

The First Antiphon
“Bless the Lord, O my Soul”

Psalm 102

Harmonized Znamenny Chant

Hermitage of the Holy Cross

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 that He hath done

for thee, Who is gra - cious un - to all thine in - i - qui - ties, Who heal - eth

all thine in - firm - i - ties, Who re - deem - eth thy life from cor - rup -

tion, Who crowneth thee with mercy and com pas - sion, Who ful-fill - eth thy de -

sire with good things. Thy youth shall be re-newed as the ea - gle's. The_

Lord per - form - eth deeds of mer - cy And ex - e - cut - eth judge - ment for

all that are wronged. He hath made His ways known un-to Mos - es; un-to the

sons of Is - ra - el the things that He hath willed. Com - pas - sion -

ate and mer - ci - ful is the Lord, long suffering and plenteous in mer -

cy. not un - to the end will He be an - gered, nei - ther un - to e -

tern - i - ty will He be wroth. Not ac - cording to our iniquities hath He

dealt with us, — nei - ther ac - cording to our sins hath He re - ward - ed us.

For ac - cord - ing to the height of heav - en from the earth the Lord hath

made His mer - cy to prevail over them that fear — Him. As — far — as the

East is from the West, so far hath He removed our in - i - qui - ties from us. Like

as a fa - ther hath com - pas - sion up - on his sons, so hath the Lord —

had compassion upon them that fear — Him. For he know - eth where-of we are

made. — He hath re - mem - bered that we are dust. As for man, his — days are

as the grass. As a flow - er of the field so shall he blos - som forth.

For when the wind is passed over it, then it shall be gone. and no longer will it know the

place there-of. But the mercy of the Lord is from e - ternity, even unto e - ternity upon

them that fear Him. And his righteousness is upon sons of sons,

up-on them that keep His test-a-ment and re-mem-ber His com-mand-ments to

do them. The Lord in heaven hath pre-pared His throne, and His king-dom rul-

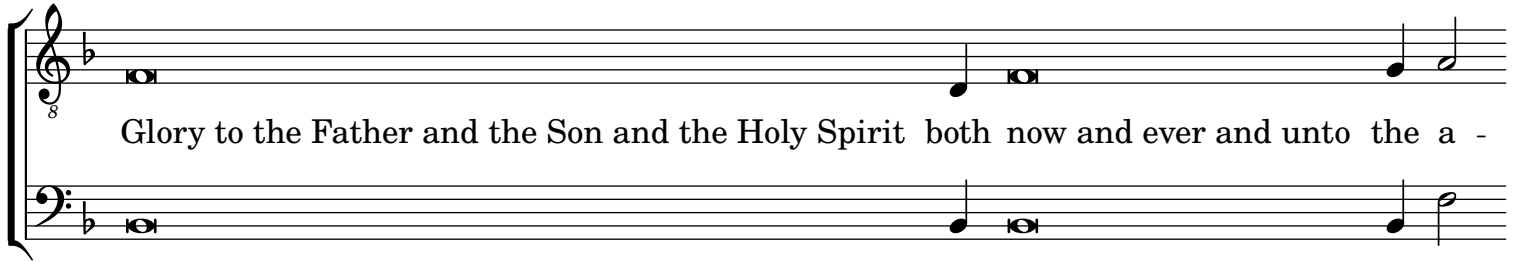
eth ov-er all. Bless the Lord, all ye His an-gels, might-y in strength

that per-form His word, to hear the voice of His words. Bless the Lord, all

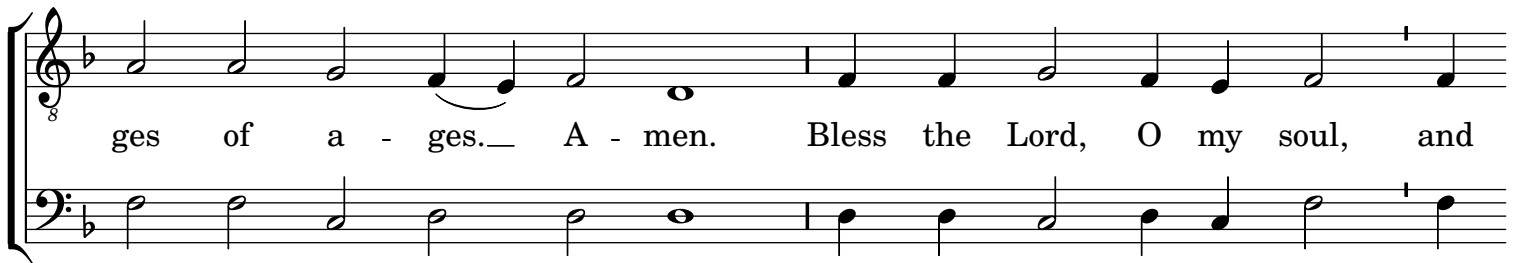
ye His hosts, His min-i-sters that do His will. Bless the Lord, all ye His works,



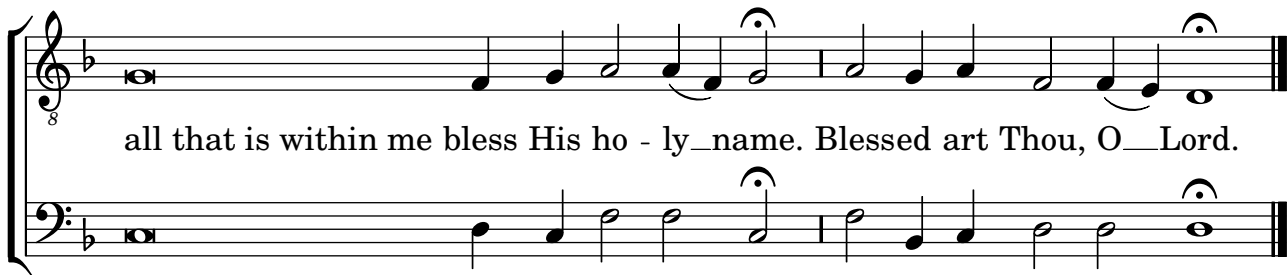
in ev - 'ry place of His do - min - ion. Bless the Lord, O my soul.



Glory to the Father and the Son and the Holy Spirit both now and ever and unto the a -



ges of a - ges. A - men. Bless the Lord, O my soul, and



all that is within me bless His ho - ly name. Blessed art Thou, O Lord.