The Praises (Lauds)
Tone 8

Abbr. Kievan Chant
(Alto Melody)

Alto Melody

Rev. John Joseph Kotalik IV – New World Kliros – jjkotalik@gmail.com

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)

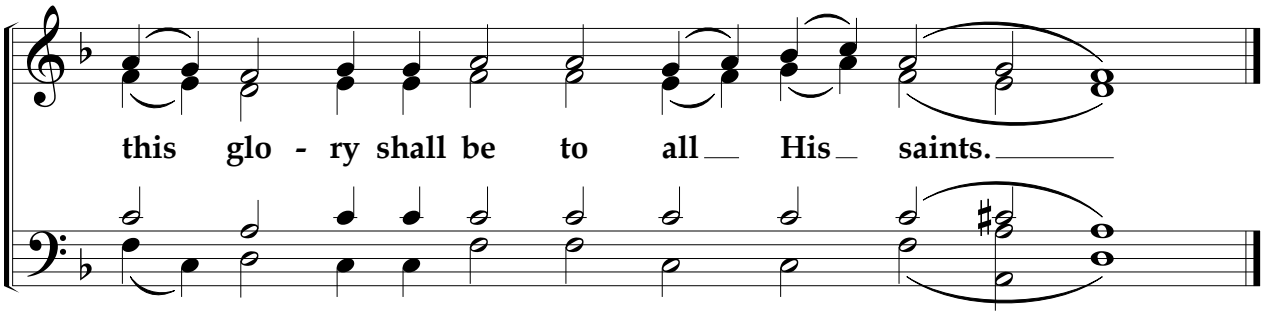
℣. Arise O Lord my God, lift up thy hand; *
  * forget not Thy poor for ever.
℣. I will praise Thee, O Lord, with my whole heart;
  * I will speak of all Thy marv'llous works.

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.

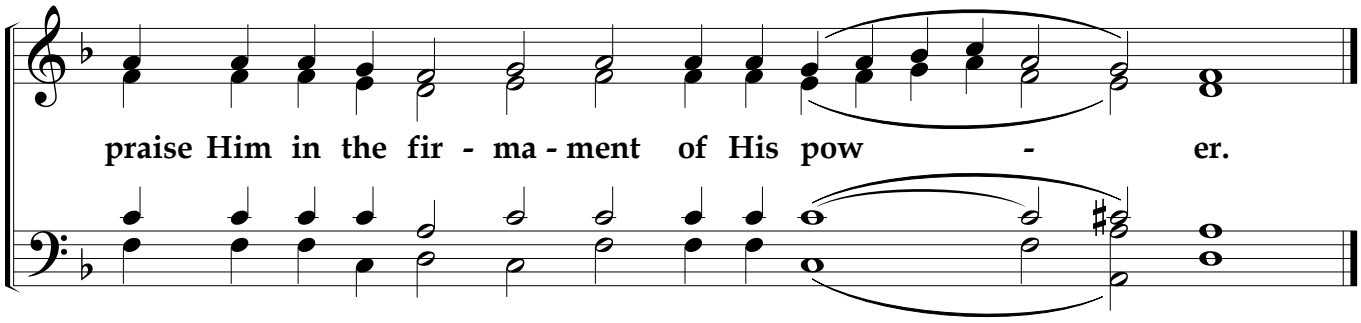
(6) To execute upon them the judgement written;



Resurrectional Sticheron 1:

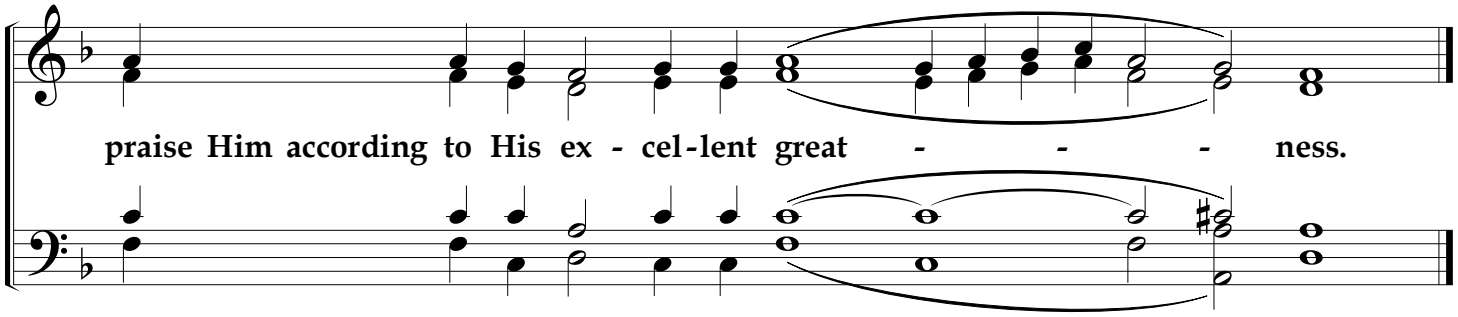
In many parishes, the remaining Psalm verses and stichera are simply read.
If doing so, one reader should take the Psalm verses, and a second reader the stichera.

(5) Praise God in His sanctuary;



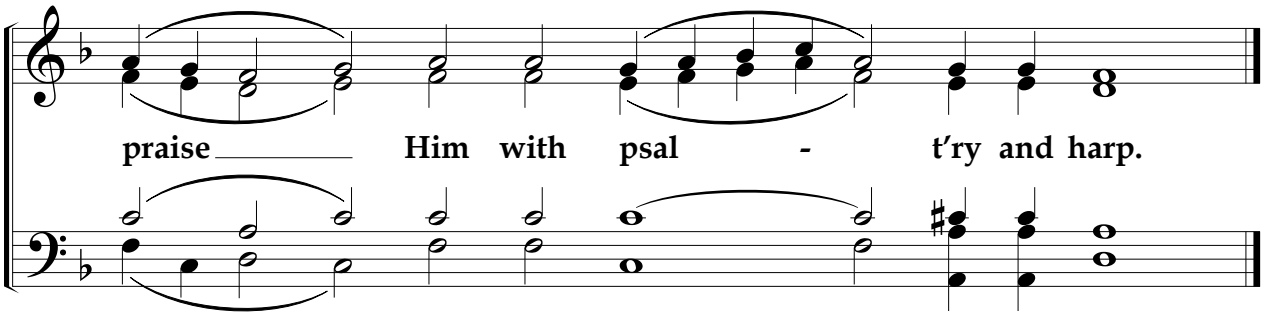
Thou hast given us Thy Cross as a weapon against the devil, O Lord:
for he trembles and quakes,
unable to *bear* the sight of its strength;
for it raises the dead
and destroys death.
Therefore we bow *down* in worship //
b*efore* Thy **Tomb** and Resurrection.

(4) Praise Him for His mighty acts;



The Jews laid Thee as dead in the tomb, O Lord,
yet the soldiers guarded Thee as a sleeping King,
and as a treas'ry of *life* they sealed Thy tomb;
but Thou didst arise, //
granting incorruption *to* our souls.

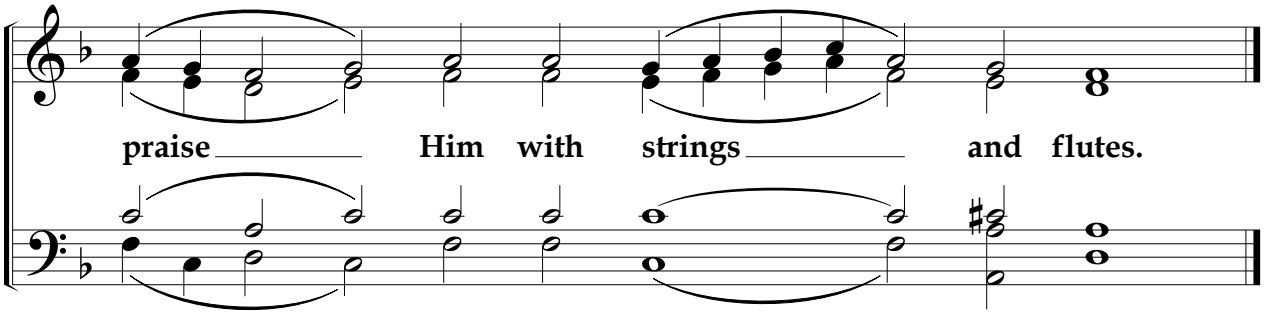
(3) Praise Him with the sound of the trumpet;



Thine angel, having proclaimed the Resurrection, O Lord,
frightened Thy guards,
yet he cried to the women, saying:
Why seek ye the living among the dead?
God Himself is risen, //
granting life to the world.

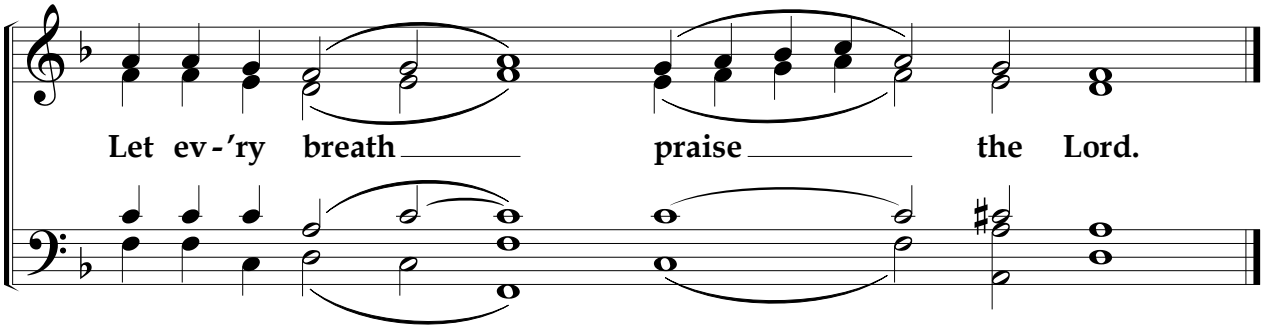
If there are stichera appointed by the Menaion/Triodion/Pentecostarion, they begin here, in place of the Resurrectional (Sunday) Stichera.

(2) Praise Him with the timbrel and dance;



Though impassible in Thy Divinity,
Thou hast suffered through Thy Cross
and hast taken upon Thyself to be buried *three* days in the tomb,
to set us free from the bondage of the enemy
and to give us life,
after making us immortal by Thy Resurrection, //
O *Christ* our **God**, who lovest mankind.

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



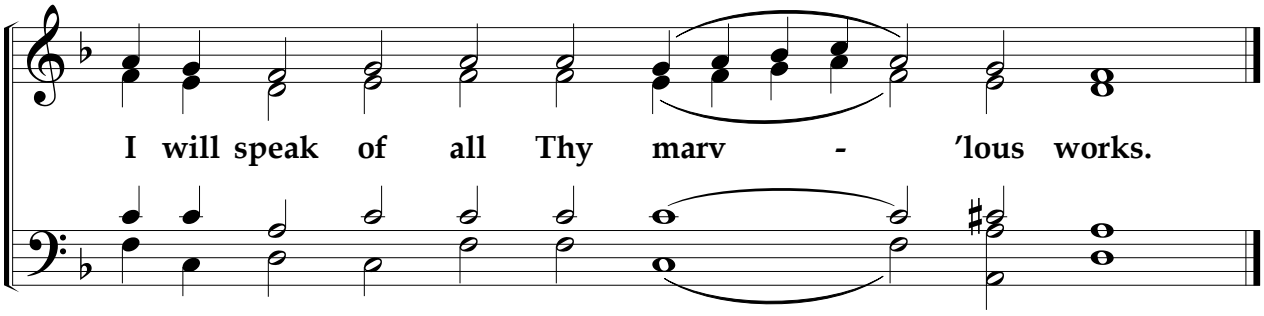
I worship and glorify and praise, O Christ,
Thy Resurrection from the tomb,
by which Thou hast set us free from the unbreakable bonds of hell;
and by which, as Thou art God,
Thou hast granted the world e*ter*nal life //
and *great* mercy.

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 lawless people guarding Thy Life-receiving tomb
came with the watch and sealed it;
but Thou, being God almighty and immortal, //
didst **rise** on the third day.

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



When Thou didst come to the gates of hell
and shatter them in pieces, O Lord,
hell, Thy captive, *cried*: 'Who is this,
who has not been condemned to remain in the nethermost
depths of the earth,
but dissolves like a shadow the prison of death?
I seized Him as dead
and now, I tremble, as He is God!' //
Have mercy on **us**, O Almighty.

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)

Laudatory Verses
Tone 8

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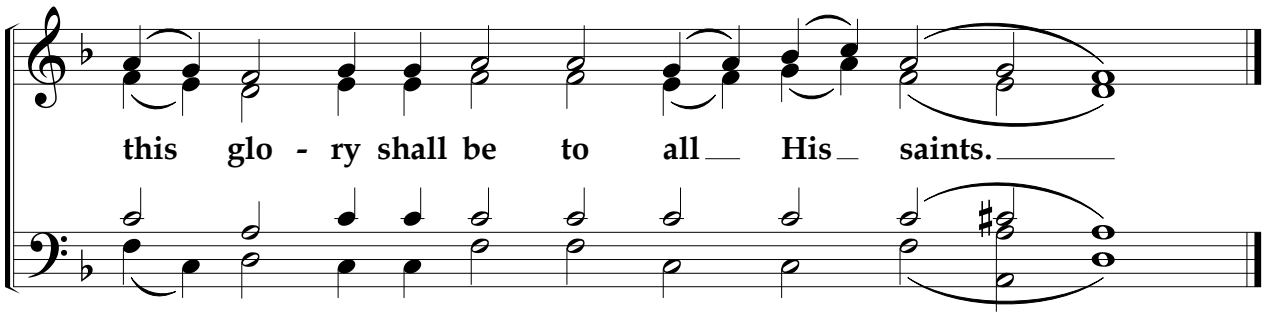
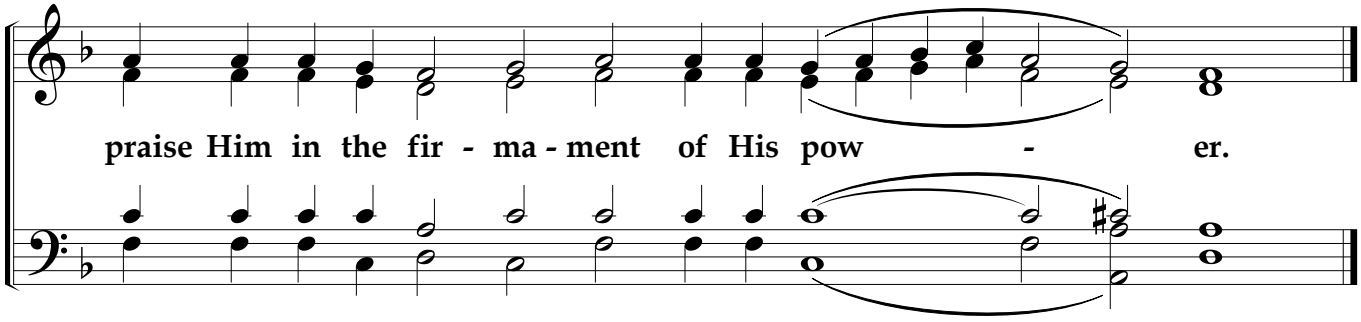
(Alto Melody)

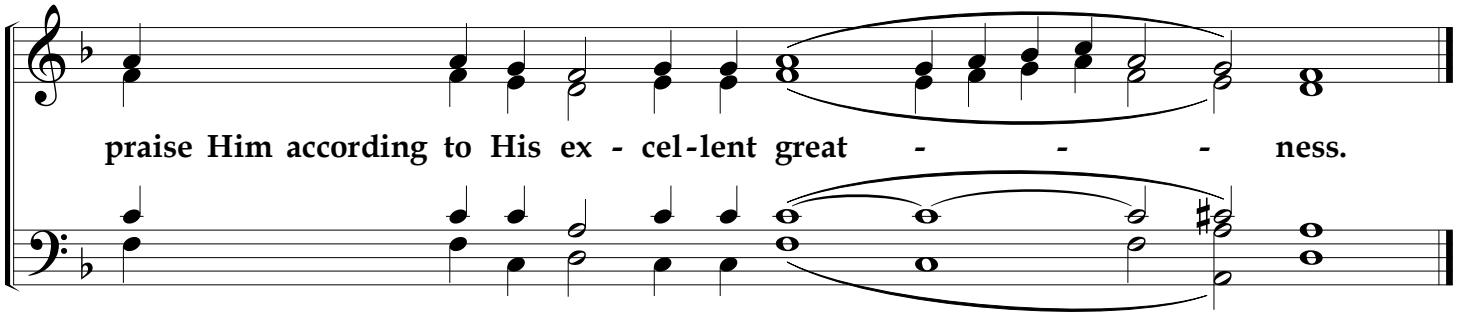
(6) To execute upon them the judgement written;



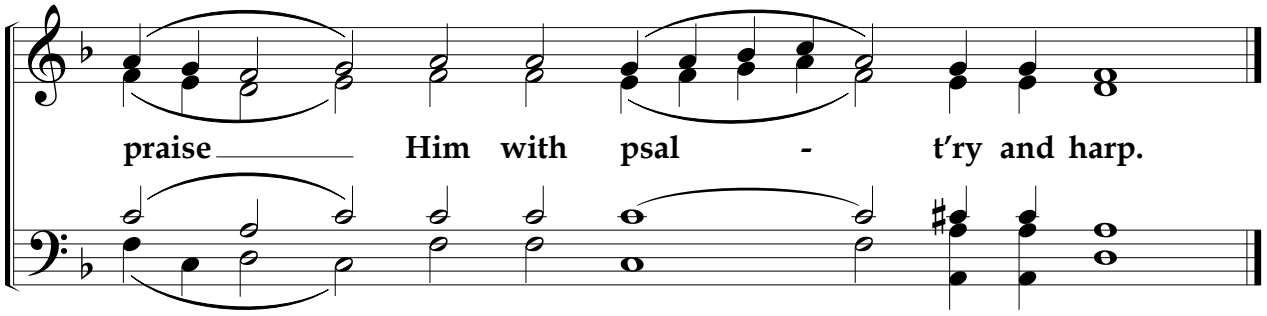
(5) Praise God in His sanctuary;



(4) Praise Him for His mighty acts;



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



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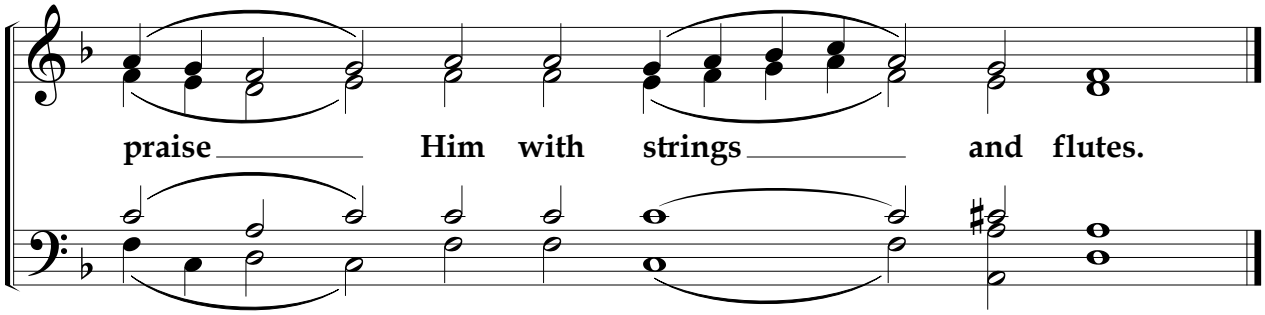

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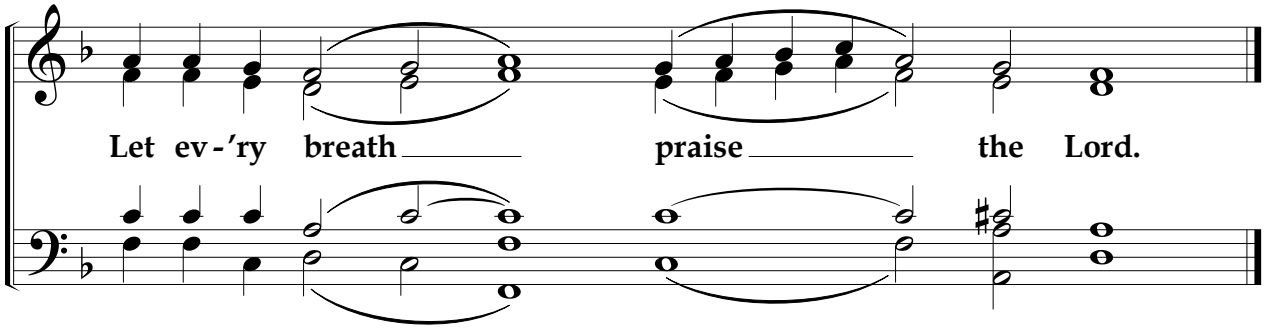
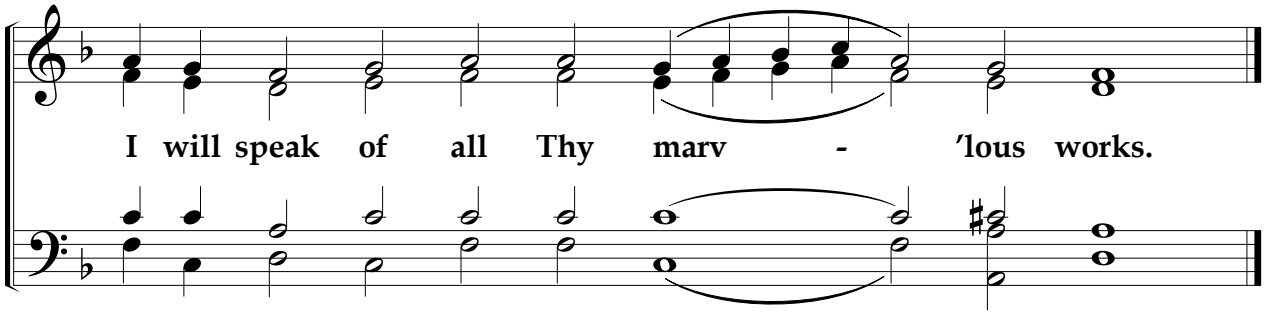
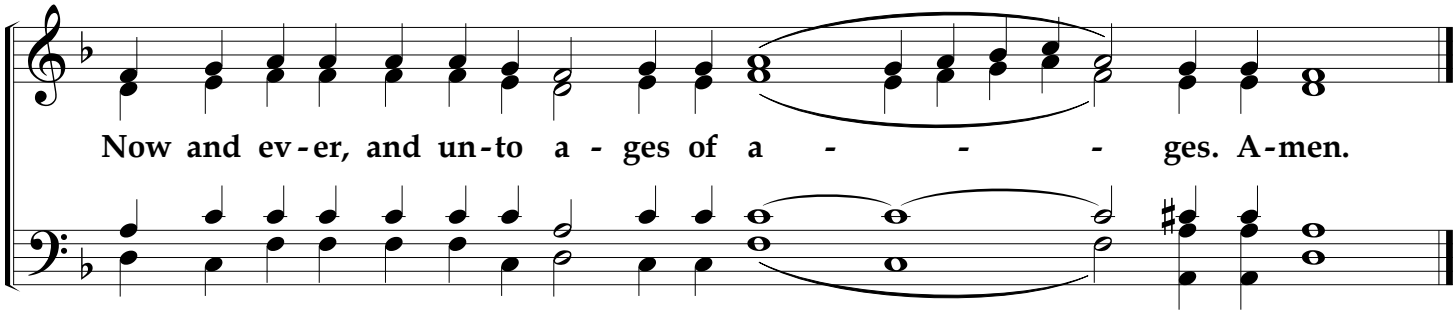


On Sundays, if not supplanted by festal verses, we add:

℣. **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 Eighth Tone:]

Glory, Now and Ever, in the Eighth 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 Eighth Tone:]