

# PSALM 102 (103)

## Appalachian Orthodox Chant

STAVROS FIRST

**1** **Moderato** *Ison should be similar to the Byzantine style.*  
**CHANTER I:** *Outline the words of the melody while holding the drone.*

Bless the Lord, O my soul; and all that is with-in me, bless His ho-ly

7

name! Bless the Lord, O my \_\_\_\_\_ soul; and for-get not all His

12

be-ne-fits: Who for-gives all your in - i - qui - ties, Who heals all your di -

16

- sea - ses, Who re - deems your life from de - struc - tion, Who

19

crowns \_\_\_\_\_ you with lov-ing kind-ness and ten-der mer - -

22

-cies, Who sat - is - fies your mouth with good things, so that your

25

youth is re - new'd like \_\_\_\_\_ the \_\_\_\_\_ Eag - le's.

**2** CHANTER II:

The Lord ex - e - cutes right - eous - ness and jus - tice for

5

all who are op - pressed. He made known His ways un - to Mo - ses, His

10

acts to the chil - dren of Is - ra - el. The Lord is mer - ci - ful and grac - ious, slow to

14

an - ger and a - bound - ing in mer - cy. He will not al - ways strive with

17

us, nor will He keep His an - ger for - ev - er. He has not

21

dealt with us ac - cor - ding to our sins, nor pun - ish'd us ac -

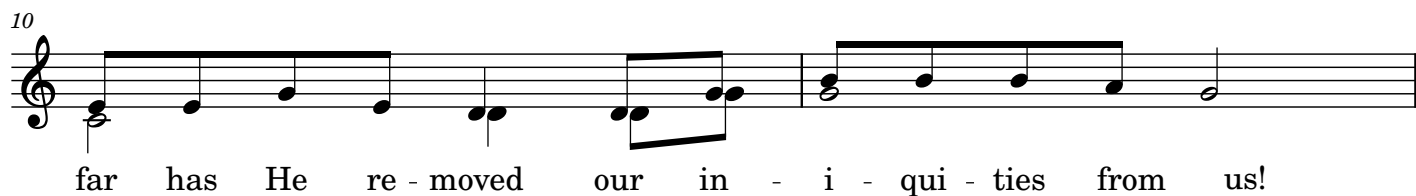
25

- cor - ding to our in - i - qui - ties.

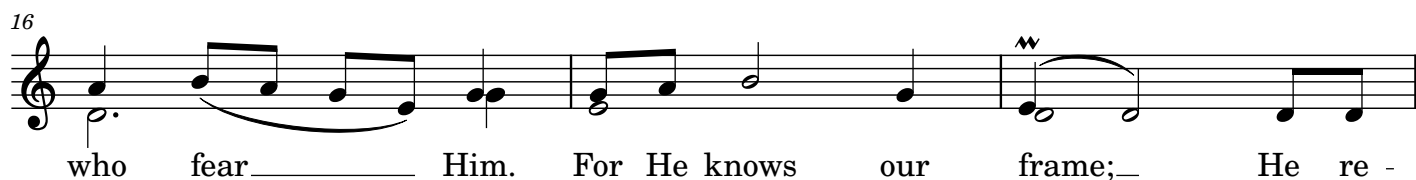
**3** *louder* CHANTER I:


For as the heav - ens are high a - bove the Earth, so great

6 *softer*  
  
 is His mer-cy on those who fear Him; as far as the east is from the west, so

10  
  
 far has He re - moved our in - i - qui - ties from us!

12 *normal* 3  
  
 As a fa - ther has com-pas-sion on his chil - dren, so the Lord pi-ties those

16  
  
 who fear Him. For He knows our frame; He re -

19 3  
  
 mem - bers that we are dust.

**4** CHANTER II:  
  
 As for man, his days are like grass; as a flow-er of the field,

5  
  
 so he flour-ish-es. For the wind pass-es o - ver it and it is gone,

9 3  
  
 and its place rem-em-bers it no - more. But the mer - cy of the Lord is from

13

ev - er - last - ing to ev - er - last - ing on those who fear Him, and His

16

righ - teous - ness to chil - dren's chil - dren, to such as keep His co - ve - nant,

20

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

**5** CHANTER I:

The Lord has es - tab - lish'd His throne in heav - -

4

-en, and His king - dom rules o - ver all.

**6** CHANTER II:

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

5

heed - ing the voice of His word. Bless the Lord, all you His

9

hosts you min-is-ters of His, who do His pleas - ure.

**7** CHANTER I:

Bless the Lord, O all His works, in al pla-ces of His do-min-ion.

5 *slower*

Bless the Lord, O my soul!