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

\(\text{\`H}x\zeta\ \lambda\ \dot{\eta}\ \Pi\alpha\)

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.

Do not place your trust in prin\-\-ces, in the sons
of men in whom there is no salvation.

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 has made heaven and the earth, the sea and all that is therein,

Who keeps truth unto eternitiy, Who executes judgment for the wronged, Who gives food unto the hun-
gry.

8

The Lord looses the fettered; the Lord makes wise the blind; the Lord sets a right the fallen; the Lord loves the righteous; the Lord preserves the proselytes.

9

He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy.

10

The Lord shall be king unto eternity; your God, O Sion, unto generation and generation.

11

Both now and ever, and unto the
ages of ages. Amen.
n-ly-begotten Son and Word of God, You Who are immortal, and did descend for salvation to become incarnate of the holy Theotokos and ever-virgin Mary, without change becoming man, Who were crucified, O Christ our God, by death trampling down upon death: You Who are one of the Holy Trinity, glorified with the Father and with the Holy Spirit, save us.