Bless the Lord, O my soul; blessed art thou, O Lord. Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee; Who is gracious unto all thine iniquities,
Who healeth all thine infirmities; Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion.

Compassionate and merciful is the Lord, long suffering and plenteous in mercy. Bless the Lord, O my soul, and all that is within me bless His holy name; blessed art Thou, O Lord.
Lord have mercy. Lord have mercy.

To Thee, O Lord. Amen.

2nd Antiphon

Glory to the Father, and to the Son, and to the Holy Spirit;

Praise the Lord, O my soul. I will praise the Lord in my life,

I will chant unto my God for as long as I have my being.
Trust ye not in princes in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein,
Who keepeth truth unto eternity, Who executeth judgement for the wronged, Who giveth food unto the hungry.

The Lord looseth the fettered, the Lord maketh wise the blind;

The Lord setteth aright the fallen; the Lord loveth the righteous;

the Lord preserveth the proselytes. He shall adopt for His own the orphan and
window, and the way of sinners shall He destroy.

The Lord shall be king unto eternity;

thy God, O Si-on unto generation and generation.

Both now... O Only-Begotten Son

Music arrangement adapted from: "Pesnopennia Bozhestvennoy Liturgiy",
Holy Dormition Pochaev Lavra, 2000

Psalm translation from "The Psalter of the Seventy"
Holy Transfiguration Monastery, Brookline, Mass.

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