



THE TYPICA

Second Stasis
Psalm 145

Grave Mode
adapted from Athonite Melody

Duration: 3:30

Ἕχος βαρύς ζ

χ̄ 200



G ^(z) lo - - ry to the Fa-ther, and to the Son, and to the Ho - ly

Spir - - it; ^z Praise the Lord, ^o O my soul. ⁽ⁿ⁾ I will praise the Lord ^o in ^o

my life, ^{π q} I will chant un - to my God for as long as I have my be - - ing. ^z

2 ^(z) Do not place your trust in prin - - - ces, ^o in the sons ⁽ⁿ⁾ of men, in

^(z) whom there is no sal - va - - tion. ^z

3 His spir- it shall go forth, and he__ shall re- turn un- to his earth.

4 In that day all__ his thoughts shall per- - ish.

5 Bless-ed is he of whom the God of Ja- cob is his help, whose hope_

__ is in the Lord__ his God,

6 Who has made__ heav- en and thē earth, the sea__ and all that is__

there-in,

7 Who keeps truth__ un- to e- ter- ni- ty, Who ex- ec- utes__

judg-ment for__ the wronged, Who gives__ food un- to the hun- - - gry.

8 The Lord loos- - es the fet- - - tered; the Lord__ makes wise__ the

blind; the Lord sets a- right the fall- - - en; the Lord loves__ the right-

- - eous; ^(z) the Lord__ pre-serves_ the pros - - e - lytes.

9 He shall a - dopt for His own the or - - phan and wid - - - ow,

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

10 The Lord shall be king__ un-to e - ter - ni - ty; ^(z) your God, O

Si - - on, ^(z) un - to gen - er - a - tion and gen - - er - a - tion.

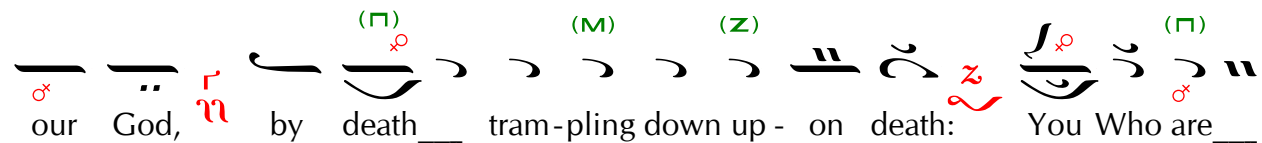
11 Both now and ev - - er, and un - to the a - - ges of a - - ges. A-men.

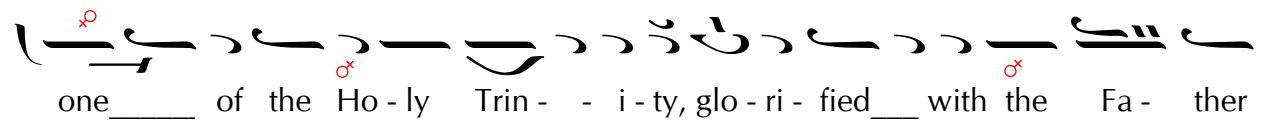
O n - - ly - be - got - ten Son and Word of God, ^(M) ^(z) You Who are im-

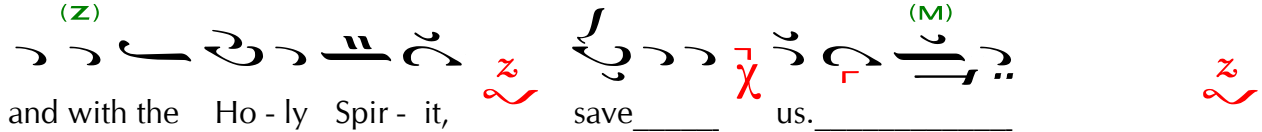
mor - tal, ^(M) ^(z) and did con - de - scend for our sal - va - tion to be - come

in - car - nate ^(z) of the ho - ly The - o - to - - kos and ev - er vir - gin ^(M) ^(z)

Mar - y, with - out__ change be - com - ing man, ^(z) ^(M) ^(z) Who were cru - ci - fied, O Christ


 our God, by death ^(Π) tram-pling down up - on death: You Who are ^(Π)


 one of the Ho - ly Trin - - i - ty, glo - ri - fied with the Fa - ther


 and with the Ho - ly Spir - it, save us.

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