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

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[HX]  λ  δη  Νη

B
(M) (Δ↓) (N)
less the Lord, O my soul; blessed art You, O Lord. Bless

(Δ↓) (Κ↓) (Δ↓) (N)
the Lord, O my soul, and all that is within me bless His holy name.

(N) (Δ↓) (N)
Bless the Lord, O my soul, and forget not all that He has done

for you,
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* 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 gracious unto all your iniquities, Who heals all your infirmities,

Who redeems your life from corruption, Who crowns you with mercy and compassion,

Who fulfills your desire with good things; your youth shall be renewed as the eagle's.

The Lord performs deeds of mercy, and executes judgment for all them that are wronged.

He hath made His ways known unto Moses, unto the sons of Israel the things that He has willed.
Com-passion-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-
erg ed, nei-ther un-to e-ter-ni-ty will He be wroth.

Not ac-cord-ing to our in-iqui-ties has He de-al\textsuperscript{\textregistered} with us, 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, the Lord has made His mer-cy to pre-vail o-ver them that fear Him.

As far as the east is from the west, so far____ has He re-moved our in-iqui-ties from us.

Like a fa-ther has com-pas-sion up-on his sons, so has
the Lord had compassion upon them that fear Him; for He__
__knows where-of we are made, He has re- membered 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 over 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, 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
them_ that keep His tes - ta - ment and re - mem - ber His com-mand - ments
to do_ them.

The Lord in heav-en has pre - pared__ His throne,___ and His
king - dom rules_ o - ver all.

Bless the Lord, all you His an - gels, might - y in strength, that per - form_
_ His word, to hear the voice of His words.

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

Bless the Lord, all you His works, in ev - 'ry place of His do -
min - - - ion. _ Bless the_ Lord,_____ O my soul.
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

'Bless the Lord, O my soul; bless-ed are You, O Lord. Bless the Lord, O my soul, and all that is with me, bless His holy name.

Bless the Lord, O my soul, and do not forget all that He has done for you,

Who is gracious unto all your iniquities, Who heals all your infirmities,
Who redeems your life from corruption, who crowns you with mercy and compassion,

Who fulfills your desire with good things; your youth shall be renewed as the eagle's.

The Lord performs deeds of mercy, and executes judgment for all them that are wronged.

He has made His ways known unto Moses, unto the sons of Israel the things that He has willed.

Compassionate and merciful is the Lord, long-suffering and plentiful in mercy; not unto the end will He be angered,
neither unto eternity will He be wroth.

Not according to our iniquities has He dealt with us,

neither according to our sins has He rewarded us.

For according to the height of heaven from the earth, the Lord has made His mercy to prevail over them that fear Him.

As far as the east is from the west, so far has He removed our iniquities from us.

Like a father has compassion upon his sons, so has the Lord had compassion upon them that fear Him; for He knows whereof we are made, He has remembered that we are dust.
As for man, his days are as the grass; as a flower of the field, so shall he blossom forth.

For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof.

But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him.

And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them.

The Lord in heaven has prepared His throne, and His kingdom rules over all.
Bless the Lord, all you His angels, mighty in strength, that perform
His word, to hear the voice of His words.

Bless the Lord, all you His hosts, His ministers that do His will.

Bless the Lord, all you His works, in every place of His dominion.
Bless the Lord, O my soul.

Glory to the Father, and to the Son, and to the Holy Spirit;
Both now and ever, and unto the ages of ages. A-men.

Bless the Lord, O my soul, and all that is within me, bless...
His holy Name; blessed are You, O Lord.
The Typica

Second Stasis
Psalm 145

Grave Mode
adapted from Athonite Melody

Duration: 3:30

フロ - リー 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 sal - va - tion.
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 eternity, Who executes judgment for the wronged, Who gives food unto the hungry.

The Lord looses the fettered; the Lord makes wise the blind; the Lord sets a right the fallen; the Lord loves the right-
Typica - Second Stasis - Grave Mode

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. A-men.

n-ly begotten Son and Word of God, You Who are immor-tal, and did con-descend for our salvation to become
in-carnate of the holy The-o-tokos and ever vir-gin
Mar-y, without change becom-ing man, Who were cru-ci-fied, O Christ
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
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

Hχος Πα

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 eternity,

Who executes judgment for the wronged, Who gives food unto the hun-
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.

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

The Lord shall be king unto eternity; your God, O Sion, unto generation and generation.
Typica - Second Stasis - Plagal First Mode

ages of ages._ Amen.

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, without change be- com- ing man, Who were

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

dead: 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.