



# THE TYPICA\*

## First Stasis - Psalm 102

### Plagal Fourth Mode

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

Duration: 4:15

Ἦχος λ̣ ϣ̣ Νη

χ̣ 200

ϣ̣



(M)

(Δ↓)

(N)

less the Lord, O my soul; bless - - ed art Thou, O Lord. Bless

(Δ↓)

(K↓)

(Δ↓)

(N)

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

(N)

(Δ↓)

(N)

2

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

for thee,

ϣ̣

\* 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.

3 Who is gra - cious un - to all thine in - iq - ui - ties, Who

heal - eth all thine in - fir - mi - ties,

4 Who re - deem - - eth thy life from cor - rup - - tion, Who crown-eth

thee with mer - - cy and com - pas - sion,

5 Who ful - fill - eth thy de - sire \_\_\_ with good \_\_\_ things; thy


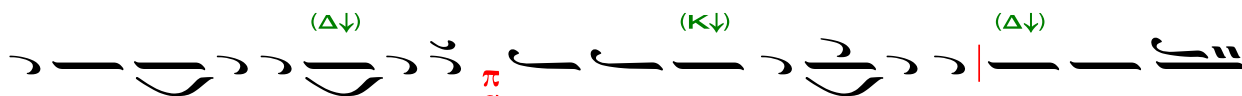
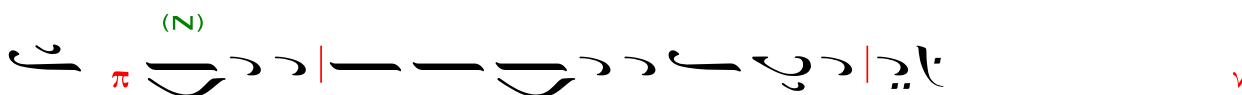
youth \_\_\_ shall be re - newed \_\_\_ as thē ea - - - gle's.

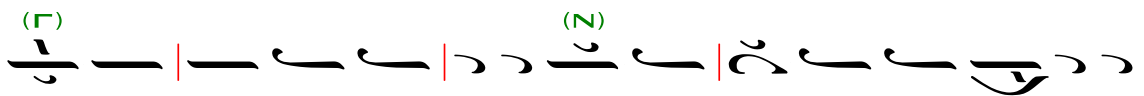
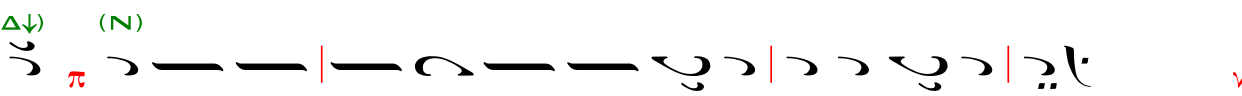
6 The Lord per - form - eth deeds of mer - - - cy, and ex - e -


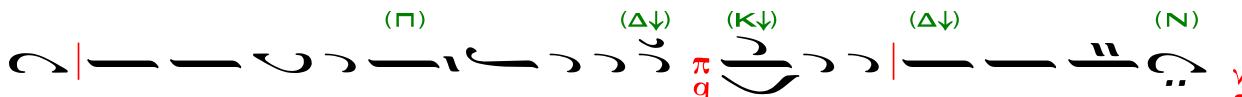
cu - teth judg - ment for all them that are wronged.



7 He hath made His ways known un - to Mo - - - ses, un - to the



sons of Is - ra - el the things that He hath willed.


8    
 Com - pas - sion - ate and mer - ci - ful is the Lord, long - suf - fer - ing  
   
 and plen - te - ous in mer - - cy; not un - to thē end\_\_ will He be an -  
   
 gered, nei - ther un - to e - ter - ni - ty will He be wroth.

9    
 Not ac - cord - ing to our in - iq - ui - ties hath He dealt\_\_ with  
   
 us, nei - ther ac - cord - ing to our sins hath He re - ward - ed us.

10    
 For ac - cord - ing to the height\_\_ of heav - en from thē earth,  
   
 the Lord hath made His mer - cy to pre - vail o - - ver them that fear Him.

11    
 As far\_\_ as the east is from\_\_ the west, so far\_\_  
   
 \_\_ hath He re - moved our in - iq - ui - ties from us.

12    
 Like as a fa - ther hath com - pas - sion up - on his sons,  



so hath the Lord had com - pas - sion up - on them that fear\_\_\_\_\_ Him; 



for He\_\_\_ know - eth where-of we are made, He hath re - mem - - bered that\_


\_\_\_ we are dust. 


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


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

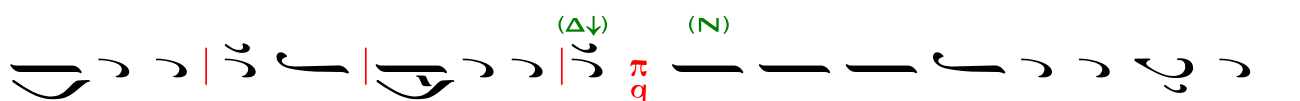
14 For when the wind is passed o - ver it,  then it shall\_\_\_ be

gone,  and no lon - ger will it know the place there-of. 


15 But the mer-cy of the Lord is from e - ter - ni - ty,  e - ven un -


to e - ter - ni - ty, up - on them that fear\_\_\_\_\_ Him. 

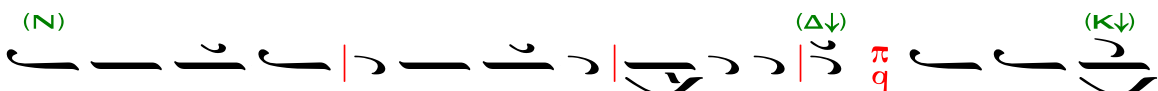
16 And His right - eous - ness is up - on sons of sons,  up - on



  
 them\_\_ that keep His tes - - ta - ment and re - mem - ber His com - mand - ments

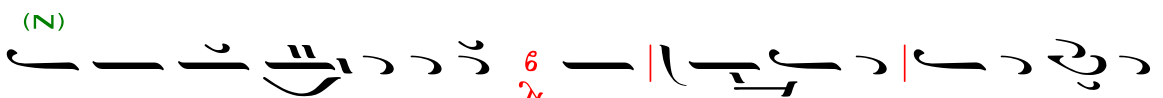

  
 to do \_\_\_ them.


17 
  
 The Lord in heav-en hath pre-pared\_\_ His throne,\_\_ and His



  
 king - dom rul - eth o - - ver all.


18 
  
 Bless the Lord, all ye His an - gels, might - y in strength, that per - form \_



  
 \_\_ His word, to hear the voice of His words.

19 
  
 Bless the Lord, all ye His hosts, His min - - is - ters that do His

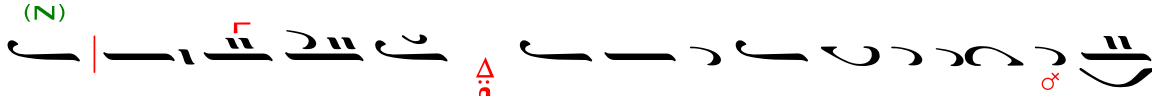


  
 will.

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


  
 min - - - ion. Bless the\_\_ Lord,\_\_ O my soul.




21  (N)   
 Glo - ry to the Fa - - ther, and to the Son, and to the Ho - ly

   
 Spir - it; 

22  (N)   
 Both now and ev - er,  and un - to thē a - - ges of a -

   
 ges. A-men. 

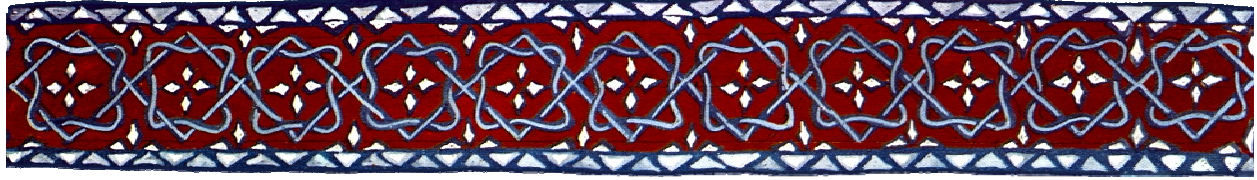
23  (N) (K↓) (Δ↓)   
 Bless the Lord, O my soul,  and all that is with - in\_\_

 (N) (Δ↓) (M)   
 \_\_me,  bless His ho - ly Name;  bless - ed art Thou, O Lord. \_\_\_\_\_

   
 \_\_\_\_\_ 

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



# THE TYPICA

## First Stasis - Psalm 102

### Plagal First Mode

adapted from Hieromonk Hierotheos  
of Philotheou Monastery

Duration: 4:15

Ἦχος λ̣ π̣ ᾠ Πα

χ̣ 190

π̣  
q̣



<sup>(Π)</sup> Bless the Lord, O my soul; bless-ed art Thou, O Lord. Bless the

<sup>(Δ)</sup> Lord, O my soul, and all that is with - in me bless His ho-ly name. <sup>(Π)</sup> π̣  
q̣

2

<sup>(Π)</sup> Bless the Lord, O my soul, and for - get not all that He

<sup>(Π)</sup> hath done for thee, π̣  
q̣

3

<sup>(M)</sup> Who is gra- cious un - to all thine in - iq - ui - ties, <sup>(Π)</sup> Who heal - eth

all thine in - fir- mi-ties, π̣  
q̣

4 Who re - deem - - - eth thy life from cor - rup - - tion, Who crown - - -

eth thee with mer-cy and com-pas - sion,

5 Who ful - fill - - - eth thy de - sire with good things;

thy youth shall be re-newed as the ea - - gle's.

6 The Lord per - form - eth deeds of mer - - cy, and ex - e - cu - teth

judg - ment for all them that are wronged.

7 He hath made His ways known un-to Mo - - ses, un - to the sons of

Is - - ra - el the things that He hath willed.

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

and plen - te - ous in mer - - cy; not un - to the end will He be an - gered,



(□) (N) (□)  
 nei-ther un - to e - ter - ni - ty\_\_ will He\_\_ be wroth.

π q

9 (□) (□) (K) (□)  
 Not\_\_ ac-cord-ing to our in - iq - ui - ties hath He dealt\_\_ with us,

x q

(Δ) (□) (N) (□)  
 nei-ther ac-cord-ing to our sins hath He re - ward - - ed us.

π q

10 (□) (Δ)  
 For ac - cord - ing to the height of heav - en from the earth, the Lord

(□) (N) (□)  
 hath made His mer - cy to pre-vail o - ver them that fear\_\_ Him.

π q

11 (□) (Δ) (□)  
 As far\_\_ as the east is from the west, so far hath He re-moved






our in - iq - ui - ties from us.





π q

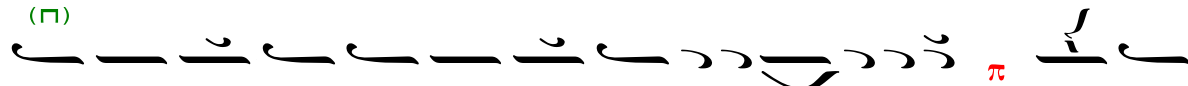



12 (N) (□)  
 Like as a fa - ther hath com - pas - sion up-on\_\_ his sons, x q so

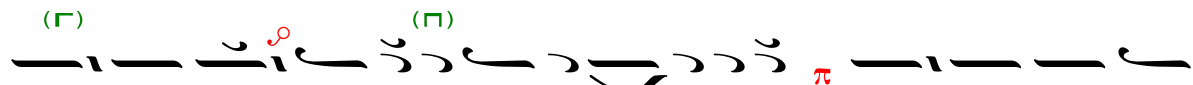

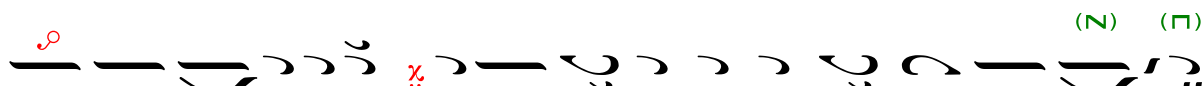


(Δ)  
 hath the Lord had com - pas - sion up - on\_\_ them that fear\_\_ Him; x q for He





(□) (N) (□)  
 know - eth where - of we are made, He hath re - mem-bered that we are dust. x q



13  As \_\_\_\_\_ for man,  his days are as \_\_\_\_\_ the grass;  as a flow - er of the field,  
 so shall he blos - - som forth. 

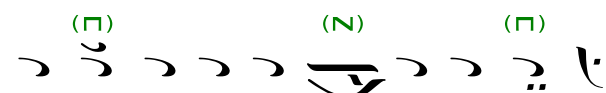

14  For when the wind is passed o - ver it, then it shall \_\_\_\_\_ be gone,   
 and no lon - ger will it know \_\_\_\_\_ the place \_\_\_\_\_ there-of. 


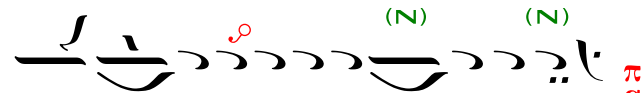

15  But the mer - cy of the Lord is from e - ter - - ni-ty,  e - ven  
 un-to e - ter - - ni-ty, up- on them that fear \_\_\_\_\_ Him. 

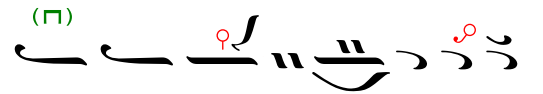
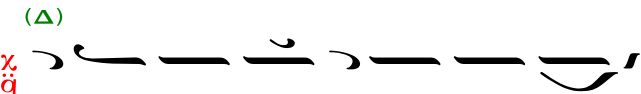
16  And His right - eous-ness is up - on sons \_\_\_\_\_ of sons,  up - on them that  
 keep His tes - - ta-ment  and re - mem-ber His com-mand-ments to do \_\_\_\_\_ them. 




17  The Lord \_\_\_\_\_ in heav-en hath pre-pared His throne,  and His king-dom rul-eth  
 o - - ver all. 

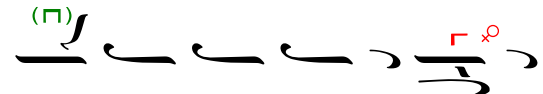
18  Bless the Lord, all ye His an - - gels,  might - y in strength, that per - form\_\_

 His word, to hear the voice of His words. 



19  Bless the Lord,\_\_ all\_\_ ye His hosts,  His min - - is-ters\_ that do\_\_ His will. 

20  Bless the Lord,\_\_ all ye His works,  in ev - 'ry place of His do - min -


 ion.  Bless the\_ Lord,\_\_\_\_\_ O my soul. 

21  Glo - ry to the Fa - - - - ther, and to the Son, and to the Ho -

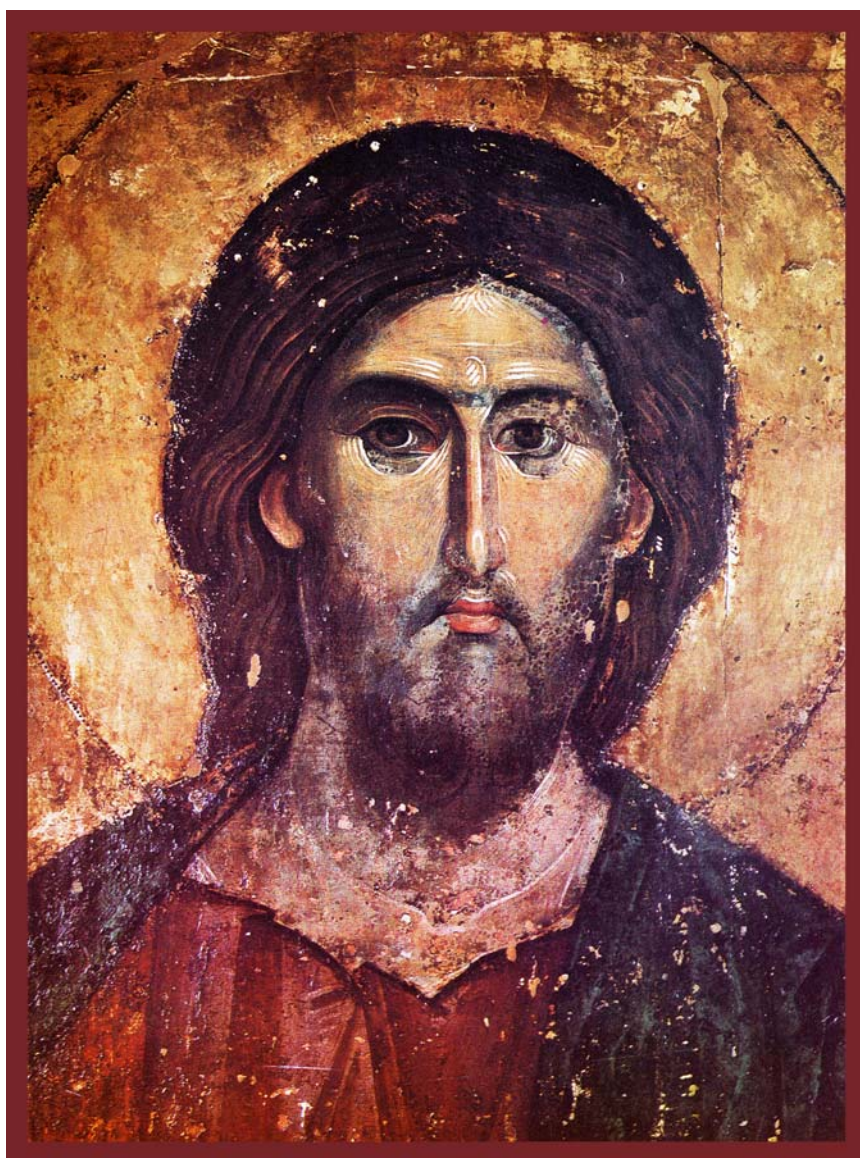
 ly Spir - - it; 

22  Both now\_\_\_\_\_ and\_\_\_\_\_ ev - er,  and un - to the a - - - ges\_ of

 a - - - - ges. A-men. 

23  Bless the Lord,\_\_\_\_\_ O my soul, and all that is with-in\_\_\_\_\_ me,\_\_\_ bless\_

— His — ho - ly Name; bless - - ed — art — Thou, — O — Lord. —





## THE TYPICA

Second Stasis  
Psalm 145

Grave Mode  
adapted from Athonite Melody

Duration: 3:30

Ἕχος βαρύς ζ

χ 200



**G** <sup>(z)</sup> lo - - ry to the Fa-ther, and to the Son, and to the Ho - ly  
Spir - - it; <sup>ζ</sup> Praise the Lord, <sup>ο</sup> O my soul. <sup>(π)</sup> I will praise the Lord <sup>ο</sup> in <sup>ο</sup>  
my life, <sup>π</sup> I will chant un - to my God for as long as I have my be - - ing. <sup>ζ</sup>

**2** <sup>(z)</sup> Trust ye not in prin - - - ces, <sup>ο</sup> in the sons <sup>(π)</sup> of men, in whom there  
<sup>(z)</sup> is no sal - va - - tion. <sup>ζ</sup>

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 hath made\_\_ heav - en and the earth, the sea\_\_ and all that is\_\_

there-in,

7 Who keep - eth truth\_\_ un-to e - ter - ni - ty, Who ex - ec - u - teth  
judg-ment for\_\_ the wronged, Who giv - - eth food un - to the hun - - - gry.

8 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.

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; thy God, O

Si - - on, 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.




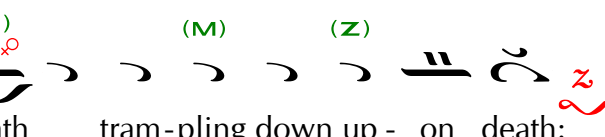

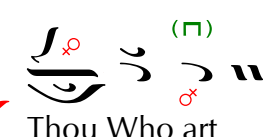
O n - - ly - be - got - ten Son and Word of God, Thou Who art im -

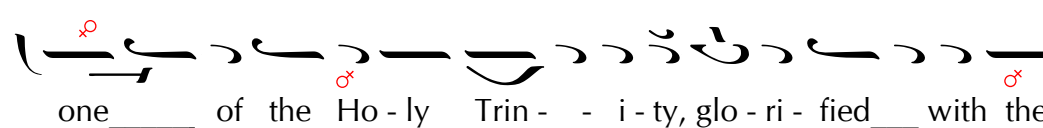
mor - tal, and didst con - de - scend for our sal - va - tion to be - come

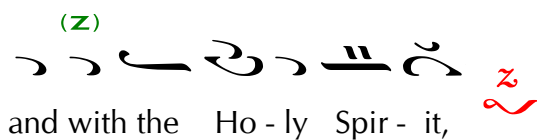

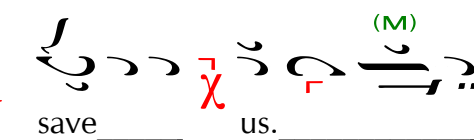
in - car - nate of the ho - ly The - o - to - - kos and ev - er vir - gin

Mar - y, with - out\_\_change be - com - ing man, Who wast cru - ci - fied, O Christ




 our God,  by death 

 tram-pling down up - on death: 

 Thou Who art


 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 rhytm. 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





## 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 ᾠ 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

Trust ye not in prin - - ces, in the sons of men, in whom there is no

π̣  
q̣

π̣  
q̣

sal - va - - tion.

π  
q

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

his earth.

π  
q

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

π  
q

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

π  
q

whose hope \_\_\_\_\_ is in \_\_\_\_\_ the Lord \_\_\_\_\_ his God,

π  
q

6 Who hath made \_\_\_\_\_ heav - - en and thē earth, the sea \_\_\_\_\_ and all \_\_\_\_\_

that is \_\_\_\_\_ there-in,

π  
q

7 Who keep - eth truth \_\_\_\_\_ un - to e - ter - ni - ty, \_\_\_\_\_ Who ex -

ec - u - teth judg-ment for \_\_\_\_\_ the wronged, Who giv - - eth food un - to the

hun - - gry.

π  
q

8

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.

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

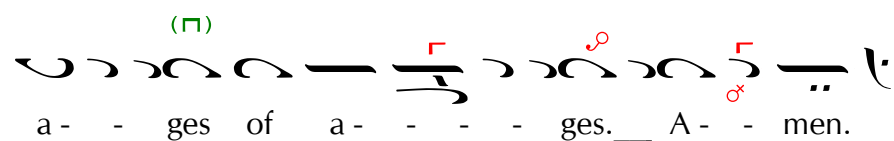
10

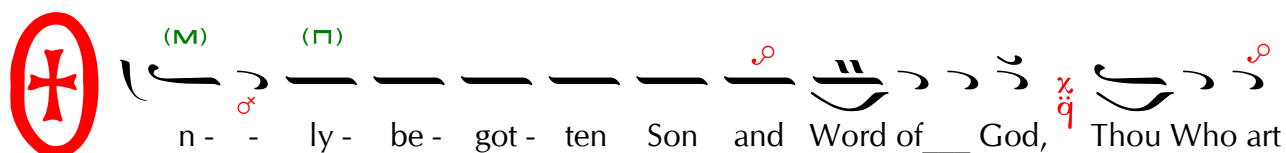
The Lord\_\_ shall be king un-to e - ter - ni - ty; thy God,

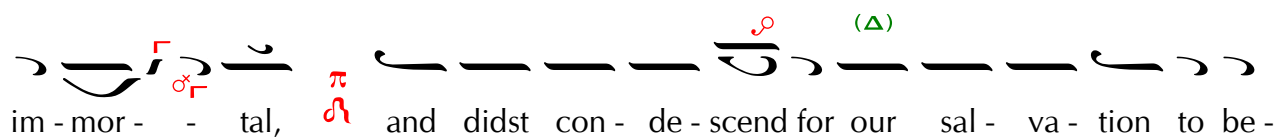
O Si - - on, un-to gen - er - a - - tion and gen-er - a - - tion.

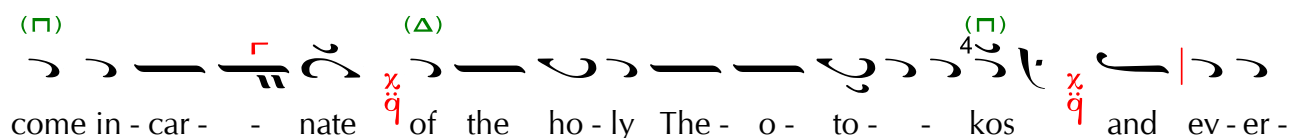
11

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

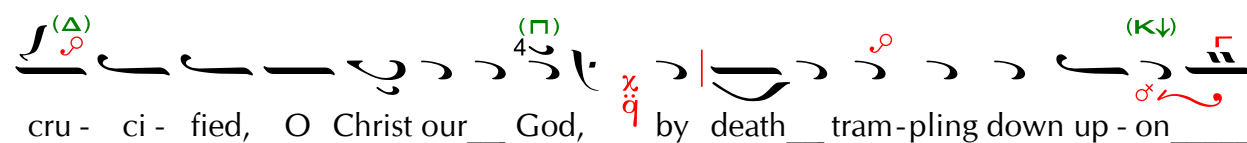
(□)  a - ges of a - ges. A - men. π

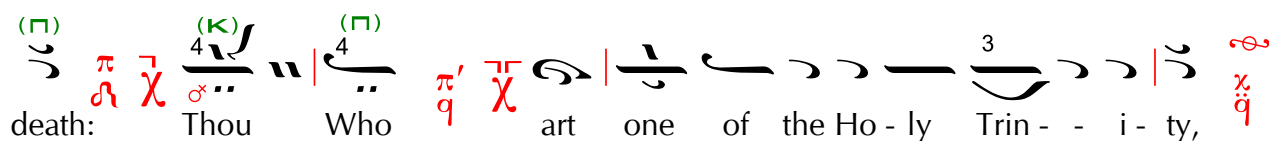
(M) (□)  n - ly - be - got - ten Son and Word of God, Thou Who art

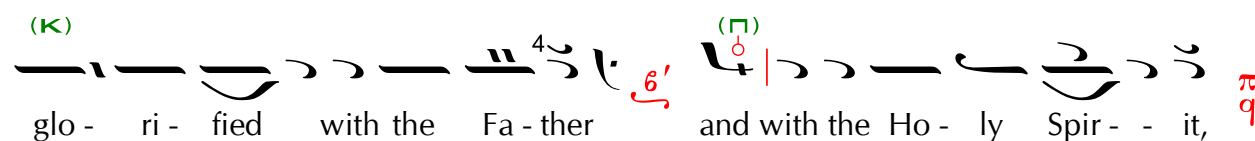
 im - mor - tal, and didst con - de - scend for our sal - va - tion to be -

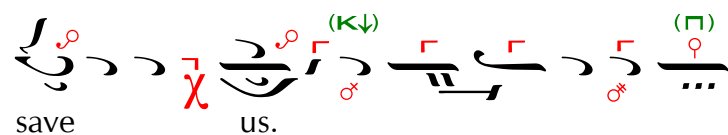
(□) (Δ)  come in - car - nate of the ho - ly The - o - to - kos and ev - er -

(M)  vir - gin Mar - y, with - out change be - com - ing man, Who wast

(Δ) (□) (K↓)  cru - ci - fied, O Christ our God, by death tram - pling down up - on

(□) (K) (□)  death: Thou Who art one of the Ho - ly Trin - i - ty,

(K) (□)  glo - ri - fied with the Fa - ther and with the Ho - ly Spir - it,

(K↓) (□)  save us.

