



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 You, 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 has done

for you,

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 your in - iq - ui - ties, Who

heals__ all your in - fir - mi - ties,

4 Who re - deems your life from cor - rup - - tion, Who crowns__ you with

mer - - cy and com - pas - sion,

5 Who ful - fills your de - sire__ with good__ things; your youth__


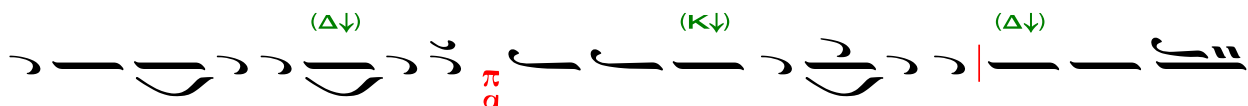
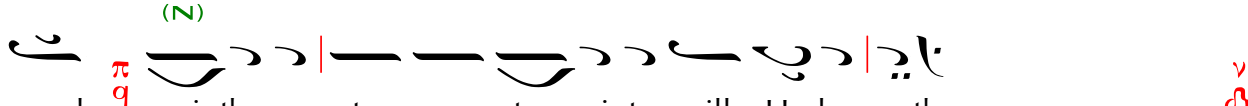
shall be re - newed__ as thē ea - - - gle's.


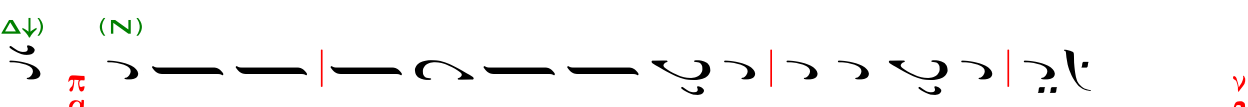
6 The Lord per - forms__ deeds of mer - - - cy, and ex - e - cutes__


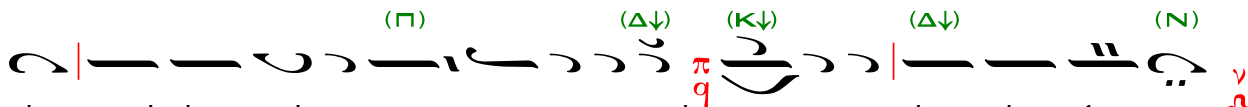
__ judg - ment for all them that are wronged.

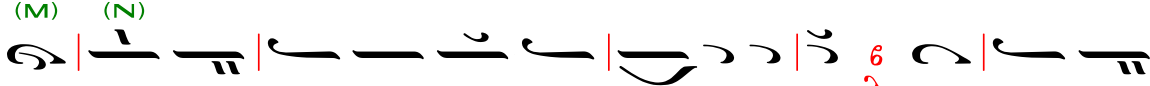

7 He hath made His ways known un - to Mo - - - ses, un - to the

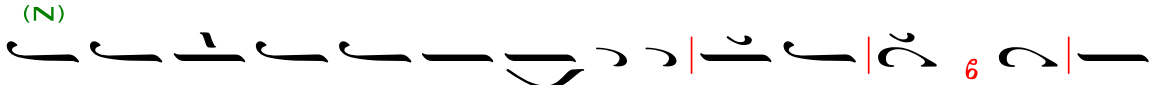
sons of Is - ra - el the things that He has willed.


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 has He dealt__ with

us, nei - ther ac - cord - ing to our sins has He re - ward - ed us.

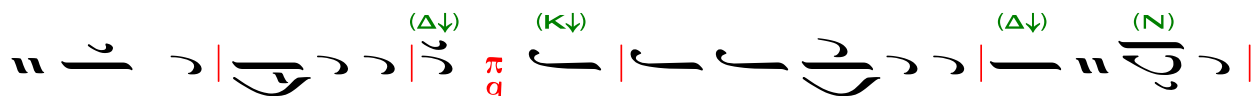
10 
For ac - cord - ing to the height__ of heav - en from thē earth,

the Lord has 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__

__ has He re - moved our in - iq - ui - ties from us.

12 
Like a fa - ther has com - pas - sion up - on his sons, so has




 the Lord had com - pas - sion up - on them that fear____ Him;  for He_



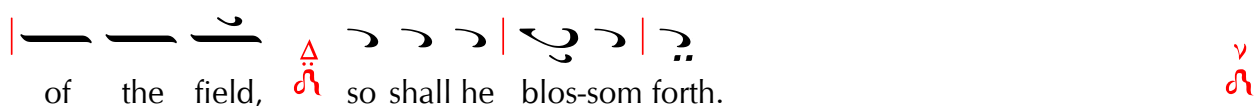
 __ knows where - of we are made, He has re - mem - - bered that__ we are




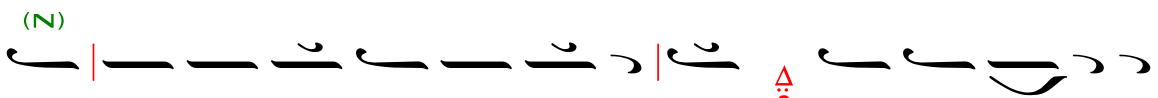
 dust.


13


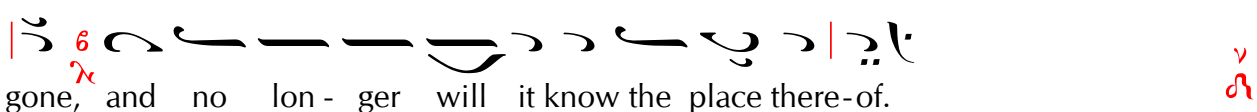
 As for man, his days__ are as the grass; as a flow - - er




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


14


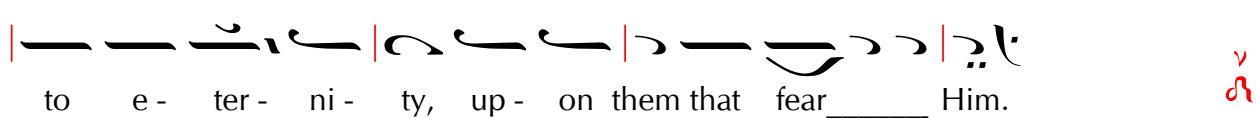
 For when the wind is passed o - ver it,  then it shall__ be



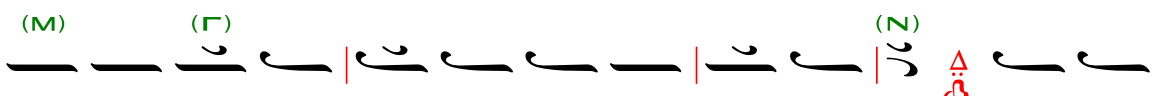
 gone, and no lon - ger will it know the place there-of.


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 ^(Δ↓) ^(N) and re - mem - ber His com-mand-ments

to do__ them.

17 ^(M) ^(Δ) The Lord in heav-en has pre-pared__ His throne,__ ^(N) and His

king - dom rules__ o - - ver all.

18 ^(N) Bless the Lord, all you His an - gels, might-y in strength, that per - form_


^(Δ↓) ^(N) __ His word, to hear the voice of His words.

19 ^(N) Bless the Lord, all you His hosts, ⁶ ^λ His min - - is - ters that do His

will.

20 ^(N) ^(Γ) ^(N) Bless the Lord, all you His works, ⁶ ^λ in ev - 'ry place of His do -

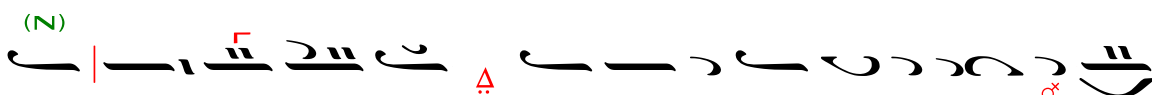

⁶ ^λ min - - - ion. ⁶ ^λ Bless the__ Lord,__ O my soul.

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)
 Bless the Lord, O my soul,  and all that is with - in__

 (N)
 __me,  bless His ho - ly Name;  ³ bless - ed are You, O Lord.  ³  (Δ↓) (M)





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

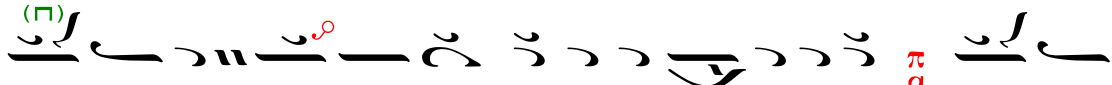
Duration: 4:15


Ἦχος λ̣ π̣ ᾠ Πα


χ̣ 190

π̣
q̣



(Π)  Bless the Lord, O my soul; bless-ed are You, O Lord. Bless the

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

2 (Π)  Bless the Lord, O my soul, and for - get not all that He

 has done for you, π̣
q̣

3 (M) (Π)  Who is gra- cious un - to all your in - iq - ui - ties, Who heals all

 your in - fir - mi-ties, π̣
q̣

4 Who re - deems your life from cor - rup - - tion, Who crowns_ you with mer - cy

and com-pas - - sion, π q

5 Who ful - fills your de - sire _____ with good _____ things; your youth

shall be re-newed as thē ea - - gle's. π q

6 The Lord per - forms__ deeds__ of mer - - cy, and ex - e - cutes__

judg- ment for all them that are wronged. π q

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

Is - - ra- el the things that He has willed. π q

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,

(Π) (N) (Π)
 nei-ther un - to e - ter - ni - ty__ will He__ be wroth.

π
q

9 (Π) (Π) (K) (♂) (Δ)
 Not__ ac-cord-ing to our in - iq - ui - ties has He dealt__ with us,

π
q

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

π
q

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

(Π) (N) (Π)
 has made His mer - cy to pre-vail o - ver them that fear__ Him.

π
q

11 (Π) (♂) (Δ) (Π)
 As far__ as the east is from the west, so far has He re-moved

our in - iq - ui - ties from us.



π
q


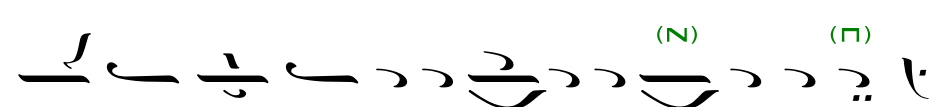
12 (Π) (Δ)
 Like a fa - ther has com - pas - sion up-on__ his sons, so

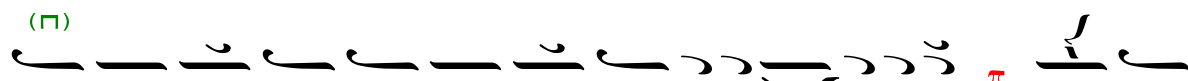
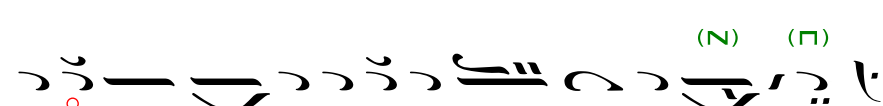
has the Lord had com - pas - sion up - on__ them that fear__ Him; for He


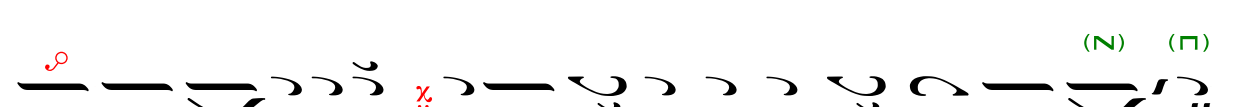
(Π) (N) (Π)
 knows where - of we are made, He has re - mem-bered that we are dust.


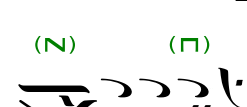
π
q

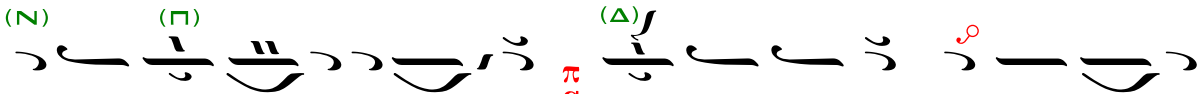
13  As _____ for man, his days are as _____ the grass; as a flow - er of the field,
 so shall he blos - - som forth. π q

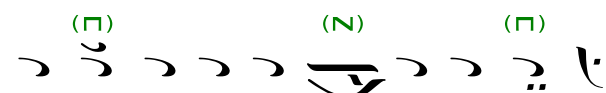

14  For when the wind is passed o - ver it, then it shall _____ be gone,
 and no lon - ger will it know _____ the place _____ there-of. π q



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

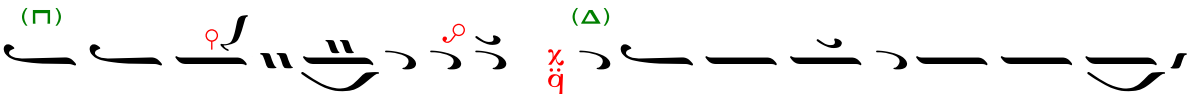
16  And His right - eous-ness is up - on sons _____ of sons, π q up - on them that
 keep His tes - - ta-ment π q and re - mem-ber His com-mand-ments to do _____ them. π q




17  The Lord _____ in heav-en has pre-pared His throne, π q and His king-dom rules _____
 o - - ver all. π q

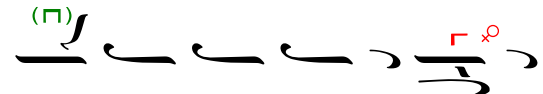
18  Bless the Lord, all you His an - - gels, might - y in strength, that per - form__


 His word, to hear the voice of His words. 



19  Bless the Lord,__ all__ you His hosts, His min - - is-ters_ that do__ His will. 

20  Bless the Lord,__ all you 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 -

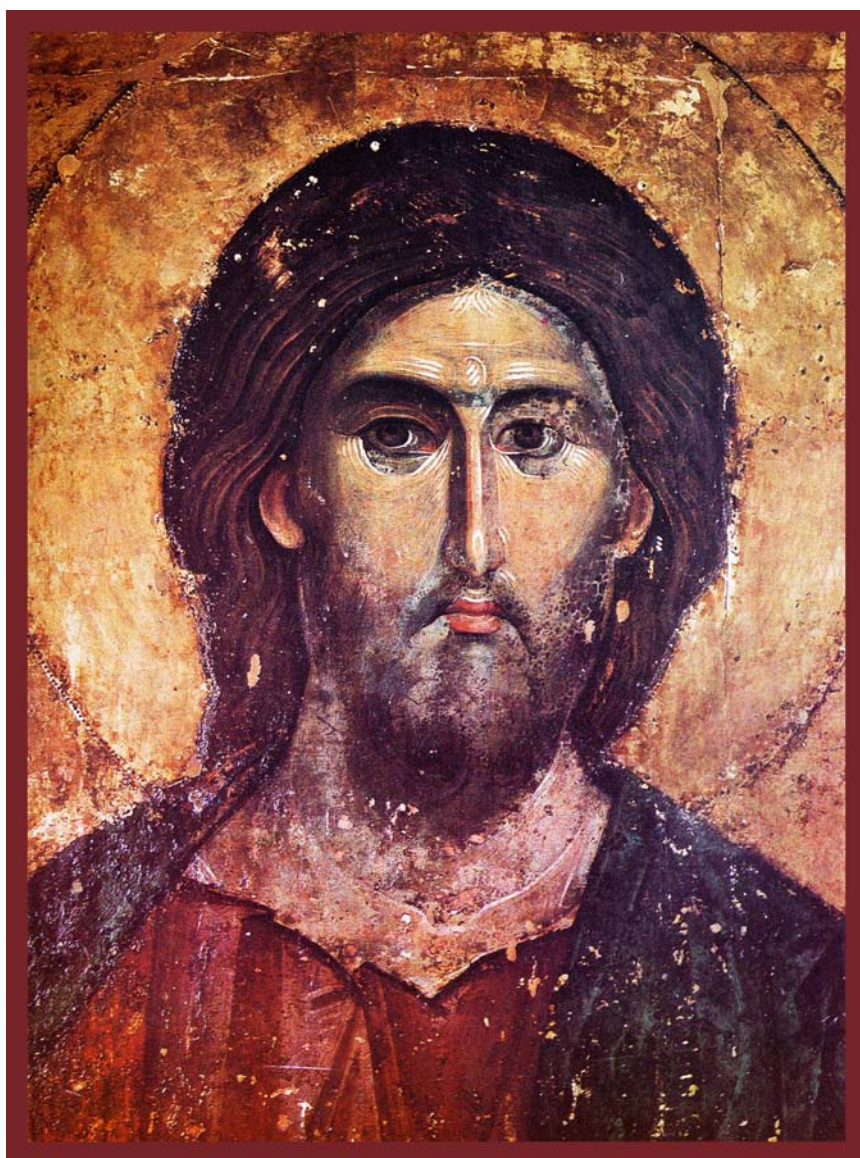
 ly Spir - - it; 

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 — are — You, — O — Lord. —





THE TYPICA

Second Stasis
Psalm 145

Grave Mode
adapted from Athonite Melody

Duration: 3:30

Ἕχος βαρύς ζ

χ 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; your God, O

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






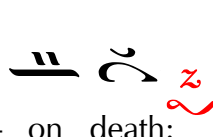
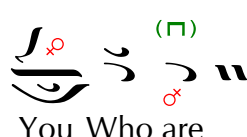

11 Both now and ev - - er, and un - to the a - - ges of a - - ges. A-men.

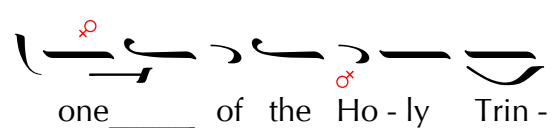


O n - - ly - be - got - ten Son and Word of God, You Who are im-

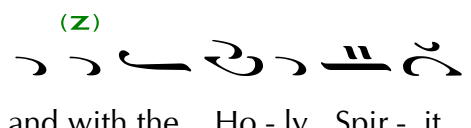



mor - tal, and did con - de - scend for our sal - va - tion to be - come

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. 

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 λ π ᾠ Πα

χ 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

of men in whom there is no__ 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 has made__ heav - - en and thē earth, the sea__ and all__

that is__ there-in,

π
q

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

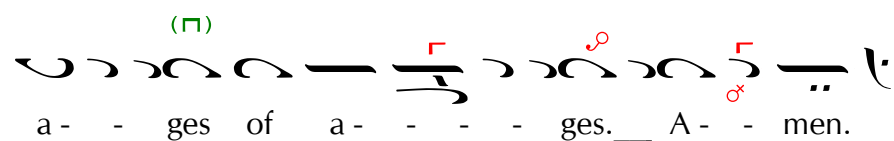
10

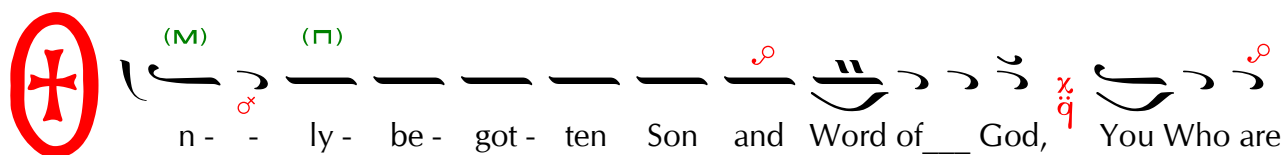
The Lord shall be king un-to e - ter - ni - ty; your God,
O Si - - on, un-to gen - er - a - - tion and gen - er - a - - tion.

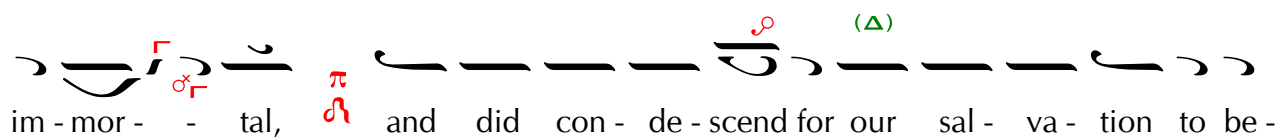
π
q

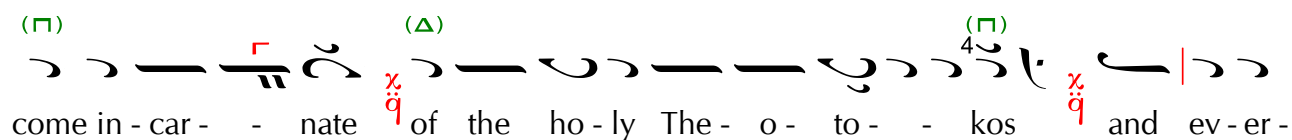
11

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

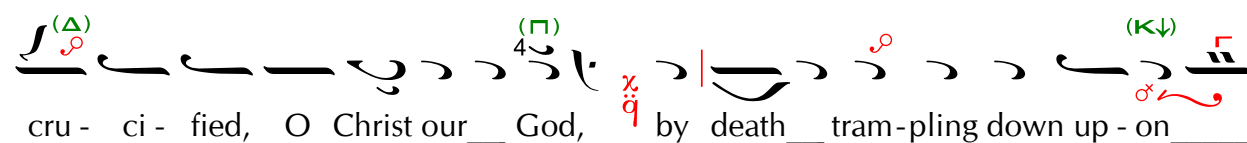
(□)  a - ges of a - ges. A - men. π

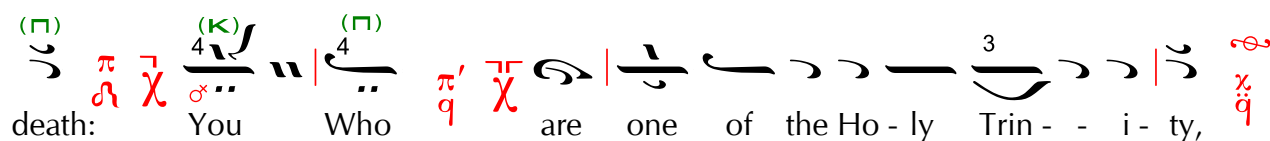
(M) (□)  n - ly - be - got - ten Son and Word of God, You Who are

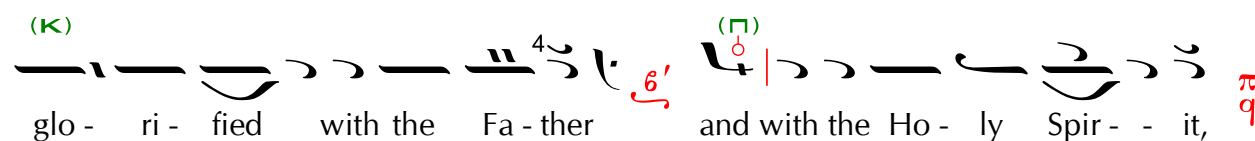
 im - mor - tal, and did con - de - scend for our sal - va - tion to be -

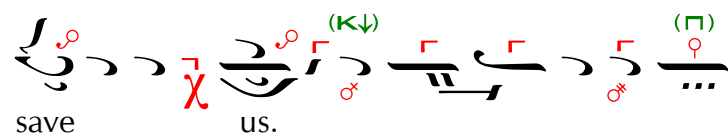
(□) (Δ)  come in - car - nate of the ho - ly The - o - to - kos and ev - er -

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

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

(□) (K) (□)  death: You Who are 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.

