**SUNDAY, MARCH 1 TONE 4**

**Cheesefare Sunday/Forgiveness Sunday: The Expulsion of Adam from Paradise**

***[Music for the stichera for Cheesefare Sunday from the Department of Liturgical Music and Translations can be downloaded at*** [***www.oca.org***](http://www.oca.org)***]***

**"Lord I Call..." Tone 4**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!//

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Thy name!*

**Tone 4** *(for the Resurrection)*

We glorify Thy Resurrection on the third day, O Christ God,

by always honoring Thy life-creating Cross;

by it Thou hast renewed the corrupted nature of man,

O almighty One.

By it Thou hast renewed our entrance to heaven,//

for Thou art good and the Lover of man.

*v. (9) The righteous will surround me; for Thou wilt deal bountifully with me.*

Thou didst loose the Tree’s verdict of disobedience, O Savior,

by being voluntarily nailed to the tree of the Cross.

By descending to hell, O almighty God,

Thou didst break the bonds of death.

Therefore, we adore Thy Resurrection from the dead, singing in joy://

“Glory to Thee, O all-powerful Lord!”

*v. (8) Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

Thou didst smash the gates of hell, O Lord,

and by Thy death Thou didst demolish the kingdom of death.

Thou didst deliver the race of men from corruption,//

granting the world life, incorruption and great mercy.

*v. (7) Let Thine ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

Come, O people,

let us sing of the Savior’s Resurrection on the third day!

By it, we have been freed from the unbreakable bonds of hell.

By it, we have received life and incorruption.

Save us by Thy Resurrection!//

O Life-creating and almighty Savior, glory to Thee!

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

Angels and men sing of Thy Resurrection on the third day, O Savior.

By it, the ends of the earth have been illumined.

By it we have been delivered from bondage to the Enemy.

Save us by Thy Resurrection!//

O life-creating and almighty Savior, glory to Thee!

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

Thou hast shattered the gates of brass

and destroyed the chains of death, O Christ God.

Thou hast raised the fallen human race.//

O Lord, risen from the dead, glory to Thee!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 6** *(from the Lenten Triodion) (Having placed all their hope)*

The Lord took a handful of dust from the earth.

He breathed into it and created me, a living man.

He made me lord and master of all things on earth;

truly I enjoyed the life of the Angels.

But Satan the deceiver tempted me in the guise of a serpent;

I ate the forbidden fruit and forfeited the glory of God.

Now I have been delivered to the earth through death.//

O my compassionate Lord, call me back to Eden!

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

When the Enemy tempted me,

I disobeyed Thy command, O Lord.

I exchanged the glory of my mortal body for shame and nakedness.

Now I must wear garments of skins and fig-leaves;

I am condemned to eat the bread of bitter hardship by the sweat of my brow.

The earth is cursed and brings forth thorns and husks for me.

O Lord, Thou didst take on flesh from the Virgin in the fullness of time;//

call me back and restore me to Eden!

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

O Paradise, garden of delight and beauty,

dwelling-place made perfect by God,

unending gladness and eternal joy,

the hope of the prophets and the home of the saints,

by the music of thy rustling leaves beseech the Creator of all

to open the gates which my sins have closed,

that I may partake of the Tree of Life and Grace//

which was given to me in the beginning!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endureth forever.*

Adam was exiled from Paradise through disobedience;

he was driven from eternal bliss, deceived by the words of Eve;

he sat naked and weeping before the gates of Paradise.

Let us hasten to enter the season of fasting;

let us carefully obey the Gospel commands,

that we may be made acceptable to Christ our God,//

and regain our home in Eden!

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

**Tone 6** *(from the Lenten Triodion)*

Adam sat before the gates of Eden,

bewailing his nakedness and crying out:

“Woe to me! I have listened to wicked deceit;

I have lost my glory, and now am driven away!

Woe to me! My open-mindedness hath left me naked and confused!

No longer will I enjoy thy delights, O Paradise;

no longer can I see my Lord, my God and Creator.

He formed me from dust, and now to the dust I return!

I beg Thee, O compassionate Lord://

Have mercy on me who have fallen!”

*now and ever, and unto ages of ages. Amen.*

**Tone 4**  *(Theotokion – Dogmatikon)*

The Prophet David was a Father of the Lord through thee, O Virgin.

He foretold in songs the One Who worked wonders in thee:

“At Thy right hand stood the Queen,”

Thy Mother, the mediatrix of life,

since God was freely born of her without a father.

He wanted to renew His fallen image, made corrupt in passion,

so He took the lost sheep upon His shoulder

and brought it to His Father, joining it to the heavenly powers.//

Christ who has great and rich mercy has saved the world, O Theotokos.

**Litya** *(If the rector desires the Litya, following the stichera to the Temple,*

*these stichera are sung)*

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

**Tone 6** *(from the Lenten Triodion)*

The sun hid its rays, the moon and stars were changed to blood;

the mountains shook with fear, the hills trembled, when Paradise was shut.

As he departed, Adam struck his eyes with his hands and said:

“O merciful Lord, have mercy on me who am fallen!”

*now and ever, and unto ages of ages. Amen.*

**Tone 6** *(Theotokion)*

Mystically we sing thy praises, O Mary Theotokos,

for thou wast shown to be a throne of the great King,

an all-holy dwelling place wider than the heavens,

a chariot of the Cherubim, and higher than the Seraphim;

a bridal chamber of glory;

from thee came forth incarnate, the God of all.//

Humbly entreat Him for the salvation of our souls!

**Aposticha**

**Tone 4**  *(for the Resurrection)*

By ascending the Cross, O Lord,

Thou hast annulled our ancestral curse.

By descending to hell, Thou hast freed the eternal prisoners,

granting incorruption to the human race.//

Therefore in songs we glorify Thy life-creating and saving Resurrection.

*v. The Lord is King; He is robed in majesty!*

By hanging upon the tree, O only powerful Lord,

Thou didst shake all of creation.

By being laid in the tomb Thou hast raised those who dwelt in the tombs,

granting life and incorruption to the human race.//

Therefore in songs we glorify Thy rising on the third day.

*v. For He has established the world, so that it shall never be moved.*

The lawless people, O Christ,

handed Thee over to Pilate, condemned to be crucified,

thus proving themselves ungrateful before their Benefactor.

But voluntarily Thou didst endure burial,

rising by Thy own power on the third day as God,//

granting us life everlasting and great mercy.

*v. Holiness befitteth Thy house, O Lord, forevermore!*

With tears the women reached Thy tomb,

searching for Thee, but not finding Thee.

They wept with wailing and lamented:

“Woe to us! Our Savior, King of all,

how wast Thou stolen?

What place can hold Thy life-bearing body?”

An Angel replied to them:

“Do not weep, but go and proclaim that the Lord is risen,//

granting us joy as the only compassionate One!”

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

**Tone 6** *(from the Lenten Triodion)*

Adam ate the forbidden fruit and was driven from Paradise.

He sat outside, weeping bitterly:

“Woe to me! What will become of me, a worthless man?

I disobeyed one command of my Master and lost every good thing!

O holy Paradise, planted for me by God, and closed by the weakness of Eve,

grant that I may once again gaze on the flowers of thy gardens!”

The Savior said to him:

“I do not wish the death of my creation!

I desire that all should be saved and come to the knowledge of the truth,//

for him who comes to me I shall never cast out!”

*now and ever, and unto ages of ages. Amen.*

**Tone 6** *(Theotokion)*

My Maker and Redeemer, Christ the Lord,

was born of thee, O most pure Virgin.

By accepting my nature, He freed Adam from his ancient curse.

Unceasingly we magnify thee as the Mother of God!

Rejoice, O celestial joy!

Rejoice, O Lady://

the protection, intercession and salvation of our souls!

***(at Great Vespers)***

**Tone 4** **Troparion**  *(Resurrection)*

When the women disciples of the Lord

learned from the angel the joyous message of thy Resurrection,

they cast away the ancestral curse

and elatedly told the apostles:

“Death is overthrown!

Christ God is risen,//

granting the world great mercy!”

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

*now and ever, and unto ages of ages. Amen.*

**Tone 4** **Resurrectional Dismissal Theotokion**

The mystery of all eternity,

unknown even by Angels,

through thee, O Theotokos, is revealed to those on earth:

God incarnate by union without confusion.

He voluntarily accepted the Cross for us,

by which He resurrected the first-created man,//

saving our souls from death.

***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with thee!

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls. *(thrice)*

***(at the Divine Liturgy)***

**Tone 4** **Troparion**  *(Resurrection)*

When the women disciples of the Lord

learned from the angel the joyous message of thy Resurrection,

they cast away the ancestral curse

and elatedly told the apostles:

“Death is overthrown!

Christ God is risen,//

granting the world great mercy!”

**Tone 6 Kontakion** *(from the Lenten Triodion)*

O Master, Teacher of wisdom,

Bestower of virtue,

Who teachest the thoughtless and protectest the poor,

strengthen and enlighten my heart!

O Word of the Father,

let me not restrain my mouth from crying to Thee:

Have mercy on me, a transgressor,//

O merciful Lord!

**Tone 8** **Prokeimenon**

Pray and make your vows / before the Lord, our God! *(Ps 75/76:11)*

*v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)*

**Epistle**

Romans 13:11-14:4

**Tone 6**

Alleluia, Alleluia, Alleluia!

*v. It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High. (Ps 91/92:1)*

*v. To declare Thy mercy in the morning, and Thy truth by night.*

*(Ps 91/92:2)*

**Gospel**

Matthew 6:14-21

**Communion Hymn**

Praise the Lord from the heavens! Praise Him in the highest! *(Ps 148:1)*

Alleluia, Alleluia, Alleluia!

In addition to translations from the Department of Liturgical Music and Translations, liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.