

SUNDAY, MARCH 14, 2021

TONE 7

**Cheesefare Sunday (Forgiveness Sunday) – The Expulsion of Adam from Paradise**

**STICHERA**

**V. (10)** *Bring my soul out of prison, that I may give thanks to Your name! Tone 7*

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!*

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.*

Fulfilling 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 in the Lord!*

**Tone 6** The Lord my Creator / Took me as dust from the earth /  
And formed me into a living creature, / Breathing into me the breath of life and giving me a soul;/  
He honored me, setting me as ruler upon earth over things visible,  
And making me a companion of the angels./ But Satan the deceiver,  
Using the serpent as his instrument, enticed me by food; / He parted me from the glory of God  
And gave me over to the earth and to the lowest depths of death.//  
But, Master, in compassion call me back again.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He shall redeem Israel out of all his iniquities.*

In my wretchedness / I have cast off the robe woven by God, /  
Disobeying Thy divine command, O Lord, / At the counsel of the enemy; /  
And I am clothed now in fig leaves and in garments of skin.  
I am condemned to eat the bread of toil / In the sweat of my brow,  
And the earth has been cursed so that it bears thorns and thistles for me.  
But, Lord, Who in the last times / Wast made flesh of a Virgin,/ Call me back again//  
And bring me into Paradise.

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

O precious Paradise, / Unsurpassed in beauty, / Tabernacle built by God,  
Unending gladness and delight, / Glory of the righteous, / Joy of the prophets, /  
And dwelling of the saints, / With the sound of thy leaves pray to the Maker of all: /  
May He open unto me the gates which I closed by my transgression,  
And may He count me worthy / To partake of the Tree of Life//  
And of the joy which was mine when I dwelt in thee before.

*v. (1) For He hath made His mercy prevail over us, and the truth of the Lord abideth forever.*

Adam was banished from Paradise / through disobedience; / and cast out from delight, /  
beguiled by the words of a woman. / Naked he sat outside the garden, lamenting: /  
“O woe is me!” / Therefore let us all make haste / To accept the season of the Fast /  
And hearken to the teaching of the Gospel, / That we may gain Christ’s mercy /  
And receive once more//  
A dwelling place in Paradise.

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 6 (from the Lenten Triodion)*  
Adam sat before Paradise, / And, lamenting his nakedness, he wept: / "Woe is me! /  
By evil deceit was I persuaded and led astray, / And now I am an exile from glory. /  
Woe is me! In my simplicity I was stripped naked, and now I am in want.  
O Paradise, no more shall I take pleasure in Thy joy;  
No more shall I look upon the Lord my God and Maker,  
For I shall return to the earth whence I was taken. / O merciful and compassionate Lord,  
To Thee I cry aloud: // I am fallen, have mercy upon me.

*now and ever, and unto ages of ages. Amen. Tone 7 (Theotokion – Dogmatikon)*  
No tongue can speak of your wonderful childbearing,  
for the order of nature was 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** 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!

## **TROPARIA**

**Tone 7** 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** 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.