

SUNDAY, MARCH 6

TONE 4

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 4

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!

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.

Angels and men sing of Your Resurrection on the third day, O Savior.
By it, the ends of the earth have been illuminated.
By it we have been delivered from bondage to the Enemy.
Save us by Your Resurrection!//
O Life-creating and almighty Savior, glory to You!

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.

You have shattered the gates of brass
and destroyed the chains of death, O Christ God.
You have raised the fallen human race.//
O Lord, risen from the dead, glory to You!

V. (4) From the morning watch until night, from the morning watch, let Israel hope on 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 will deliver Israel from all his iniquities.

In my wretchedness / I have cast off the robe woven by God, / Disobeying Your 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 / Were made flesh of a Virgin, / Call me back again // And bring me into Paradise.

V. (2) Praise the Lord, all nations! Praise Him, all 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 you before.

V. (1) For His mercy is confirmed on us, and the truth of the Lord endures 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 the gates of Eden, / bewailing 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.

APOSTICHA

Tone 4 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 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 4 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, now and ever, and unto ages of ages. Amen.

Tone 4 The mystery hidden from all eternity,

unknown even by Angels,

through you, Theotokos, is revealed to those on earth:

God incarnate by union without confusion.

He voluntarily accepted the Cross for us,

by which He resurrected the first-created man, //

saving our souls from death.