



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

Ἦχος λ̣ π̣ ᾠ̣ Πα

Χ̣ 200



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.

2

Do not place your trust in prin - - - ces, in the sons

π̣
q̣

π̣
q̣

of men in whom there is no sal-va-tion.

π
9

3 His spir-it shall go forth, and he shall re-turn un-to

his earth.

π
8

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

π
8

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

whose hope is in the Lord his God,

π
9

6 Who has made heav-en and the earth, the sea and all

that is there-in,

π
9

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.

π
q

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; the Lord pre - serves the pros - - e -

lytes.

π
q

9

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

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

π
q

10

The Lord shall be king un - to e - ter - ni - ty; your God,


O Si - - on, un - to gen - er - a - - tion and gen - er - a - - tion.

π
q

11

Both now and ev - - - er, and un - to the

a - ges of a - ges. A - men.


 n - ly - be - got - ten Son and Word of God, You Who are

im - mor - tal, and did con - de - scend for our sal - va - 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 were

cru - ci - fied, O Christ our God, by death tram - pling down up - on

death: You Who are one of the Ho - ly Trin - i - ty,

glo - ri - fied with the Fa - ther and with the Ho - ly Spir - it,

save us.

