

SUNDAY, FEBRUARY 22

TONE 4

Cheesefare/ Forgiveness Sunday - The Expulsion of Adam from Paradise
First and Second Finding of the Honorable Head of the Holy Glorious
Prophet, Forerunner, and Baptist of the Lord, John *(transferred from February 24)*

"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 Your Name's sake I wait for You, O Lord. My soul has waited for Your 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!

* 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.

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

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 5 *(for the Forerunner)* *(Rejoice, O Life-bearing Cross)*

Rejoice, O holy and light-bearing head,
venerated by the angels!
Of old, you were cut off by the sword,
for you had cut through the shameful deeds with sharp reproaches.
Like a fountain refreshing the faithful with wonders,
you declared the saving coming of the Savior,
and perceived the coming of the Spirit,
Who took up His abode in you,
as you stood between the grace of the Old and New Covenants.//
Entreat Christ God to grant our souls great mercy!

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

The head of the Forerunner is made manifest.
Once it was concealed in an earthen vessel;
now it is openly given up from the depths of the earth,
pouring forth streams of healing.
For he washed in the waters the head of the One
Who even now covers the chambers of the firmament with waters
and rains down divine forgiveness for mankind.
Then let us bless this truly praiseworthy head
and joyfully celebrate its finding,//
entreating Christ to grant our souls great mercy!

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

The head that proclaimed the Lamb of God Who appeared in the flesh declared to all the ways of saving repentance with divine precepts, before it had denounced the lawlessness of Herod and therefore was severed from its body.

It was concealed for a time and has risen to us as a shining sun, crying out: “Repent and with compunction of soul submit to the Lord// Who grants the world great mercy!”

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 *(Forerunner)*

Composite 8 *(Isaiah 40:1-3, 9; 41:17-18; 45:8; 48:20-21; 54:1)*

Composite 9 *(Malachi 3:1-3, 5-7, 12, 17-18; 4:4-6)*

Composite 3 *(Wisdom of Solomon 4:7, 16-17, 19-20; 5:1-7)*

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 2 *(for the Forerunner)*

Your head, O all-praised John,
the all-revered shrine of divine thoughts,
has shone forth today from the secret places of the earth.
From your mother's womb it clearly foresaw the mystery of Ineffable Being
and has made the whole earth fragrant,
pouring forth the sweet oil of sanctification,
spiritually preaching the way of repentance,//
and entreating the Savior of all on behalf of our souls.

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 4 Troparion *(Forerunner)*

The head of the Forerunner has shone from the earth,
sending forth rays of incorruption and healings to the faithful.
It gathers together a multitude of angels above
and summons the human race below//
to send up glory with one voice to Christ our God.

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

Tone 4 Resurrectional Dismissal Theotokion

The mystery of 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.

(at the Divine Liturgy)

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Tone 2 Kontakion *(Forerunner)*

O Prophet of God and Forerunner of Grace,
we have found your head as a sacred rose.
Therefore we always receive healings from it,//
and, as in times past, now you preach repentance to the world.

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 7 Prokeimenon *(Forerunner)*

The righteous shall rejoice in the Lord / and shall hope in Him. *(Ps. 63:11a)*

Epistle

(112) Romans 13:11-14:4

(176) 2 Corinthians 4:6-15 *(Forerunner)*

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. The righteous shall flourish like the palm tree, and grow like a cedar in Lebanon. (Ps. 91:11)

Gospel

(17) Matthew 6:14-21

(40) Matthew 11:2-15 *(Forerunner)*

Communion Hymn

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

The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *(Ps. 111:6)*

Alleluia, Alleluia, Alleluia!

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