q 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 has He dealt_with

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

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

- As far____ as the east is from__ the west, so far____
 - has He re-moved our in iq ui-ties from us.
- 12 Like a fa ther has com pas-sion up on his sons, $\frac{6}{\lambda}$ so has

the Lord had com - pas - sion up - on them that fear ____ Him; $\stackrel{\text{(N)}}{q}$ for He_ knows where - of we are made, He has re - mem -- bered that ___ we are

dust.

As for man, his days are as the grass; as a flow - - er

of the field, so shall he blos-som forth.

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.

But the mer-cy of the Lord is from e - ter-ni - ty, $\frac{q}{x}$ e - ven un -

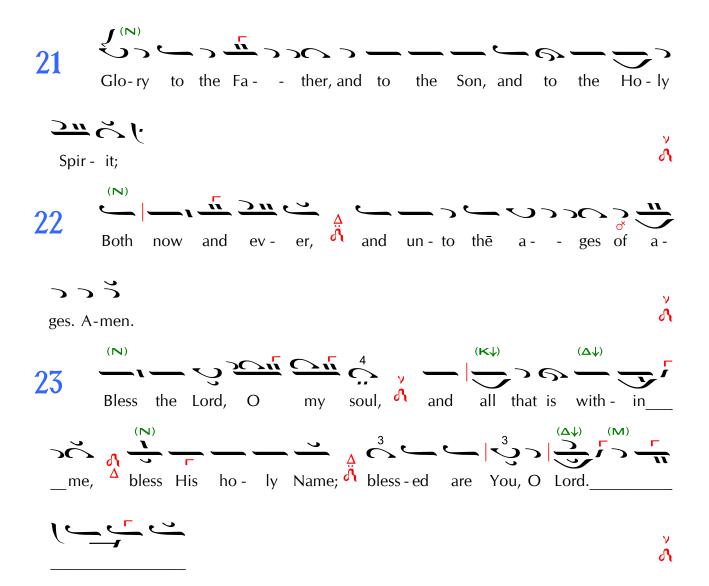
to e - ter - ni - ty, up - on them that fear____ Him.

And His right-eous-ness is up- on sons of sons, up- on

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

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

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



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