

Second Typical Antiphon

Praise the Lord, O My Soul

Tone 5: 'Rejoice'

(Abbr.)

Optina Hermitage Chant, arr. Archm. Matfei (Mormyl)
adap. J.J. Kotalik after Archm. Sergius (Bowyer)

Psalm 145



Praise the Lord, O my soul. I will praise the Lord as long as I live.



I will sing praises to my God while I have been living. Put not your trust in



princes, in sons of men, in whom there is no salvation. When his breath de-



parts he returns to his earth; on that very day his plans perish.



rit.
The Lord will reign forever; thy God, O Zion, to all generations.