

SUNDAY, MARCH 6

TONE 4

Cheesefare Sunday - Forgiveness Sunday, Expulsion of Adam from Paradise  
The Holy Forty Martyrs of Sebaste (transferred from March 9)

"Lord I Call..." Tone 4

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!*

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

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

by always honoring Your life-creating Cross;

by it, You have renewed the corrupted nature of man,

O almighty One.

By it, You have renewed our entrance to heaven,//

for You are good and the Lover of man.

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

You loosed 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,

You broke the bonds of death.

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

"Glory to You, O all powerful Lord!"

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

You smashed the gates of hell, O Lord,

and by Your death You demolished the kingdom of death.

You delivered the race of men from corruption,//

granting the world life, incorruption and great mercy.

*v. (7) Let Your 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 Your Resurrection!//  
O Life-creating and almighty Savior, glory to You!

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

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

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

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\* 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](http://www.oca.org).

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

**Tone 2†**      *(from the Menaion, for the Holy 40 Martyrs, by John the Monk)*

The holy Martyrs bravely endured their present suffering;  
they rejoiced in things hoped for but not yet seen.  
They said to each other:  
“By stripping off our garments we have put off the old man.  
The winter is cold and bitter, but Paradise will be warm and sweet.  
The freezing is painful, but the reward will bring us joy.  
Let us not be defeated, O brothers!  
We suffer a little, but Christ will crown us with the laurel of victory.//  
He is our God and the Savior of our souls.”

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

The holy Martyrs threw their clothes aside;  
fearlessly they entered the lake and encouraged one another:  
“Remember that our fallen nature has been deprived of Paradise!  
Let us care nothing for our corruptible flesh today!  
The serpent once deceived us, handing over our bodies to death;  
now let us win resurrection for all!  
Let us scorn the ice and cold; let us hate our flesh,  
and Christ will crown us with the laurel of victory!//  
He is our God and the Savior of our souls.”

*V. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

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† Music for the Holy Forty Martyrs of Sebaste from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

The holy Martyrs accepted their torments with joy.  
They hurried to the frozen lake as to a comforting bath.  
They said: “We will not fear the bitter cold.  
Only let us escape Gehenna's flames!  
Let a foot be burned, that it may rejoice eternally!  
Let a hand be lost, offered to the Lord in sacrifice!  
Let us not refuse death in the flesh!  
Embrace death, and Christ will crown us with the laurel of victory!//  
He is our God, and the Savior of our souls.”

*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 4**      *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord  
through you, O Virgin.  
He foretold in songs the One Who worked wonder in you:  
“At Your right hand stood the Queen,”  
Your 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 pow’rs.//  
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

Old Testament Readings *(Holy 40 Martyrs)*

Isaiah 43:9-14

Wisdom of Solomon 3:1-9

Wisdom of Solomon 5:15-6:3

Aposticha

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

By ascending the Cross, O Lord,  
You have annulled our ancestral curse.  
By descending to hell, You have freed the eternal prisoners,  
granting incorruption to the human race.//  
Therefore in songs we glorify Your life-creating and saving Resurrection.

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

By hanging upon the tree, O only powerful Lord,  
You shook all of creation.  
By being laid in the tomb You have raised those who dwelt in the tombs,  
granting life and incorruption to the human race.//  
Therefore in songs we glorify Your 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 You over to Pilate, condemned to be crucified,  
thus proving themselves ungrateful before their Benefactor.  
But voluntarily You endured burial,  
rising by Your own power on the third day as God,//  
granting us life everlasting and great mercy.

*V. Holiness befits Your house, O Lord, forevermore!*

With tears the women reached Your tomb,  
searching for You, but not finding You.  
They wept with wailing and lamented:  
“Woe to us! Our Savior, King of all,  
how were You stolen?  
What place can hold Your 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 Menaion, for the Holy 40 Martyrs)*

O faithful, let us praise the forty passion-bearing Martyrs in hymns!  
Singing in harmony let us cry out to them saying:  
“Rejoice, O sufferers of Christ:  
Hesýchius, Méliton, Heráclius, Smarágdus and Domnus;  
Euónicus, Válens and Vivianus;  
Claudius and Priscus!  
Rejoice, Theódulus, Euthýchius and John,  
Xanthéas, Hiliánus, Sisínius, Kýrion, Angíus, Aétius and Flavius!  
Rejoice, Acácius, Ecdíkius, Lysimáchus, Alexander,  
Elías and Candidus,  
Theóphilus, Dométian and Gáius  
with the Godly Gorgonius!  
Rejoice, Leóntius and Athanasíus,  
Cýril and Sacerdon,  
Nicholas and Valerius,  
Philóctimon, Sevérian, Chudíon and Agláiús!  
You have boldness before Christ our God, most honored Martyrs.  
Beseech Him earnestly //  
that those who keep your most precious memory with faith may be saved!

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

**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!”

*(at Great Vespers)*

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

When the women disciples of the Lord  
learned from the angel the joyous message of Your 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,*

**Tone 1      Troparion    *(Holy 40 Martyrs)***

Through the sufferings which Your holy Forty Martyrs endured for Your sake, O  
Lord,  
we beseech You, O Lover of ^mankind://  
“Heal all of our infirmities!”

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

**Tone 1      Resurrectional Dismissal Theotokion**

When Gabriel announced to you, O Virgin, saying “Rejoice!”  
with that word the Master of all was incarnate in ^you,  
the holy Ark, spoken of by the righteous David!  
Your womb became more spacious than the heavens,  
for you carried your Creator.  
Glory to Him Who took abode in you!  
Glory to Him Who came ^forth from you!//  
Glory to Him Who freed us by being born of you!

*(at the Divine Liturgy)*

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learned from the angel the joyous message of Your Resurrection,  
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**Tone 6      Kontakion    *(Holy 40 Martyrs)***

You have abandoned all earthly armies,  
cleaving to the heavenly Master, O Forty Martyrs of the Lord.  
Having passed through fire and water, O blessed ones,//  
you have fittingly received heavenly glory and many crowns.

**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    *(from the Lenten Triodion)***

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)*

**Tone 5      Prokeimenon    *(Holy 40 Martyrs)***

You, O Lord, shall protect us / and preserve us from this generation forever.  
*(Ps. 11:7)*

## Epistle

(112) Romans 13:11-14:4

(331) Hebrews 12:1-10 (*Holy 40 Martyrs*)

## Tone 6

Alleluia, Alleluia, Alleluia!

*V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)*

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

## Tone 4

*V. Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! (Ps. 65:1)*

## Gospel

(17) Matthew 6:14-21

(80) Matthew 20:1-16 (*Holy 40 Martyrs*)

## Communion Hymn

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

Rejoice in the Lord, O you righteous! Praise befits the just. (*Ps. 32:1*)

Alleluia, Alleluia, Alleluia!

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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.