

SUNDAY, MARCH 17

TONE 8

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

"Lord I Call..." Tone 8

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 8 *(for the Resurrection)*

We offer to You, O Christ,
our evening song and reasonable service,
for You willed to have mercy on us//
by Your Resurrection.

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

Lord, Lord, do not cast us away from Your face!
For You willed to have mercy on us//
by Your Resurrection.

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

Rejoice, O holy Zion:
Mother of the churches, the abode of God,
for you were the first to receive remission of sins//
by the Resurrection.

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

(Resurrection stichera by Anatolius)

The Word of God the Father,
begotten before the ages,
in the latter times willed to be incarnate of the Virgin
and endured crucifixion unto death.
He has saved mortal man//
by His Resurrection.

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

We glorify You, O Lord,
for You voluntarily endured the Cross for our sake.
We fall down in worship before You, O almighty Savior.
Do not cast us away from Your face
but hear us and save us, O Lover of man,//
by Your Resurrection!

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.

Glory to You, O Savior Christ,
Only-begotten Son of God, who was nailed to the Cross//
and resurrected from the tomb on the third day!

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.

* 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.

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 8 *(Theotokion – Dogmatikon)*

The King of heaven, because of His love for man,
appeared on earth and dwelt with men.
He took flesh from the pure Virgin
and after assuming it, He came forth from her.
The Son is one: in two natures, yet one Person.
Proclaiming Him as perfect God and perfect Man,
we confess Christ our God!//
Entreat Him, O unwedded Mother, to have mercy on our souls.

Aposticha

Tone 8 *(for the Resurrection)*

Descending from heaven to ascend the Cross,
the eternal Life has come for death
to raise those who are fallen;
to enlighten those in darkness.//
O Jesus, our Savior and illuminator, glory to You!

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

We glorify Christ, who rose from the dead.
He accepted the human body and soul,
and freed both from suffering.
His most pure soul descended to hell, which He spoiled.
His holy body did not see corruption in the tomb.//
He is the Redeemer of our souls.

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

In psalms and songs we glorify Your Resurrection from the dead, O Christ.
By it, You have freed us from the tortures of hell//
and as God have granted eternal life and great mercy.

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

O Master of all, incomprehensible Creator of heaven and earth,
by Your suffering on the Cross You have gained passionlessness for me.
Accepting burial and arising in glory,
You resurrected Adam with Yourself by Your almighty hand.
Glory to Your rising on the third day!
By it You have granted us eternal life and cleansing of sins//
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 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 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

*Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever, and unto ages of ages. Amen.*

Tone 8 Resurrectional Dismissal Theotokion

For our sake You were born of the Virgin
and endured crucifixion, O Good One, destroying death by death.
Revealing the Resurrection as God, do not despise the work of Your hand!
Reveal Your love for man, O Merciful One, and accept the Theotokos praying for
us,//
and save the despairing people, O our Savior!

(at the Divine Liturgy)

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

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 Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your 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!

Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.