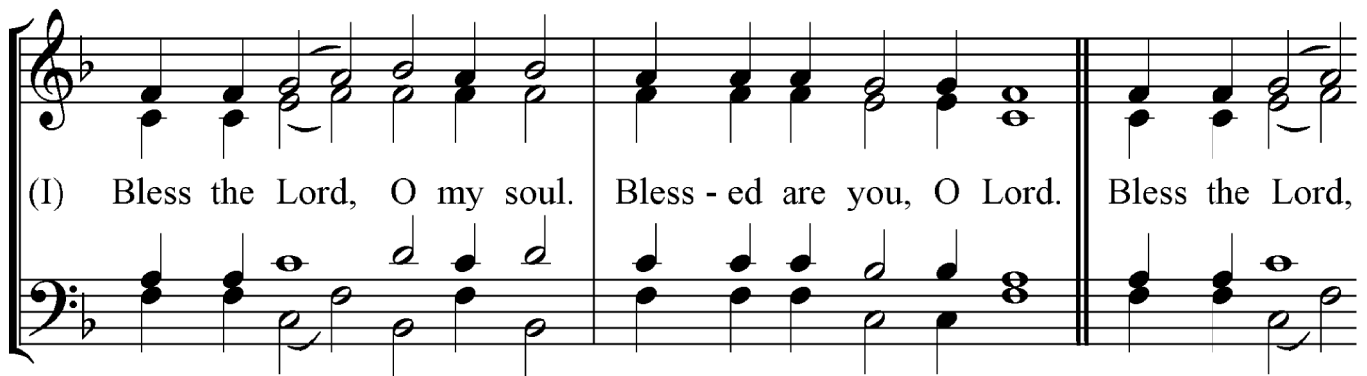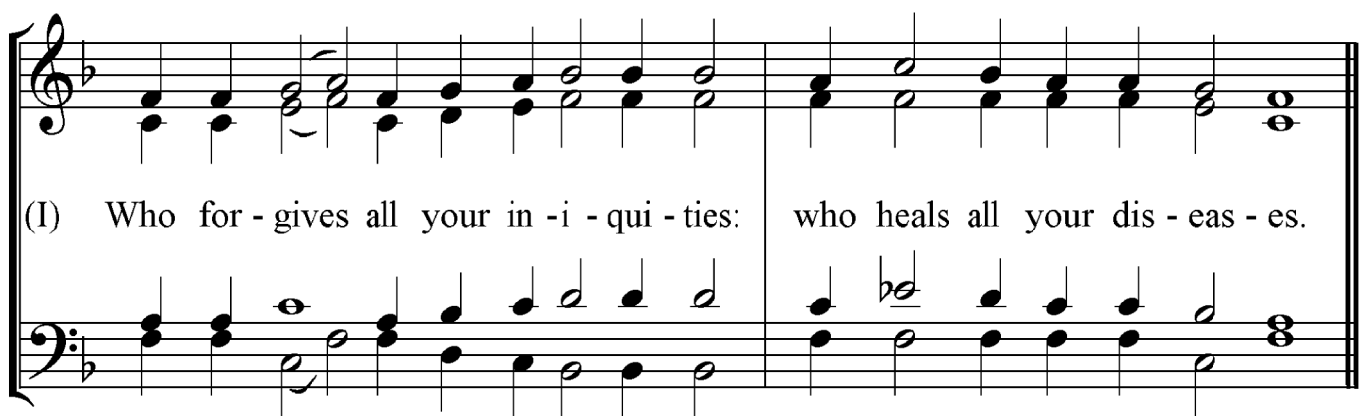# First Antiphon:

(I) Bless the Lord, O my soul. Bless - ed are you, O Lord. Bless the Lord,

O my soul: and all that is with - in me, bless his ho - ly name.

(II) Bless the Lord, O my soul: and for - get none of his ben - e - fits.

(I) Who for - gives all your in - i - qui - ties: who heals all your dis - eas - es.

(II) Who re - deems your life from cor - rup - tion: who crowns you with

mer - cy and com - pas - sion.

(I) Who sat - is - fies your de - sire with good things: your youth will be
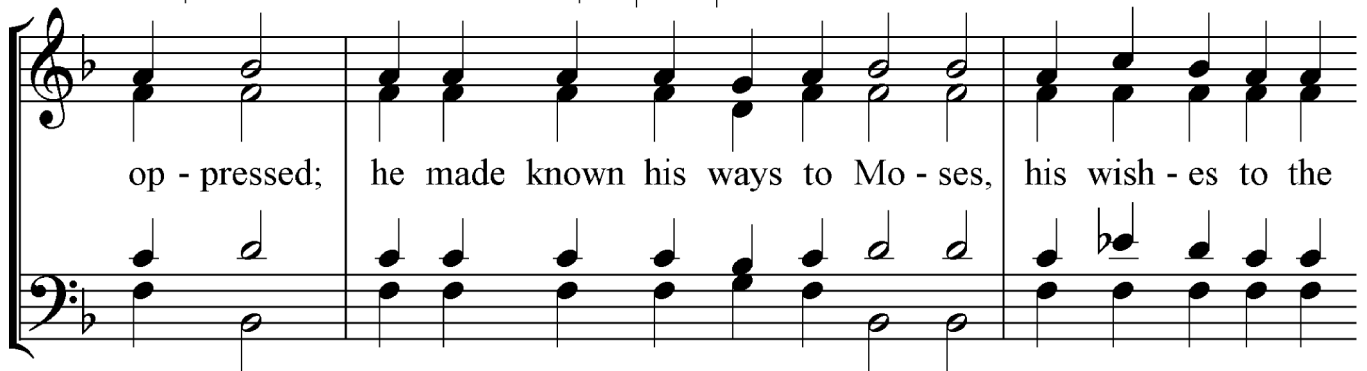
re - newed like an ea - gle's.
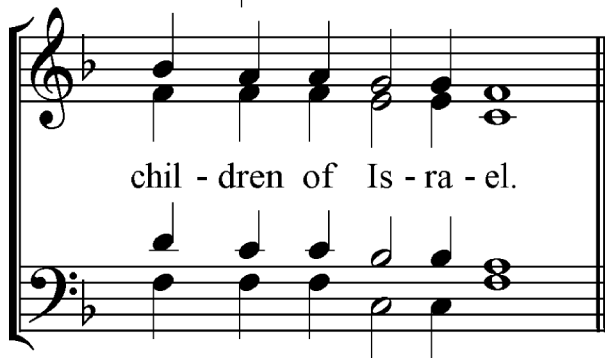
(II) The Lord per - forms deeds of mer - cy: and judge - ment for all who are op - pressed; he made known his ways to Mo - ses, his wish - es to the chil - dren of Is - ra - el.
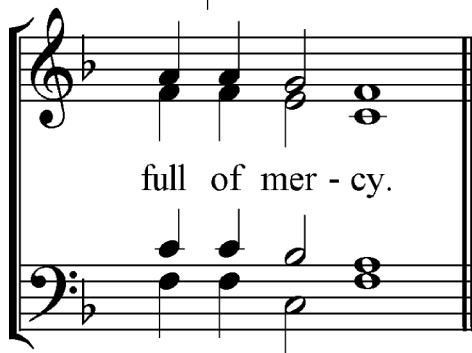
(I) The Lord is com - pas - sion - ate and mer - ci - ful: slow to an - ger and full of mer - cy.

(II) He will not al - ways be wrath - ful: nor will he be en - raged for ev - er.

He has not dealt with us ac - cord - ing to our in - i - qui - ties: nor

re - ward - ed us ac - cord - ing to our sins.

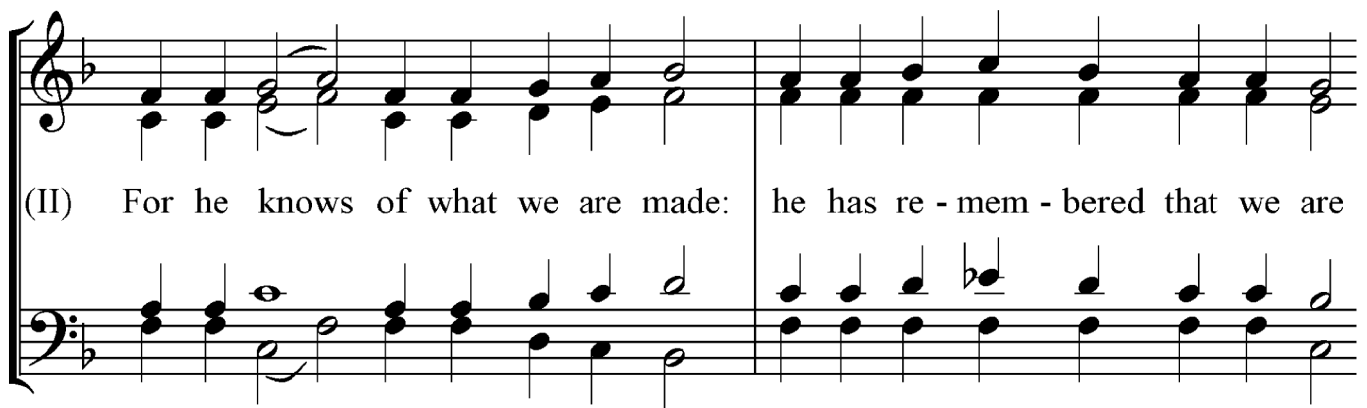(I) For like the height of heaven a - bove the earth: the Lord has made his

mer - cy pre - vail ov - er those who fear him.

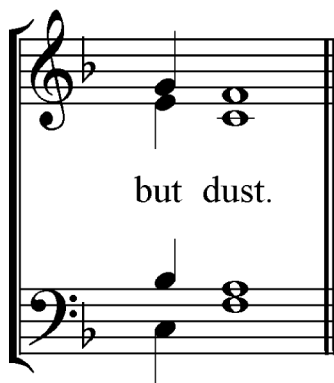(II) As far as the East is from the West: so far has he tak - en our sins

from us.

(I) As a fa - - ther takes pit - y on his chil - dren: the Lord has tak - en pit - y
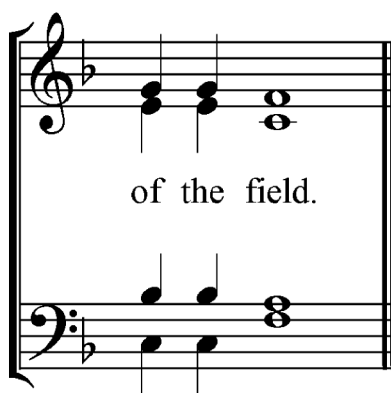
on those who fear him.

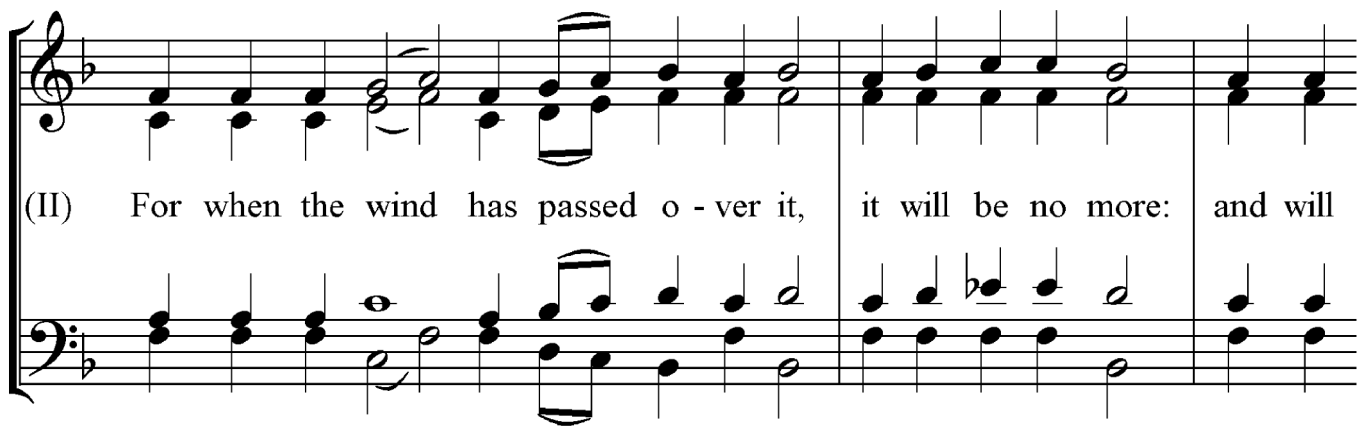(II) For he knows of what we are made: he has re - mem - bered that we are

but dust.

(I) As for man, his days are but as grass: he will flour - ish like a flow - er

of the field.

(II) For when the wind has passed o - ver it, it will be no more: and will

know its place no long - er.

(I) But the mer - cy of the Lord is for ev - er and ev - er up - on those who

fear him.
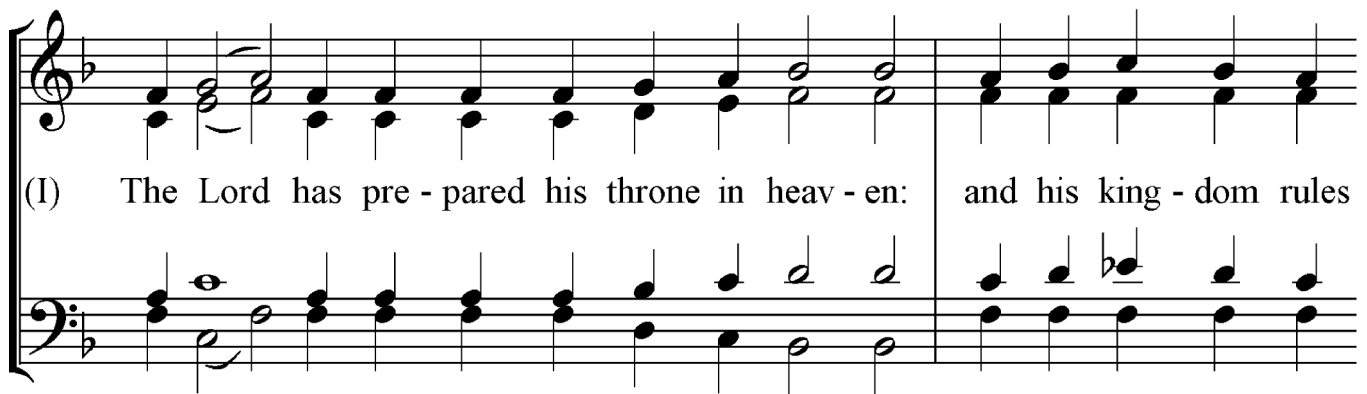
(II) And his jus - - tice up - on their chil - dren's chil - dren; up - on those who

keep his cov - e - nant: and re - mem - ber his com - mand - ments to do them.

(I) The Lord has pre - pared his throne in heav - en: and his king - dom rules

o - ver all.

(II) Bless the Lord, all you his an - gels, pow - er - ful in strength, who

per - form his word, and lis - ten to the voice of his words.

(I) Bless the Lord, all you his Pow - ers: his min - is - ters who do his will.

(II) Bless the Lord, all you his works, in eve - ry place of his do - min - ion.

(I) Glo - - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

(II) Both now and for ev - er, and to the ag - es of ag - es. A - men.

(I) Bless the Lord, O my soul: and all that is with - in me, bless his ho - ly

name. Bless - ed are you, O Lord.