

First Typical Antiphon

Bless the Lord, O My Soul

Tone 5: 'Rejoice'

Optina Hermitage Chant, arr. Archm. Matfei (Mormyl)

adap. J.J. Kotalik after Archm. Sergius (Bowyer)

Psalm 102

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

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

ho - ly Name. Bless the Lord, O my soul. and for-get not

all His ben - e - fits, who forgives all thine in - i - qui - ties,

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who heals all thy dis - eas - es, who re - deems thy life from the pit,

First Typical Antiphon

who crowns thee with steadfast love and mer - cy, who satisfies thy desire

with good things; thy youth shall be re-newed like the ea - gle's.

The Lord is com-pas-sion-ate and mer - ci - ful, long suf - fer - ing and

of great good - ness. Bless the Lord, O my soul, and all

that is within me bless His ho - ly Name. Bless-ed art Thou, O Lord.