

SUNDAY, MARCH 14

STONE 7

Cheesefare Sunday (Forgiveness Sunday) - The Expulsion of Adam from Paradise

"Lord I Call..." Stone 7

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,

when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your 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 Your name!

Stone 7 *(for the Resurrection)*

Come, let us rejoice in the Lord,

Who destroyed the dominion of death!

Let us sing to Him with the bodiless hosts,

for He enlightened the race of man!//

O our Maker and Savior, glory to You!

v. (9) The righteous will surround me; for You will deal bountifully with me.

You endured the Cross and burial for our sake.

By Your death, You destroyed death as God.

We fall down before Your Resurrection on the third day,//

O Savior, glory to You!

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

When the Apostles beheld the Resurrection of the Maker,

they were amazed and sang the angelic praise.

This is the glory of the Church.

This is the richness of the Kingdom.//

O Lord, crucified for our sake, glory to You!

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

(Resurrection stichera by Anatolius)

You were held by lawless men, O Christ,
but to me, You are God, and I am not ashamed.
You were smitten on the cheek, but I do not deny You.
You were nailed to the Cross and I do not conceal it,
for I glory in Your Resurrection: Your death is my life.//
O Almighty Lord and Lover of man, glory to You!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

Fullfilling the prophecy of David,
Christ manifested His greatness in Zion to the disciples.
He is praised and always glorified,
together with the Father and the Holy Spirit.
At first as the Word, He was bodiless,
but then He took flesh and was slain for our sake.//
He rose in power as the Lover of man!

v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

You descended into hell as You willed, O Christ,
overthrowing death as God, and rising on the third day as Master!
With Yourself You raised Adam from the bonds of hell and from corruption!//
Glory to Your Resurrection, O only Lover of man!

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!

* Music for the Sunday of the Expulsion of Adam from Paradise from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

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 Your 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, You took 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 your 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 confirmed on us, and the truth of the Lord endures 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,
bemoaning 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 your 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 You, O compassionate Lord://
Have mercy on me who have fallen!”

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

Tone 7 *(Theotokion – Dogmatikon)*

No tongue can speak of your wonderful childbearing,
for the orders of nature were overruled by God.
You were revealed to be a Mother above nature,
for you remained a Virgin beyond reason and understanding.
Your conception was most glorious, O Theotokos!
The manner of your giving birth was ineffable, O Virgin!
Knowing you to be the Mother of God,
devoutly we pray to you://
“Beseech Him to save our souls!”

Aposticha

Tone 7 *(for the Resurrection)*

As the Savior of the world You arose from the tomb.
As God You resurrected the race of man with Your flesh.//
O Lord, glory to You!

V. The Lord is King; He is robed in majesty!

Come, let us worship the One Who rose from the dead,
and enlightened all creation!
By His death, He saved us from the torments of hell.//
By His Resurrection He has granted us eternal life and great mercy.

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

You descended into hell, capturing death, O Christ.
In three days You arose again,
resurrecting us who glorify Your Resurrection, //
O Lord and Lover of man.

v. Holiness befits Your house, O Lord, forevermore!

When You were placed in the tomb as one asleep,
the sight was great and awesome.
But when You rose on the third day as almighty God,
You resurrected Adam with Yourself. //
Glory to Your Resurrection, only Lover of man!

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 your 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 you, O most pure Virgin.
By accepting my nature, He freed Adam from his ancient curse.
Unceasingly we magnify you as the Mother of God!
Rejoice, O celestial Joy!
Rejoice, O Lady: //
the Protection, Intercession and Salvation of our souls!

(at Great Vespers)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are 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 7 Resurrectional Dismissal Theotokion

Since you are the treasure of our Resurrection,
we put our hope in you, O all-praised One.
Lead us out of the pit and the abyss of transgressions,
for you have saved us, who are subject to sin, by giving birth to our Salvation.
Before giving birth you were a virgin, and a virgin while giving birth,//
and after giving birth you still remain a virgin.

(at the Divine Liturgy)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//
granting the world great mercy.

Tone 6 Kontakion *(from the Lenten Triodion)*

O Master, Teacher of wisdom,
Bestower of virtue,
Who teach the thoughtless and protect the poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to You:
“Have mercy on me, a transgressor,//
O merciful Lord!”

Tone 8 Prokeimenon

Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

V. In Judah God is known; His name is great in Israel. (Ps. 75:1)

Epistle

(112) 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. 91:1)

V. To declare Thy mercy in the morning, and Thy truth by night. (Ps. 91:2a)

Gospel

(17) Matthew 6:14-21

Communion Hymn

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