

First Typical Antiphon

*Znamenny Chant*

Psalm 102

**Canonarch:**

Bless the Lord, O my soul, blessed art Thou O Lord.

**Choir A:**

Bless the Lord, O my soul, and all that is within me bless His Holy Name.

**B**

Bless the Lord, O my soul, and forget not all His benefits,

**A**

Who forgives all your iniquity, Who heals all your diseases,

**B**


Who redeems your life from the pit, Who crowns you with steadfast love and mercy,

**A**

Who satisfies you with good as long as you live, so that your youth is renewed like the eagle's.

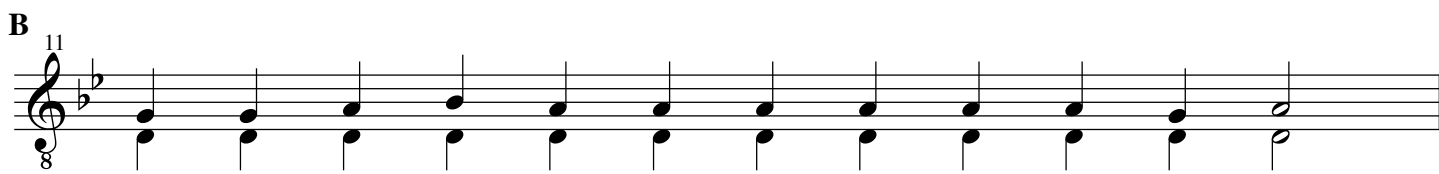
**B**


The Lord works vindication and justice for all who are oppressed.

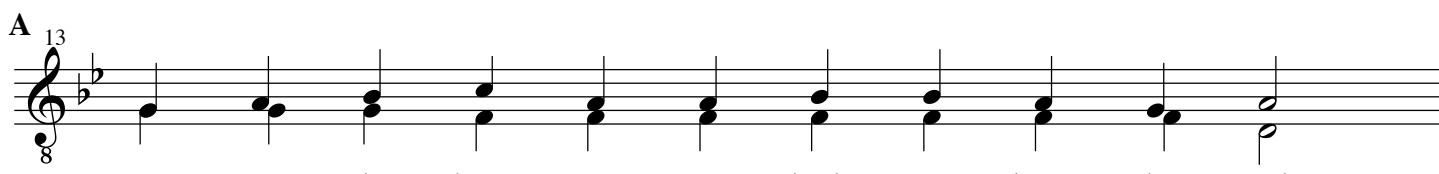
**A**  
  
 He made known His ways un - to Mo - ses, His acts to the peo - ple of Is - ra - el.


**B**  
  
 The Lord is mer - ci - ful and gra - cious, slow to an - ger and a - bound - ing in stead - fast love.

**A**  
  
 He will not al - ways chide, nor will He keep His an - ger for - e - ver.

**B**  
  
 He does not deal with us ac - cord - ing to our sins,

  
 nor re - quite us ac - cord - ing to our in - i - - - qui - ties.

**A**  
  
 For as the heav - ens are high a - bove the earth,

  
 so great is His stead - fast love t'ward those who fear Him.

**B**  
  
 For as far as the east is from the west, so far does He re - move our trans - ges - sions from us.

**A** 16  
8

As a fa-ther pit-ies His chil - dren, so the Lord pi-ties those who fear Him.

**B** 17  
8

For He knows where-of we are made; He re-mem-bers that we are dust.

**A** 18  
8

As for man, his days are like grass, He flour-ish-es like a flow-er of the field

**B** 19  
8

For the wind pass-es ov-er it and it is gone and its place knows it no more.

**A** 20  
8

But the stead - fast love of the Lord is from ev - er - last - ing

21  
8

to ev - er - last - ing u - pon those who fear Him,

**B** 22  
8

and His right-eous-ness to chil-dren's chil - dren to those who keep His cov - e - nant

**B** <sup>23</sup>

and re - mem - ber His com - mand - ments to do — them.

**A** <sup>24</sup>

The Lord has es - tab - lished his throne in the hea - vens, and His — King - dom rules — ov - er all.

**B** <sup>25</sup>

Bless the Lord all you His an - gels, you migh - ty ones who do His word

<sup>26</sup>

hear - ken - ing to the voice of his word!

**A** <sup>27</sup>

Bless the Lord — all His hosts, His — min - i - sters that do His will.

**B** <sup>28</sup> *poco rit.*

Bless the Lord — all His works, in all plac - es of His do - mi - nion.

**A** <sup>29</sup> *Much slower tempo...*

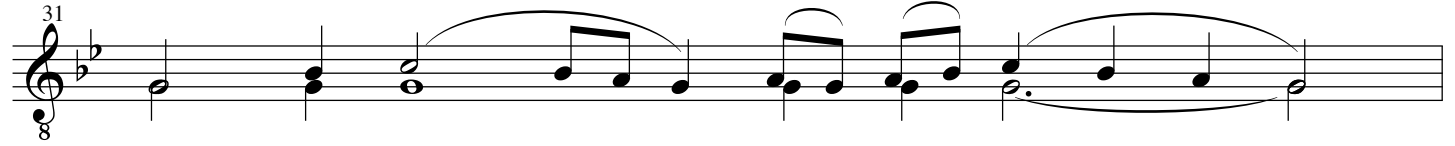
Glo - ry to the Fa - ther and to the Son and to the Ho - ly Spi - rit,

**B**




30  
8  
both now\_\_\_\_\_ and e - ver and un - to a - ges of a - ges. A - men.

**A**



31  
8  
Bless the Lord,\_\_\_\_\_ O my soul,\_\_\_\_\_

**B**



32  
8  
and all that is with - in me bless His Ho - ly Name.

**A & B**



33  
8  
Bles - - sed art\_\_\_\_\_ Thou, O Lord.\_\_\_\_\_