

SUNDAY, MARCH 2

tone 3

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

"Lord I Call..." Tone 3

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 3**      *(for the Resurrection)*

By Your Cross, O Christ our Savior,  
death's dominion has been shattered;  
the devil's delusion destroyed.  
The race of man, being saved by faith,//  
always offers You a song.

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

All has been enlightened by Your Resurrection, O Lord.  
Paradise has been opened again.  
All creation, praising You,//  
always offers You a song.

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

I glorify the power of the Father and the Son.  
I praise the authority of the Holy Spirit:  
the undivided, uncreated Godhead,//  
the consubstantial Trinity which reigns forever.

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

*(Resurrection stichera by Anatolius)*

We bow down in worship before Your precious Cross, O Christ,  
and we glorify and praise Your Resurrection,//  
for by Your wounds we have all been healed.

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

We praise the Savior incarnate of the Virgin,  
for He was crucified for our sake and resurrected on the third day,//  
granting us great mercy.

*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.*

Christ descended to hell proclaiming the glad tidings:  
“Behold! Now I have triumphed!  
I am the Resurrection, I will lead you out,//  
for I have shattered the gates of death!”

*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.*

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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).

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 3**      *(Theotokion – Dogmatikon)*

How can we not wonder  
at your mystical childbearing, O exalted Mother?  
For without receiving the touch of man,  
you gave birth to a Son in the flesh, O immaculate Virgin.  
The Son born of the Father before eternity  
was born of you at the fullness of time, O honored Lady.  
He underwent no mingling, no change, no division,  
but preserved the fullness of each nature.  
Entreat Him, O Lady and Virgin and Mother,  
to save the souls of those who, in the Orthodox manner, confess you//  
to be the Theotokos.

**Aposticha**

**Tone 3**      *(for the Resurrection)*

The sun was darkened by Your Passion, O Christ,  
but all creation was enlightened by the light of Your Resurrection.//  
Accept our evening song, O Lover of man!

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

Your life-bearing Resurrection, O Lord,  
enlightened the whole universe, recalling Your creation.  
Delivered from Adam's curse, we sing://  
O Almighty Lord, glory to You!

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

You are the changeless God,  
Who, suffering in the flesh, were changed.  
Creation could not endure seeing You on the Cross.  
It was filled with fear while praising Your patience.  
By descending to hell and rising on the third day,//  
You have granted to the world life and great mercy.

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

You endured death, O Christ,  
to deliver the race of men from death.  
You rose from the dead on the third day,  
raising with Yourself those who knew You as God//  
and enlightening the world. Glory to You!

*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 3      Troparion    *(Resurrection)***

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to 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 3      Resurrectional Dismissal Theotokion**

We praise you as the mediatrix of our salvation,  
O Virgin Theotokos.  
For your Son, our God, Who took flesh from you,  
accepted the Passion on the Cross,//  
delivering us from corruption as the Lover of Man.

*(at the Divine Liturgy)*

**Tone 3      Troparion** *(Resurrection)*

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to 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 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.*