

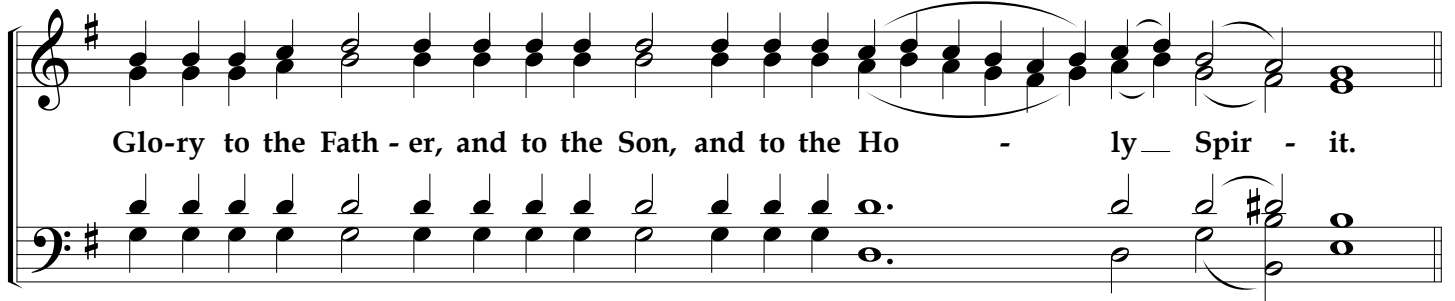
# Second Typical Antiphon

## *Praise the Lord, O My Soul*

Tone 5: 'Rejoice'

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

Psalm 145



Glo-ry to the Fath - er, and to the Son, and to the Ho - ly Spir - it.



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



I will sing prais - es to my God while I have be - ing. Put not your trust in



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



parts he re - turns to his earth; on that ver - y day his plans per - ish.

# Second Typical Antiphon

Blessed is he whose help is the God of Jacob, whose hope is in the Lord

his God, Who made heaven and earth, the sea and all that is in them;

who keeps his faith forever, who executes justice for the oppressed;

who gives food to the hungry. The Lord sets the prisoners free.

The Lord opens the eyes of the blind; the Lord lifts up those who are bowed down;

# Second Typical Antiphon

the Lord loves the right - eous. The Lord watches over the so - journ - ers,

He up-holds the wi-dow and the fath - er - less; but the way of the wick - ed

*rit.*  
He will bring to ru - in. The Lord will reign for - ev - er;

thy God, O Zion, to all gen - e - ra - tions.