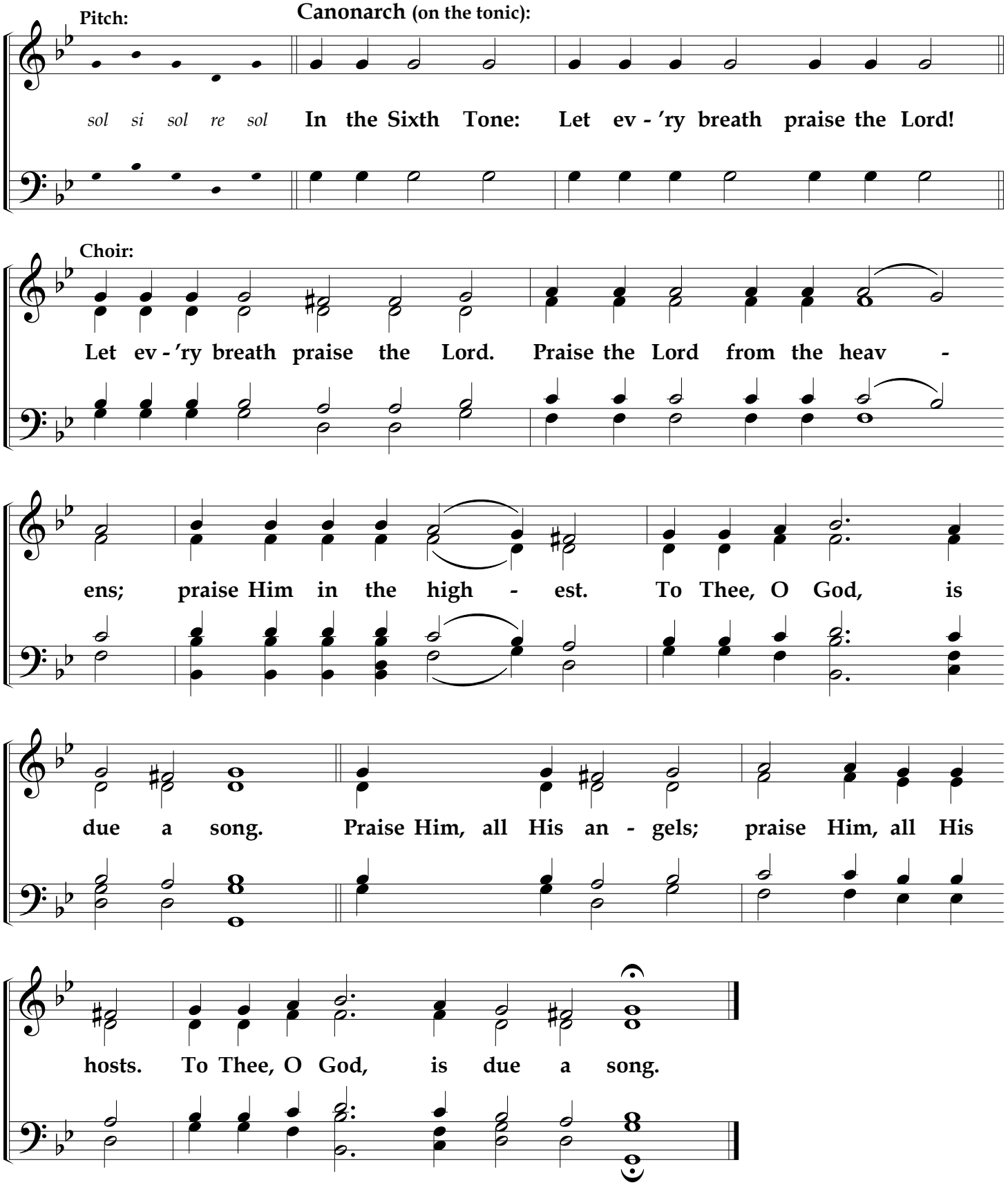
The Praises (Lauds)
Tone 6

Abbr. Kievan Chant
(Modern Harmonization)
(Soprano Melody)

Soprano Melody



Laudatory Psalms (Psalms 148-150)

Omitted in many parishes; if being read, should be read antiphonally.

Praise him, sun and moon;
  praise him, all ye stars and light.
Praise him, ye heavens of heavens,
  and ye waters that are above the heavens.
Let them praise the name of the Lord;
  for he spake, and they were made;
    he commanded, and they were created.
He hath established them for ever and ever;
  he hath made a decree which shall not pass away.
Praise the Lord from the earth,
  ye dragons, and all deeps:
Fire, and hail; snow, and ice;
  stormy wind; fulfilling his word:
Mountains, and all hills;
  fruitful trees, and all cedars:
Beasts, and all cattle;
  creeping things, and flying birds:
Kings of the earth, and all peoples;
  princes, and all judges of the earth:
Both young men, and maidens;
  old men, and children:
Let them praise the name of the Lord;
  for his name alone is exalted.
His glory is above the earth and heaven;
  and he hath also exalted the horn of his people;
This is the praise for all his saints;
  for the children of Israel,
    for the people that draw near unto him.

Sing unto the Lord a new song,
  let his praise be in the church of the saints.
Let Israel rejoice in him that made him;
  and let the children of Zion
    be joyful in their King.
Let them praise his name in the dance;
  let them sing praises unto him
    with the timbrel and harp.
For the Lord taketh pleasure in his people;
  and will exalt the meek with salvation.
The saints shall rejoice in glory;
  and shall be joyful upon their beds.
Let the high praises of God be in their mouth;
  and two-edgèd swords in their hands;
To execute vengeance upon the nations,
  and punishments among the peoples;
To bind their kings with chains,
  and their nobles with fetters of iron;

We then sing on up to six verses:
(with two additional verses added on Sundays and Feasts)

On Sundays and Feasts, we sing on 6:

(6) To execute upon them the judgement written;
  * this glory shall be to all his saints.
(5) Praise God in his sanctuary;
  * praise him in the firmament of his power.

At lesser commemorations, we sing on 4:
(and if abbreviating the Sunday Stichera)

(4) Praise him for his mighty acts;
  * praise him according to his
    excellent greatness.
(3) Praise him with the sound of the trumpet;
  * praise him with psalt'ry and harp.
(2) Praise him with the timbrel and dance;
  * praise him with strings and flutes.
(1) Praise him upon the well-tuned cymbals;
  praise him upon the cymbals of jubilation.
  * Let ev'ry breath praise the Lord.

On Sundays, if not supplanted by festal verses, we add the following verses:
(omitted if abbreviating the Sunday Stichera)

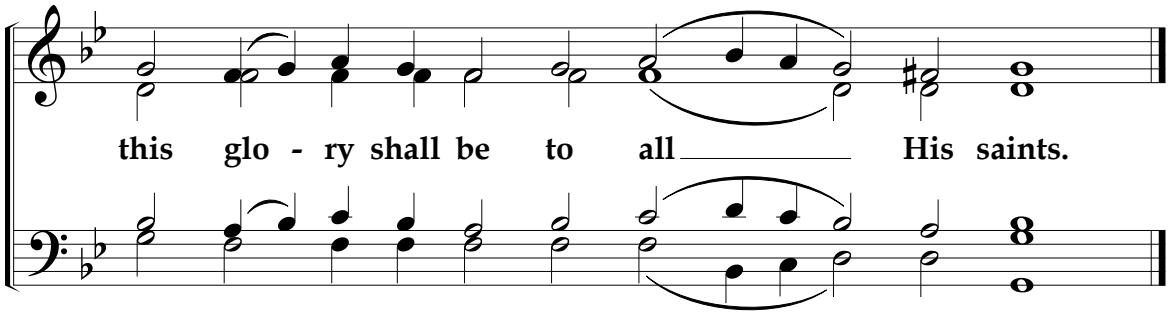
℣. Arise O Lord my God, lift up thy hand; *
  * forget not Thy poor for ever.
℣. I will praise Thee, O Lord, with my whole heart;
  * I will speak of all Thy marv'llous works.

We then conclude:

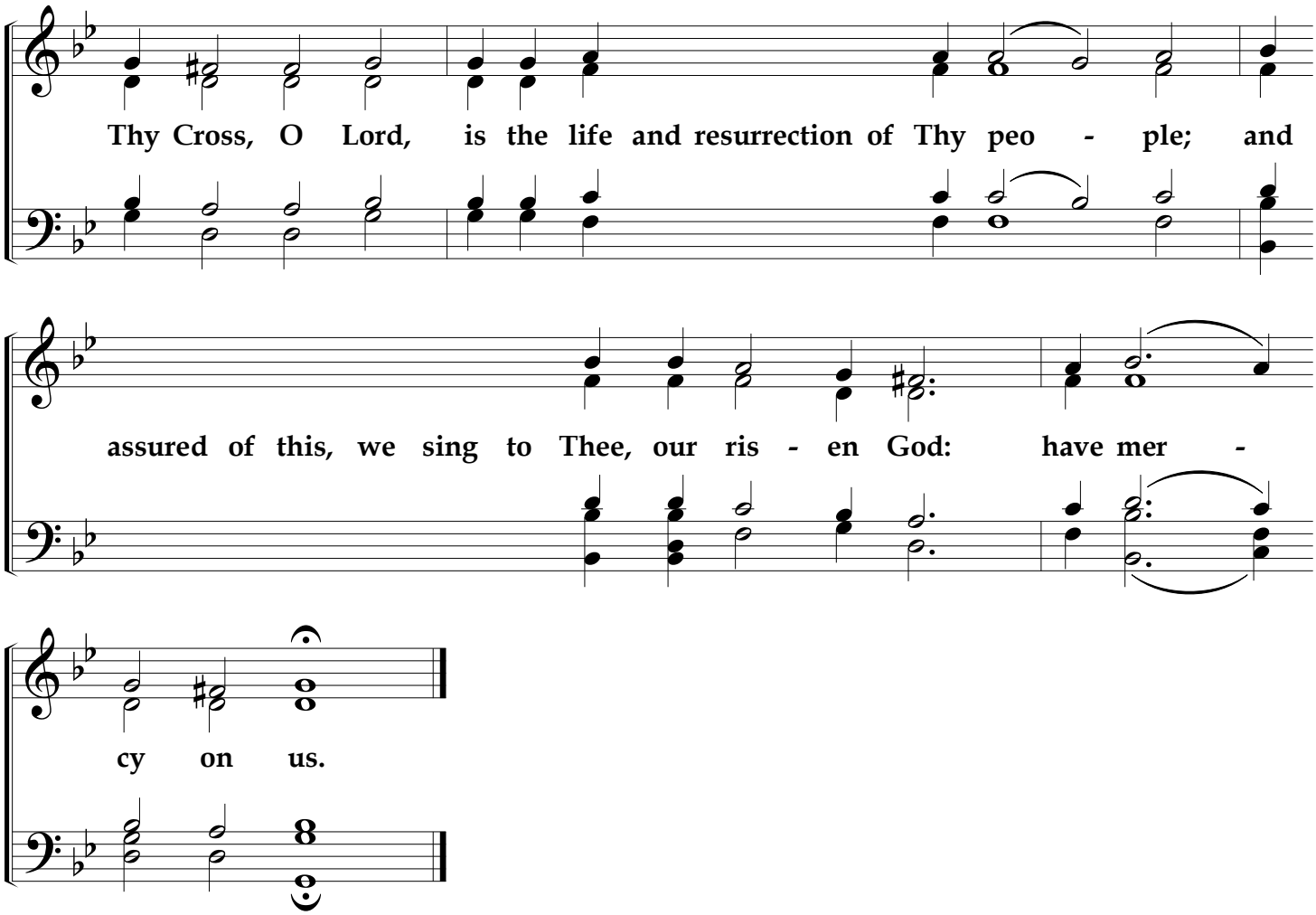
Glory to the Father, and to the Son, and to the
  Holy Spirit.

Now and ever, and unto ages of ages. Amen.

(6) To execute upon them the judgement written;

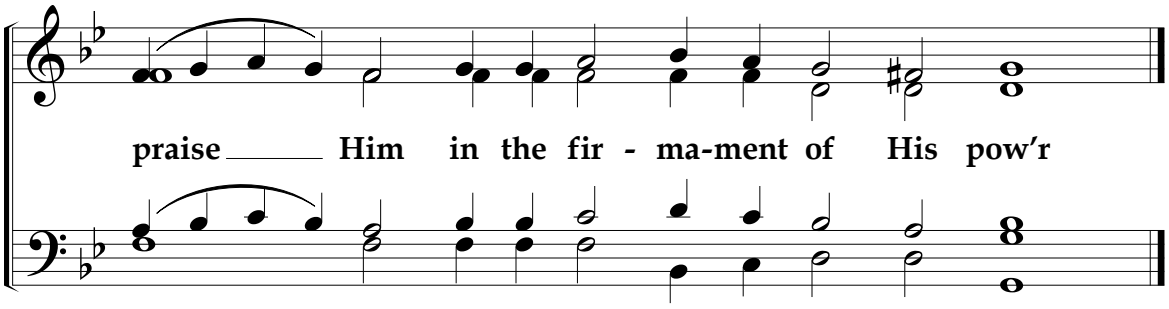


Resurrectional Sticheron 1:



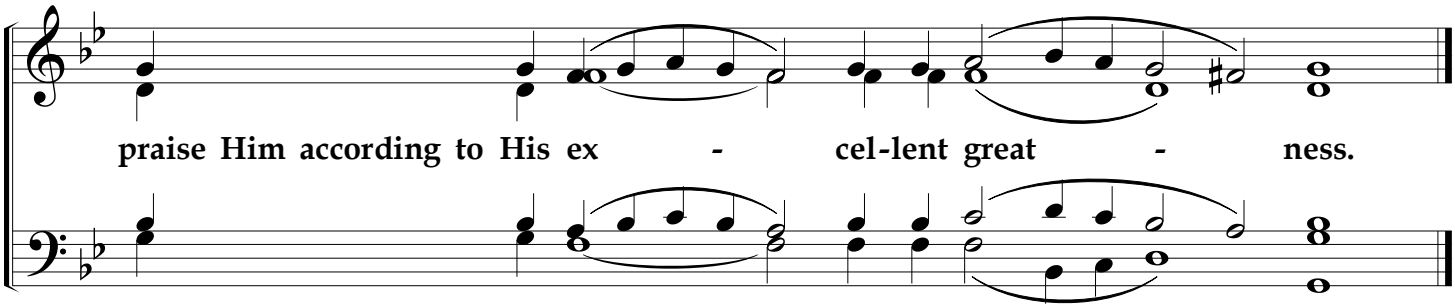
In many parishes, the remaining Psalm verses and stichera are simply read.
If doing so, one reader should take the Psalm verses, and a second reader the stichera.

(5) Praise God in His sanctuary;



Thy burial, O Master,
opened Paradise for man,
and we, delivered from corruption,
sing to Thee our risen God: //
have mercy on us.

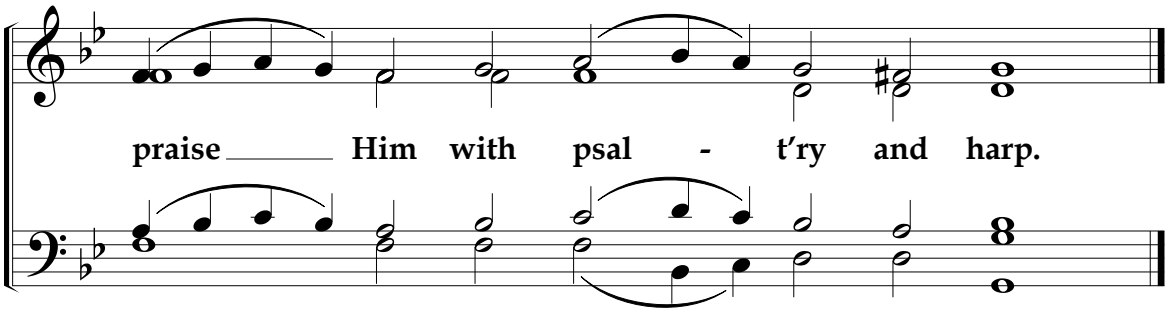
(4) Praise Him for His mighty acts;



With the Father and the Spirit,
let us praise Christ
who is risen from the dead;
and let us cry aloud to Him:
˘˘Thou art our **life** and resurrection; //
have mercy on us.

If singing the Samopodoben (Automelon), 'On the third day…', turn to pg. 9 for the sheet music; otherwise, sing/read below:

(3) Praise Him with the sound of the trumpet;

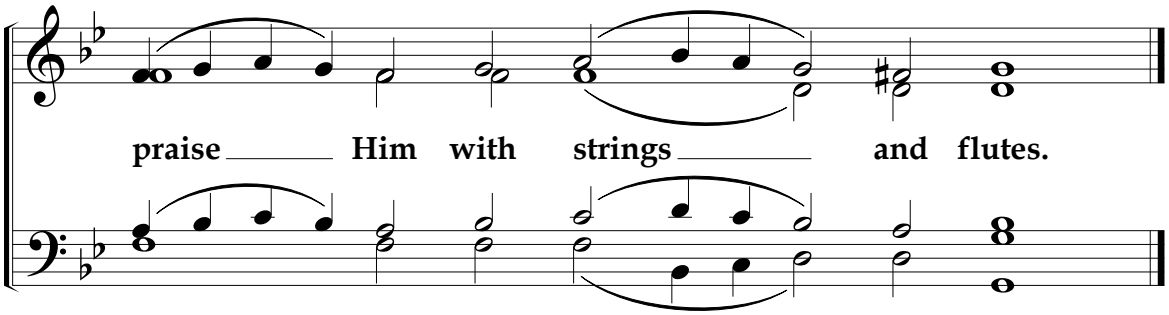


On the third day, O Christ,
Thou didst arise from the tomb
according to the Scriptures,
having raised our fórefather Adam with Thyself;
˘˘therefore, mankind glorifies Thee, //
and praises Thy Resurrection.

If there are stichera appointed by the Menaion/Triodion/Pentecostarion, they begin here, in place of the Resurrectional (Sunday) Stichera.

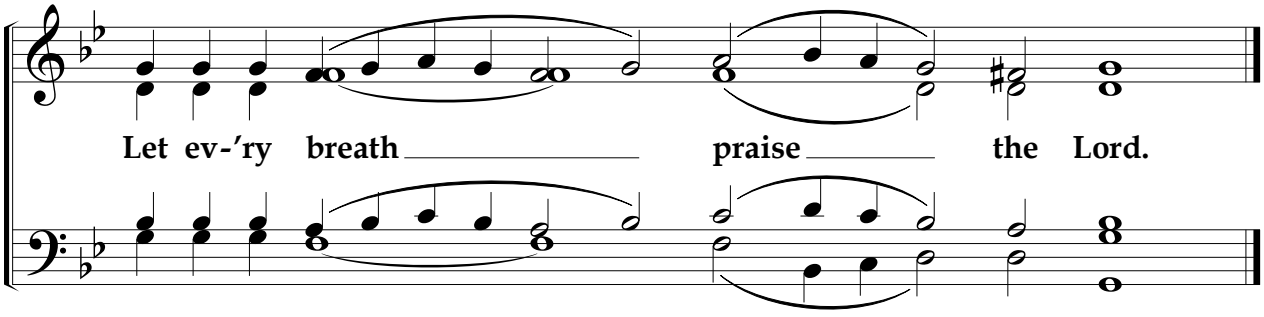
[*Canonarch, if having sung the Samopodoben*: In the Same Tone:]

(2) Praise Him with the timbrel and dance;



Great and awesome is the mystery of Thy Resurrection, O Lord;
for Thou hast come forth from the tomb as a bridegroom from his chamber,
after destroying death by death
that Adam might be set free.
Therefore, the angels in heaven make glad,
and men on earth give glory to Thy compassion towards us, //
O Thou who lovest mankind.

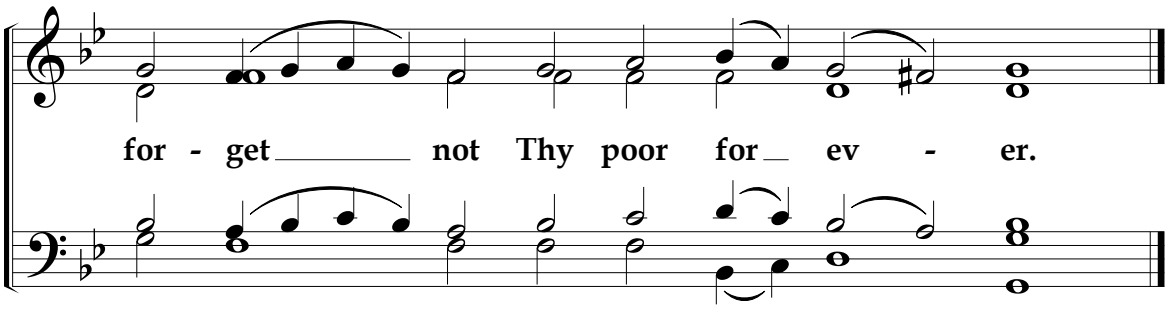
(1) Praise Him upon the well-tuned cymbals;
praise Him upon the cymbals of jubilation.



O wicked assembly,
where are the seals and the pieces of silver that ye gave to the guards?
The treasure was not stolen, but is risen according to His power;
and ye yourselves were put to shame by denying Christ,
the Lord of glory,
who suffered and was buried and rose from the dead; //
let us worship Him.

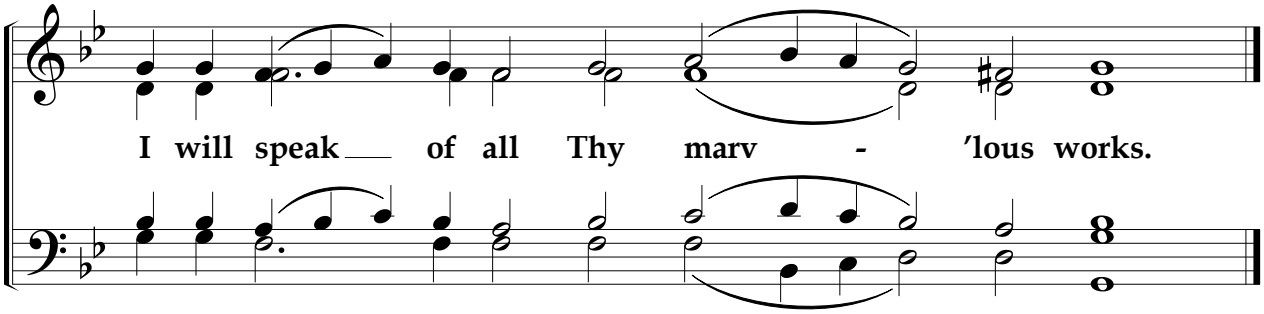
If a Vigil-Rank Commemoration falls on a Sunday, the Sunday verses, below, are replaced with the proper verses from the Aposticha of Festal Vespers.

℣. **Arise O Lord my God, lift up thy hand;**



The tomb was sealed,
the guard was set
and the seals attached:
how was He stolen, O ye Jews?
Through the **closed door** the King proceeded:
either show Him dead or worship Him as God,
and sing with us: //
Glory to Thy Cross and Thy Resurrection, O Lord.

℣. **I will praise Thee, O Lord, with my whole heart;**



The myrrh-bearing women
came in tears to Thy life-bearing tomb, O Lord,
and bearing spices they sought to anoint Thine all-pure Body.
But they found a shining angel seated on the stone,
who called out to them and said:
'Why do ye weep for Him from whose **side flows** life on all the world?
Why do ye seek Him who is immoral as dead in the tomb?
Go rather and announce to His disciples
the good tidings of His Resurrection, the joy of all the world.'
Having also enlightened us by it, O Saviour, //
grant us cleansing and great mercy.

We then chant the Sticheron of the Resurrectional Gospel which was read, followed by the Resurrectional Theotokion, 'Most blessed art thou…'.

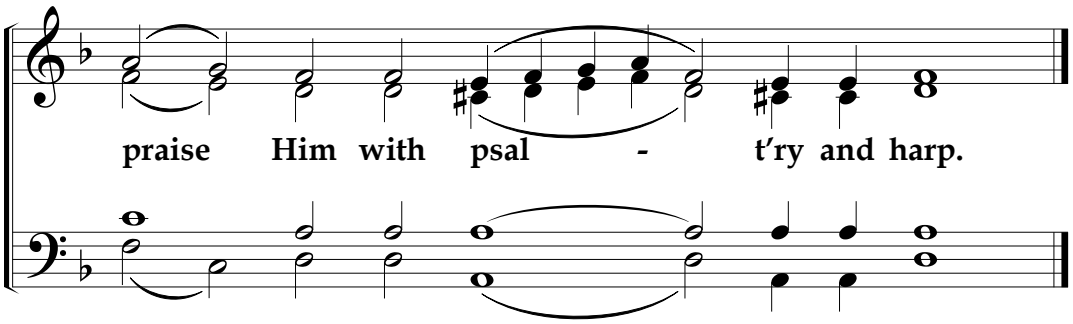
(if the Gospel Sticheron is replaced, it is chanted after the Dismissal of Matins, before the beginning of the First Hour)

Model Melody: On the Third Day

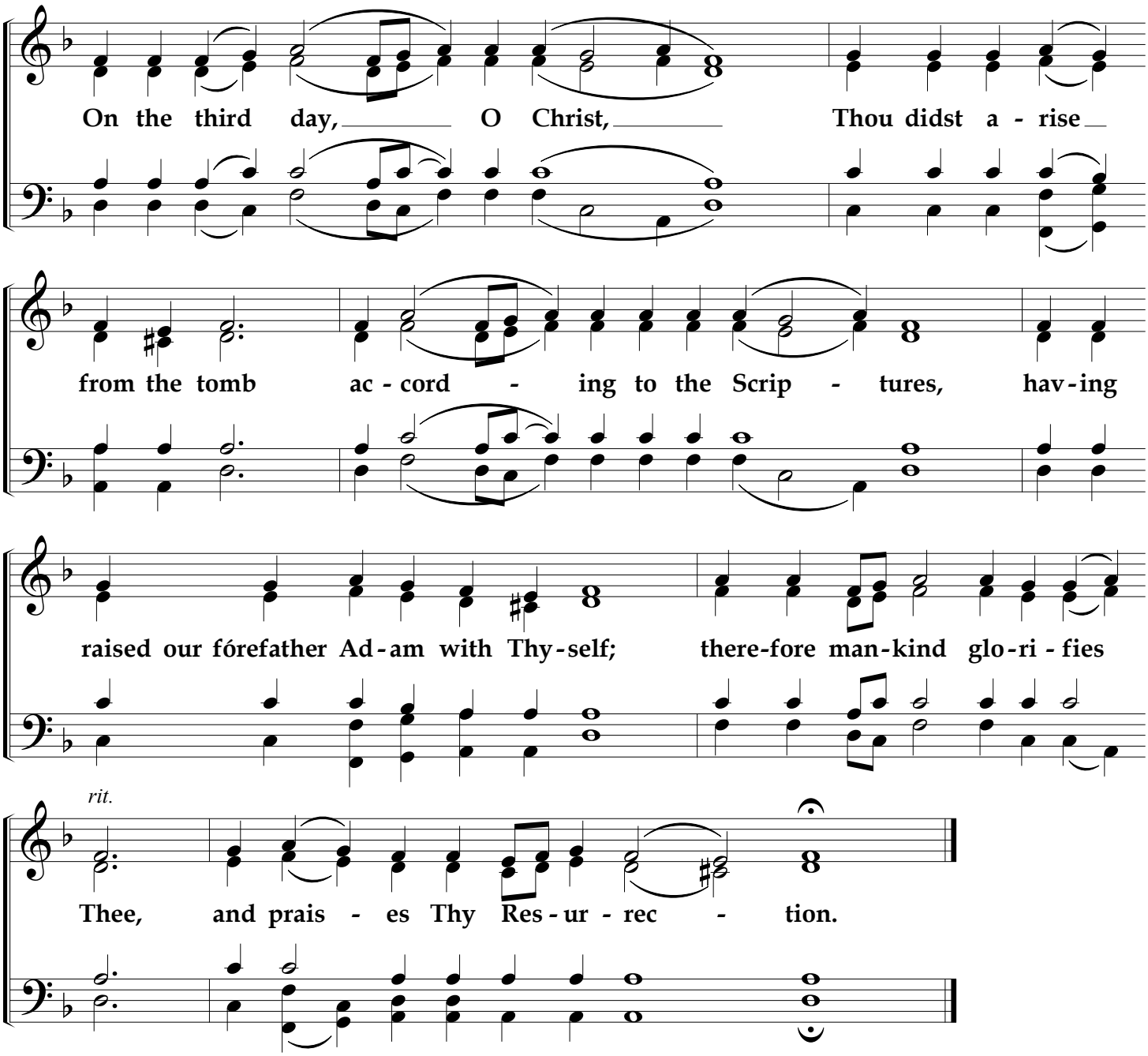
[On the F:] In the Same Tone, the Model Melody: 'On the third day…':

(3) Praise Him with the sound of the trumpet;

Optina Hermitage Chant
(Soprano Melody)



Resurrectional Sticheron 4:



We then continue with 'Praise him with the timbrel and dance…', on pg. 5.

Laudatory Verses
Tone 6

Abbr. Kievan Chant
(Soprano Melody)

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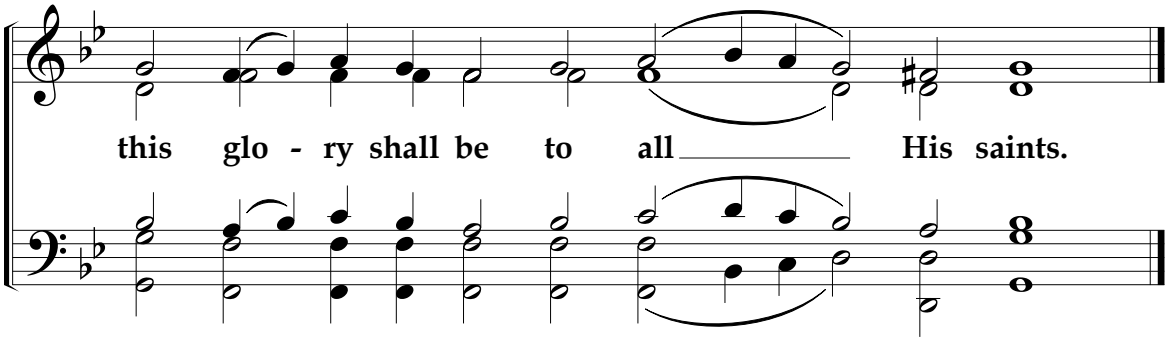

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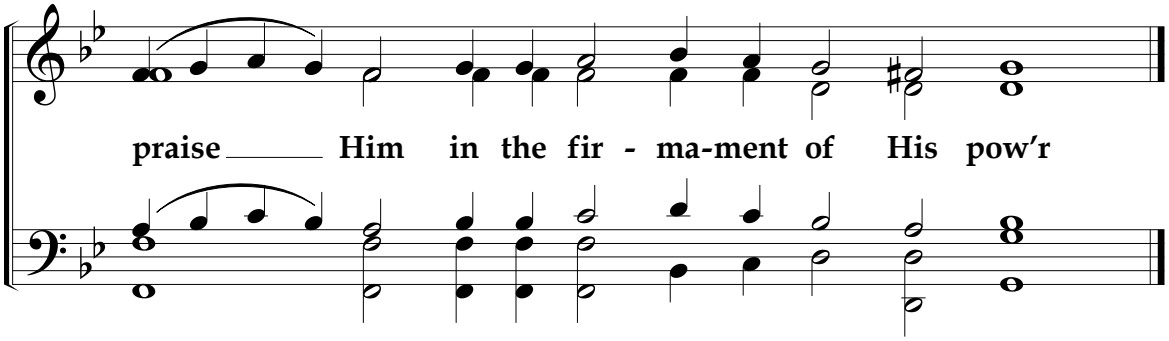

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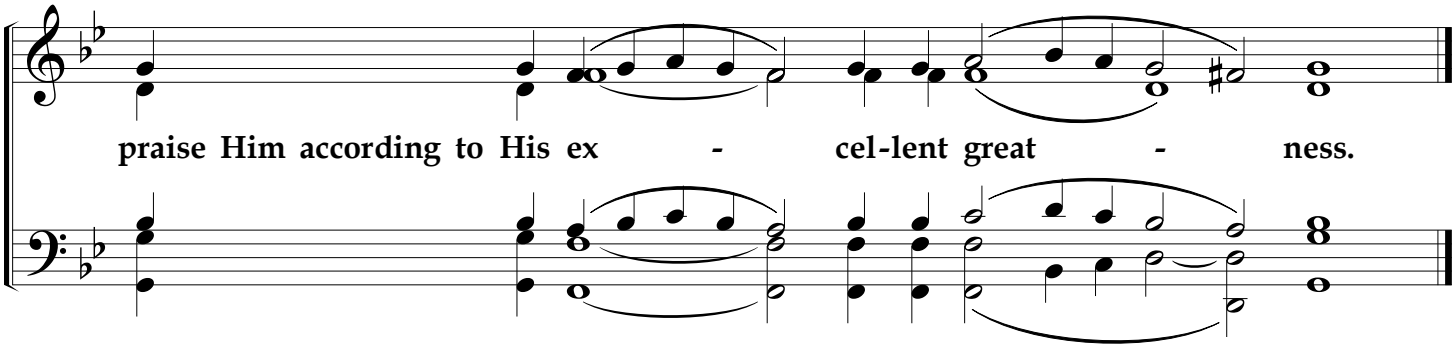

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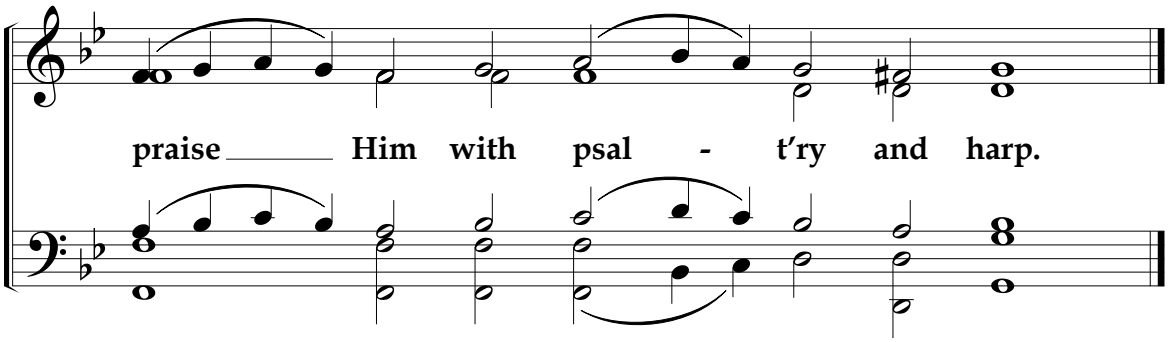

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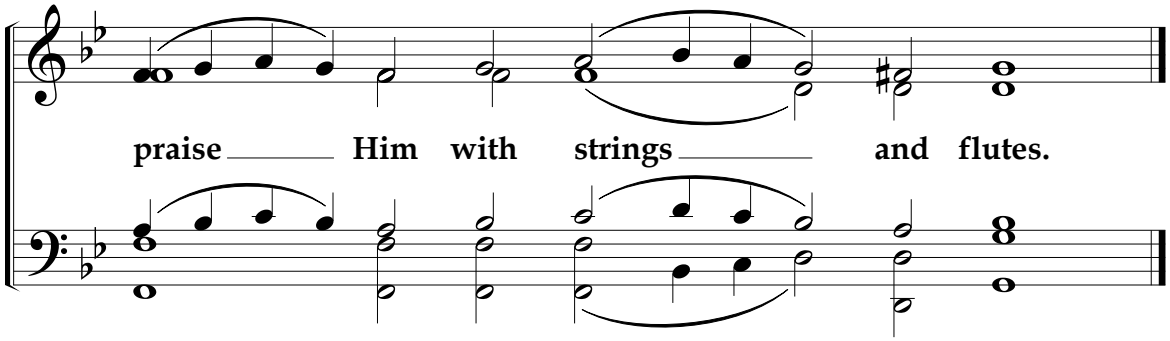

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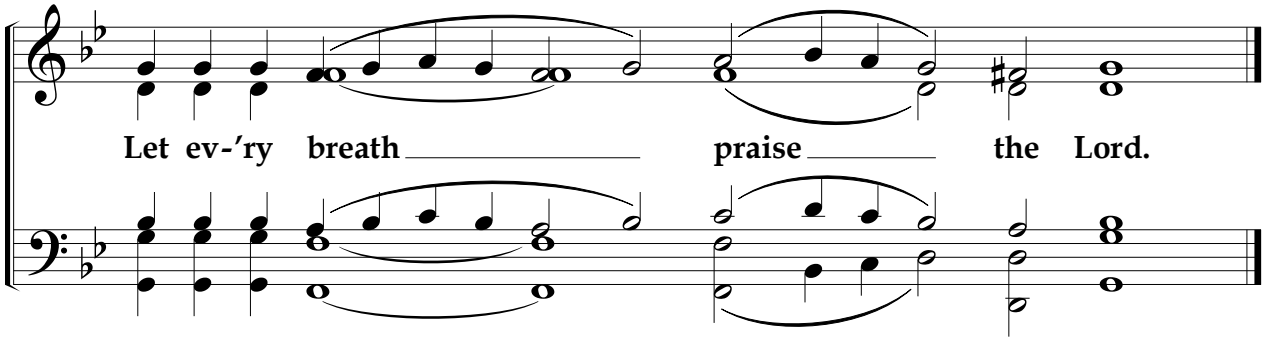

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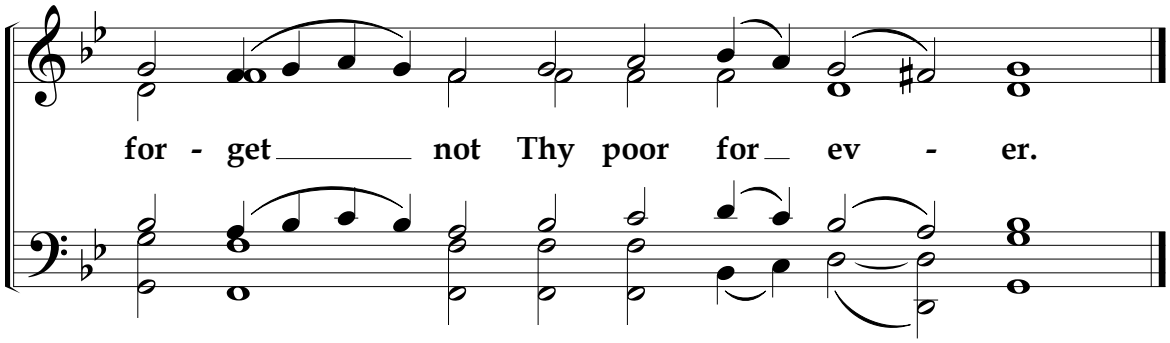
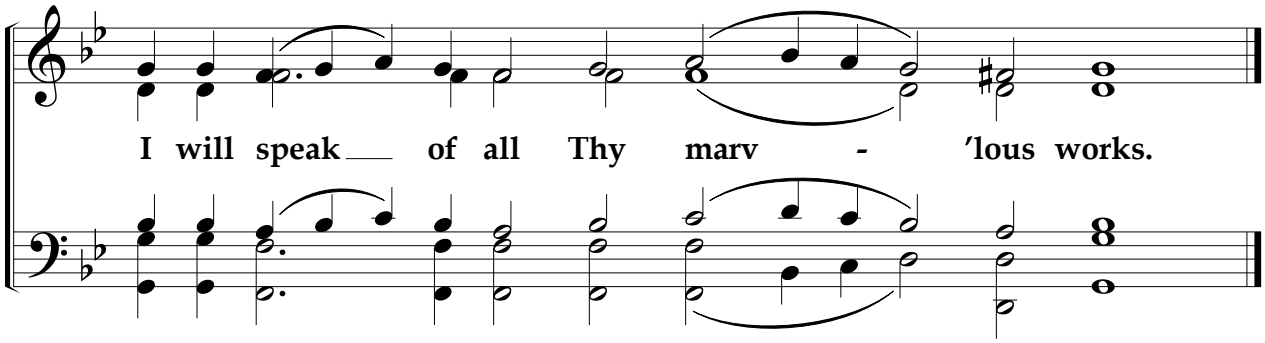
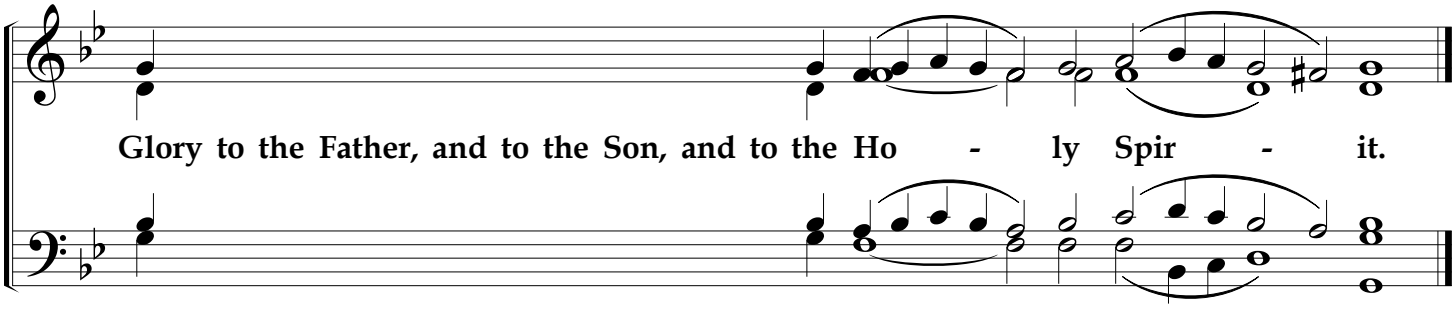
℣. **Arise O Lord my God, lift up thy hand;**



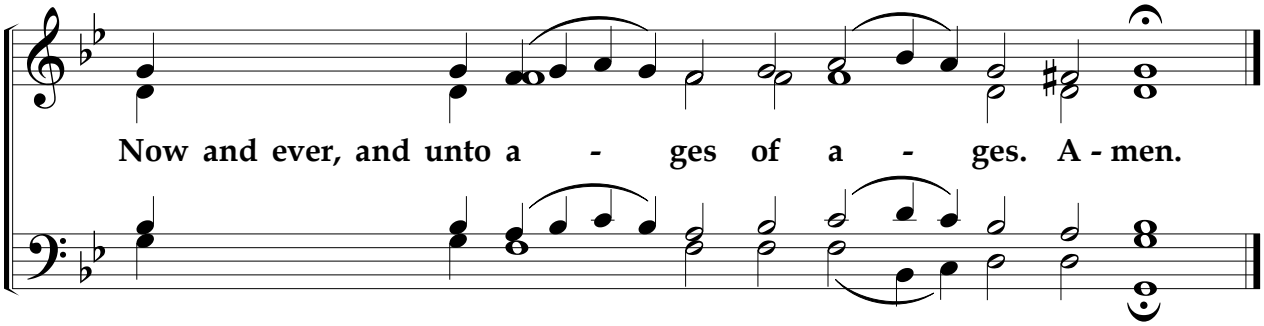
℣. **I will praise Thee, O Lord, with my whole heart;**



[*If there is a Doxasticon*: Glory, in the Sixth Tone:]



Glory, Now and Ever, in the Sixth Tone:

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

[*or, if there was a Doxasticon*: Now and ever, in the Sixth Tone:]