

Forgiveness Sunday
The Casting Out Of Adam From Paradise

VESPERS: Tone 8

- P. Regular Beginning
C. Lord I have cried... (Tone 8)
1. We **offer** up to **Thee**, O Christ,/ our evening hymn and reasonable **service**/ for it hath pleased Thee to have **mercy** upon us// by Thy Resurrection.
 2. Lord, **Lord**, cast us not **away** from Thy face,/ but be pleased to have mercy upon us// by Thy Resurrection.
 3. **Rejoice**, O holy **Zion**,/ Mother of Churches and **dwelling**-place of God,/ for Thou hast been the first to **receive** remission of sins// by the Resurrection.
 4. **Begotten** before all ages of God the **Father**,/ the Word, Who in the **latter** time/ willed to take flesh of a maid who **knew** not a man,/ endured the death of the Cross and by His own Resurrection// saved man who in the past was made **subject** to death.
 5. We **glorify** Thy Resurrection from the **dead**, O Christ,/ by which Thou hast set free the line of Adam from the **torment** of hell/ and as God hast granted the world **eternal** life// and Thy great **mercy**.
 6. **Glory** be unto Thee, O Christ, our **Saviour**,/ Only begotten Son of God Who wast **nailed** to the Cross// and on the third day **rose** from the tomb.

Stichera from the Triodion (Tone 6)

7. 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 honoured me, setting me as ruler upon earth over all things **visible**,/ and making me 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.
8. 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**.
9. 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.

10. 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 '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... (Tone 6)

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.'

Both... Dogmatikon (Tone 8)

In His love for mankind,/ the King of Heaven appeared upon earth and **dwelt** among men./ For He took flesh of a pure **Virgin**,/ and thus incarnate He came **forth** from her./ The only **Son** is He:/ twofold in nature, but not in **person**./ In proclaiming Him perfect man and perfect **God** indeed,/ we confess **Christ** our God.// Beseech Him, O Mother without wedlock to have mercy **upon** our souls.

- P. Wisdom. Aright!
 C. O Joyful Light...
 P. Prokimenon. The Lord is King...
 P. Wisdom! (And readings, if any)
 P. Augmented Litany
 R. Vouchsafe...
 P. Litany of Fervent Supplication

APOSTICHA: (Tone 8)

1. O **Jesus** Who came down from **heaven**,/ Thou didst ascend upon the Cross and didst **come** to die,/ O **Immortal** Life,/ true Light for those sitting in **darkness**:/ and the Resurrection of all the **fallen**:// Glory unto Thee, our Saviour, Who **enlightens** us.

V. The Lord is King,/ and hath put on glorious **apparel**.

2. **Let** us glorify Christ risen **from** the dead,/ Who took upon Himself **body** and soul,/ and separated them one from another by His **Passion**:/ for His most pure soul went down to hell which **He** despoiled;/ and in the tomb the Holy Body of the **Deliverer** of our souls// knew not **corruption**.

V. He hath made the world so sure/ that it **cannot** be moved.

3. We **glorify** Thy Resurrection from the **dead**, O Christ,/ in **psalms** and song,/ for by it Thou hast freed us from the **torments** of hell,/ and hast, since **Thou** art God,// granted eternal life and Thy great **mercy**.

V. Holiness becometh Thine house/ O Lord, **forever**.

4. O **Lord** of all, incomprehensible Maker of **heaven** and earth,/ through Thy passion **on** the Cross,/ Thou hast freed me from **passions**./ After enduring burial, Thou hast risen in **glory**,/ raising up Adam with Thy **mighty** arm./ Glory be to Thy Resurrection on the **third** day,/ by which Thou hast endowed us with **eternal** life/ and granted us the **cleansing** of our sins,// for Thou alone art **compassionate**.

Glory... (Tone 6)

Adam was cast out of Paradise through **eating** from the tree./ Seated before the gates **he** wept,/ lamenting with a pitiful voice and **saying**:/ 'Woe is me, what have I suffered in my **misery**!/ I transgressed one commandment of the **Master**,/ and now I am deprived of every **blessing**./ O most holy Paradise, planted for my sake and shut **because** of Eve,/ pray to Him that made thee and **fashioned** me,/ that once more I may take pleasure in thy **flowers**.'/ Then the Saviour **said** to him:/ 'I desire not the loss of the creature which I **fashioned**,/ but that he should be saved and come to **knowledge** of the truth;// and when he comes to me I will not **cast** him out.'

Both now and ever... (Tone 6)

O all-hallowed **Virgin**,/ Christ, the Maker and Deliverer and Lord **proceeded** from thy womb,/ and clothing Himself in me, set man free from the original curse of **Adam**./ Wherefore, O all-pure **Virgin**,/ we sing without ceasing to thee as Mother of God and **Virgin**/ in truly the greeting of the **angel**:// Hail! O Lady, advocate and defender and **salvation** of our souls.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos 3x

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 8

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 8) 2x

Thou didst descend from on high, O merciful one./ Thou didst endure the three day burial/ to free us from our sufferings.// O Lord, our Life and Resurrection, Glory to Thee.

G/B... (Tone 8) See the music in the vigil book

Thou, O good Lord, for our *sakes* wast born of a **Virgin**/ and hast endured crucifixion, despoiling **death** by death,/ and as God, Thou hast *shown* forth the **Resurrection**./ Despise not the work of **Thine** hands./ Show Thy

love for man, O **merciful** Lord./ Accept the intercession made on our behalf by the Theotokos who **bore** Thee, // and, O our Saviour, save Thy despairing people.

Lord Have Mercy 3x
Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the dead, O Life of all, and the radiant angel cried to the women: "Cease your weeping! Declare unto the apostles, and cry aloud, singing: Christ the Lord hath risen, Whose good pleasure, as God, it hath been to save the human race!"

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Thou Who didst truly rise from the dead, Thou didst command the venerable women to proclaim Thine arising to the apostles, as it is written; and speedy Peter ran quickly to Thy tomb and, beholding a light within the sepulcher, was filled with awe. Wherefore, seeing the grave-clothes lying without the divine body in them, he cried out with faith: "Glory to Thee, O Christ God our Saviour, for Thou savest all, in that Thou art the Effulgence of the Father!"

G/B... We hymn the portal of heaven, the ark, the most holy mountain, the luminous cloud, the heavenly ladder, the reason-endowed paradise, the deliverance of Eve, the great treasure of the whole world, for within her salvation was wrought for the world, and remission of the ancient offenses. Wherefore, we cry out to thee: Entreat thy Son and God, that He grant remission of transgressions unto those who piously worship thine all-holy birthgiving.

R. Kathisma III

P. Small Ectenia

R. Sessional Hymns:

Men sealed Thy tomb, O Saviour, but an angel rolled the stone away from its entry. The women beheld Thee risen from the dead, and in Sion they proclaimed to Thy disciples the glad tidings that Thou hadst arisen, O Life of all, and that the bonds of death are broken. O Lord, glory be to Thee!

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

The women who bore the burial spices heard from the tomb the voice of the angel, saying: "Cease your weeping, and receive joy instead of grief! Cry aloud, singing that Christ the Lord hath risen, Whose good pleasure it hath been, as God, to save the human race!"

G/B... All creation—the assembly of angels and the human race—rejoiceth in thee, O thou who art full of grace, O sacred temple and reason-

endowed paradise, thou boast of virgins, from whom God, Who existeth from before time, was incarnate and became a child; for He made thy loins a throne, and thy womb He made more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee!

C. Polyeleos with the addition of the following: (Tone 6)

By the waters of Babylon/ we sat down and wept,/ when we remembered Zion.// Alleluia.

We hanged our harps/ upon the willows in the midst thereof.// Alleluia.

For there they that had taken us captive/ required of us a song;/ and they that had carried us away/ required of us a hymn, saying,/ Sing us one of the songs of Zion.// Alleluia.

How shall we sing/ the Lord's song in a strange land?// Alleluia.

If I forget thee, O Jerusalem,/ let my right hand be forgotten.// Alleluia.

If I do not remember thee,/ let my tongue cleave to the roof of my mouth;/ if I prefer not Jerusalem as my chief joy.// Alleluia.

Remember, O Lord,/ the children of Edom in the day of Jerusalem;/ who said, Down with it, down with it,/ even to the foundation thereof.// Alleluia.

O wretched daughter of Babylon,/ happy shall he be that shall reward thee/ as thou hast served us.// Alleluia.

Happy shall he be,/ that shall take and dash thy little ones against the rock.// Alleluia.

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

Standing before the tomb of the Bestower of life, the myrrh-bearing women sought the immortal Master among the dead; and receiving the joyous announcement from the angel, they exclaimed to the apostles that Christ God is risen, granting the world great mercy.

Hymn of Degrees: (Antiphon One)

From my youth hath the enemy tempted me, causing me to burn with pleasures; but, trusting in Thee, O Lord, I vanquish him.

Let those who hate Sion be as grass before it is mowed down; for Christ will cut through their necks with the scythe of torments.

G/B... By the Holy Spirit are all things given life. Him do we praise with the Father and the Word, as Light from Light, the great God.

Hymn of Degrees: (Antiphon Two)

Let my heart, humble of mind, be covered with the fear of Thee, O most Compassionate One, and let it not, exalting itself, fall away from Thee.

May he who setteth his hope on the Lord not be terrified when all things will be tried by fire and torment.

G/B... Through the Holy Spirit doth every godly man see and prophesy, working exalted miracles, and hymning the one God in Three Persons; for though Three shine together, the Godhead ruleth as One.

Hymn of Degrees: (Antiphon Three)

I have cried unto Thee: Hearken, O Lord, and incline Thine ear to me who cry out; and before Thou takest me away from hence make me pure.

Everyone who returneth to his mother, the earth, is released to receive torments or honours for those things he did during life.

G/B... Through the Holy Spirit proceedeth the theology of the thrice-holy Unity: for the Father is unoriginate, and from Him hath the Son been begotten timelessly, and the Spirit is equally enthroned and hath the same image, shining forth from the Father.

Hymn of Degrees: (Antiphon Four)

Behold now, what is so good or so beautiful as for brethren to dwell together? For therein hath the Lord promised life eternal.

He Who adorneth the lilies of the field doth warn that it is not fitting for man to give thought to his raiment.

G/B... By the Holy Spirit, the single Cause, are all things sustained through the bestowal of peace; for He is God, Who in dominion is consubstantial with the Father and the Son.

P. Prokimenon: (Tone 8)

The Lord shall be king unto eternity;/ Thy God, O Zion, unto generation and generation.

V. Praise the Lord, O my soul. I will praise the Lord in my life.

C. Let every breath praise the Lord.

P. GOSPEL #8

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life,/ the gates of **repentance**:/ for early in the morning my spirit seeks Thy holy **temple**,/ bearing a temple of the body **all** defiled.// But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O Theotokos:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**.// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy **upon** me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**,/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

P. Save, O God, Thy People...

Anointing.

Canticle One

Irmos: The staff of Moses, once working a wonder,/ striking the sea in the form of the Cross and dividing it,/ drowned the mounted tyrant Pharaoh,/ and saved Israel// who fled on foot, chanting a hymn unto God.

Glory to Thy Holy Resurrection, O Lord.

How shall we not wonder at the almighty divinity of Christ, Who through His sufferings sheddeth dispassion and incorruption upon all the faithful, and poureth forth a wellspring of immortality from His holy side and life ever-lasting from His tomb?

The magnificent angel hath now appeared to the women, bearing splendid tokens of natural and immaterial purity, by his appearance proclaiming the light of the resurrection, crying: The Lord is risen!

Theotokion

All-glorious things have been said of thee among generations of generations, O thou who contained God the Word in thy womb, remaining pure, O Mary Theotokos; wherefore, we all honour thee, our help after God.

Glory to Thy Precious Cross and Resurrection, O Lord.

The portals of pain have been removed, and the gate-keepers of hades were filled with fear, beholding Him descending into the nethermost parts Who in the highest transcendeth the nature of all things.

The ranks of the angels were amazed, beholding, seated upon the throne of the Father, human nature which had fallen and been imprisoned in the nethermost parts.

Most Holy Theotokos, Save us.

O all-pure Theotokos, who in manner transcending nature gavest birth to the eternal and all-divine Word incarnate: we hymn thee.

O Christ, the Virgin gave birth unto Thee, the Life-bearing Cluster of grapes which exudeth the sweetness of universal salvation.

Have mercy on me, O God, have mercy on me!

Come, my wretched soul, and weep today over thine acts, remembering how once thou was stripped naked in Eden and cast out from delight and unending joy.

In Thine abundant compassion and mercy, O Fashioner of the creation and Maker of all, Thou hast taken me from the dust and given me life, commanding me to sing Thy praises with Thine angels.

In the wealth of Thy goodness, O Creator and Lord, Thou hast planted in Eden the sweetness of Paradise, and bidden me take my delight in fair and pleasing fruits that never pass away.

Glory... Woe to thee, my wretched soul! Thou hast received authority from God to take thy pleasure in the joys of Eden, but He commanded thee not to eat the fruit of knowledge. Why hast thou transgressed the law of God?

Both... Virgin and Bearer of God, by descent thou art a daughter of Adam, but by grace Mother of Christ our God. I am an exile from Eden: call me back again.

C. Katavasia (Tone 6) USE MUSIC FOR REGULAR TONE 6 CANON ODE 1

Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud:// Let us chant unto God a hymn of victory.

Canticle Three

Irmos: O Christ Who in the beginning/ established the heavens in wisdom/ and founded the earth upon the waters,/ make me steadfast upon the rock of Thy commandments;// for none is holy as Thee, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Adam, who was condemned by his sinful tasting, didst Thou justify by the saving suffering of Thy flesh, O Christ; for Thou Thyself wast not subject to the trial of death, O Sinless One.

Jesus my God, the Light of the resurrection, shone forth upon those sitting in darkness and the shadow of death, and binding the mighty one with His divinity, He despoiled his vessels.

Theotokion

O Theotokos, thou hast been shown to be more exalted than the cherubim and seraphim; for thou alone didst receive the uncontainable God in thy womb, O undefiled one. Wherefore, all of us, the faithful, bless thee with hymns, O pure one.

Glory to Thy Precious Cross and Resurrection, O Lord.

O Lord, from Thyself Thou didst banish me who before had rejected Thy commandments; but having assumed my form and taught me obedience, Thou didst cause me to dwell with Thee through Thy crucifixion.

O Lord Who in Thy wisdom hast foreknown all things, and Who planted the nethermost parts by Thine understanding, in Thy condescension, O Word of God, Thou didst deign to resurrect that which is in Thine image.

Most Holy Theotokos, Save us.

Grant us help through thy supplications, O most pure one, repelling the attacks of grievous circumstances.

Thou wast the correction of our first mother Eve, having given birth to Christ, the Author of the life of the world, O Theotokos.

Have mercy on me, O God, have mercy on me!

Long ago the crafty serpent envied my honour and whispered deceit in Eve's ear. By her was I led astray and banished, woe is me! from the dance of life.

Rashly I stretched out my hand and tasted from the tree of knowledge, though God had ordered me on no account to eat from it; and I was bitterly cast out from the divine glory.

Glory... Woe to thee, my wretched soul! How hast thou not recognized the craftiness of the enemy? How hast thou not perceived his deceit and envy? But thou wast darkened in mind and hast transgressed the commandment of thy Maker.

Both... O holy Virgin, thou art my hope and my protection, for thou alone hast covered fallen Adam's nakedness: by thy childbearing, pure Lady, clothe me once more with incorruption.

C. Katavasia (Tone 6)

There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

P. Small Ectenia

C. Sessional from the Triodion (Tone 4)

Adam was cast out from the delight of **Paradise**:/ bitter was his eating, when in uncontrolled desire he broke the commandment of the **Master**,/ and **he** was condemned to work the earth from which he had himself been **taken**,/ and to eat his bread in **toil** and sweat./ Therefore let us love **abstinence**,/ that we may not weep as he did outside **Paradise**, // but may enter **through** the gate.

R. Glory... The season of the virtues now has come and the Judge is at the door. Let us not hold back with darkened face, but let us keep the Fast, offering tears, contrition and almsgiving; and let us cry: Our sins are more in number than the sand of the sea; but, Deliverer of all, forgive each one of us, that we may receive an incorruptible crown.

Both... Unworthy though we be, O Theotokos, may we never keep silent nor cease to praise thy power. For if we had not the protection of thy prayers, who would have delivered us from such great dangers? Who would have preserved us in freedom to this present hour? May we never forsake thee, O Lady, for thou dost always save thy servants from every kind of ill.

Canticle Four

Irmos: Thou art my strength, O Lord,/ Thou art my power, Thou art my God,/ Thou art my joy,/ Who, without leaving the bosom of the Father,/ hast visited our lowliness./ Wherefore, with the Prophet Habakkuk I cry to Thee:// Glory to Thy power, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Thou didst love me, Thine enemy, exceedingly, for in a strange abasement Thou didst descend to earth, O Saviour of loving-kindness, refusing to reject mine utter reproach; and abiding in the heights of Thine all-pure glory, Thou hast glorified that which before was dishonoured.

Who is not filled with awe, beholding death destroyed by Thy Passion, O Master? For by the divine power of Thee Who wast crucified was corruption put to flight by the Cross and hades emptied of its riches by Thy death. Wondrous are Thy works, O Thou Who lovest mankind!

Theotokion

Thou art the boast of the faithful, O thou who knewest not wedlock, and thou art also the refuge, bulwark and haven of Christians; for thou bearest entreaties to thy Son, O most immaculate one, and savest from misfortunes those who with faith and love know thee to be the pure Theotokos.

Glory to Thy Precious Cross and Resurrection, O Lord.

The children of the violators of the law nailed Thee to the Cross, O Christ God; but thereby Thou didst save those who glorify Thy sufferings, in that Thou art full of loving-kindness.

Rising from the grave, Thou didst raise up with Thyself all the dead in hades; and as Thou art full of loving-kindness Thou hast enlightened all who glorify Thy resurrection.

Most Holy Theotokos, Save us.

O Theotokos, thou unploughed field which gave rise to the life-creating Grain Who giveth life to the world: Save those who hymn thee.

All of us who are enlightened proclaim thee to be the Theotokos, O most pure one; for thou gavest birth to the Sun of righteousness, O Ever-virgin.

Have mercy on me, O God, have mercy on me!

Thou hast counted me worthy of honour in Eden, O Master. But alas! in my wretchedness how have I been deceived by the envy of the devil and cast out from before Thy face!

O ranks of angels, O beauty of Paradise and all the glory of the garden: weep for me, for in my misery I was led astray and rebelled against God.

O blessed meadow, trees and flowers planted by God, O sweetness of Paradise: let your leaves, like eyes, shed tears on my behalf, for I am naked and a stranger to God's glory.

Glory... No longer do I see thee nor delight in thy joy and splendor, O precious Paradise. For I have angered my Creator and naked I have been driven out into the world.

Both... Holy Lady, who hast opened unto all the faithful the gates of Paradise that Adam closed of old through his transgression, do thou open unto me the gates of mercy.

C. Katavasia (Tone 6) USE MUSIC FOR REGULAR TONE 6 CANON ODE 4

Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Canticle Five

Irmos: Wherefore hast Thou turned Thy face from me,/ O Light never-waning?/ And why hath a strange darkness covered me, wretch that I am?/ But turn me, and guide my steps// to the light of Thy commandments, I pray.

Glory to Thy Holy Resurrection, O Lord.

Mocked, Thou didst deign to be clad in a purple robe before Thy sufferings, O Saviour, thus covering the ugly nakedness of the first-created man; and, naked, Thou wast nailed to the Cross in the flesh, O Christ, stripping off our robe of mortality.

Arising, Thou didst fashion anew from the dust of death my fallen essence, O Christ, and didst render it never-aging, showing it again to be a royal image, resplendent in the life of incorruption.

Theotokion

Possessed of maternal boldness before thy Son, O most pure one, dismiss not the thought of us as thy kin, we pray thee; for thee alone do we Christians set before the Master, to obtain merciful purification.

Glory to Thy Precious Cross and Resurrection, O Lord.

Guide us by the power of Thy Cross, O Christ, for through it do we fall down before Thee. Grant us peace, O Thou Who lovest mankind!

Pilot the life of us who hymn Thine arising, O our God, and grant us peace, O Thou Who lovest mankind.

Most Holy Theotokos, Save us.

The ranks of the angels and the assembly of men minister to thine Offspring, O all-pure Theotokos.

O Mary Theotokos, who knewest not wedlock, show forth the hopes of the enemy as vain, and fill with gladness those who hymn thee.

Have mercy on me, O God, have mercy on me!

Of old the enemy who hates mankind envied me the life of happiness that I had in Paradise, and taking the form of a serpent he caused me to stumble, and made me a stranger to eternal glory.

I weep and lament in soul, and with mine eyes I shed abundant tears, when I reflect upon the nakedness that is mine through the transgression.

Glory... Out of the earth was I fashioned by the hand of God, and I was told in my wretchedness that to the earth I should again return. Who

would not weep for me! I am cast out from God's presence and have exchanged Eden for hell.

Both... In faith we all proclaim thee as the mystical bridal chamber of glory, O undefiled Mother of God. Therefore I entreat thee: Raise me up, for I am fallen, and make me dwell in the bridal chamber of Paradise.

C. Katavasia (Tone 6) USE MUSIC FOR REGULAR TONE 6 CANON ODE 5

With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good one,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Canticle Six

Irmos: Cleanse me, O Saviour,/ for many are my transgressions/ and lead me up from the abyss of evils, I pray,/ for to Thee have I cried,// and Thou hast hearkened unto me, O God of my salvation.

Glory to Thy Holy Resurrection, O Lord.

By a tree the author of evil mightily cast me down; but, having been uplifted upon the Cross, Thou, O Christ, didst with greater might cast him down, putting him to shame; and thou didst raise up him who was fallen.

Rising from the grave, Thou didst take pity on Sion, by Thy divine blood making it new instead of old, in that Thou art compassionate; and Thou now reignest therein forever, O Christ.

Theotokion

Let us be delivered from grievous transgressions through thine entreaties, O pure Theotokos, and let us receive the divine effulgence of the Son of God, Who ineffably became incarnate of thee, O all-pure one.

Glory to Thy Precious Cross and Resurrection, O Lord.

Thou didst stretch forth Thy hands upon the Cross, healing the hand of the first-created man, which in Eden was stretched forth without restraint; and having of Thine own will tasted gall, O Christ, Thou hast saved those who glorify Thy sufferings, in that Thou art powerful.

The Deliverer tasted of death, the ancient condemnation, that He might destroy the kingdom of corruption; and having descended into hades, Christ arose and hath saved those who hymn His resurrection, in that He is powerful.

Most Holy Theotokos, Save us.

O Theotokos, we, the faithful, declare thee the temple and ark of God, the animate bridal-chamber and the gate of heaven.

Thine Offspring, the Destroyer of the temples of the idols, is worshiped as God with the Father and the Spirit, O Mary Bride of God.

Have mercy on me, O God, have mercy on me!

O Saviour, in Thy compassion Thou hast clothed me in Eden with a divinely woven garment; but, persuaded by the devil, I neglected Thy commandment and was stripped naked in my wretchedness.

O miserable soul, thou hast departed far from God through thy carelessness; thou hast been deprived of the delight of Paradise and parted from the angels; thou hast been led down into corruption. How art thou fallen!

Glory... Almighty God, have mercy and take pity on the work of Thy hands. I have cut myself off from the choir of Thine angels; but I entreat Thee, loving Lord, reject me not.

Both... O Mary chosen by God, Queen of the world, thou hast borne the Lord Who is King of all and Redeemer. I am a prisoner and an exile from the glory of Paradise: I entreat thee, call me back.

C. Katavasia (Tone 6) USE MUSIC FOR USUAL TONE 6 CANON ODE 6

Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

P. Small Ectenia

C. Kontakion from the Triodion (Tone 6)

O Master, Guide to wisdom,/ Giver of prudent counsel,/ Instructor of the foolish and Champion of the poor,/ make firm my heart and grant it understanding./ O Word of the Father, give me words, for see,/ I shall not stop my lips from crying out to Thee:// I am fallen, in Thy compassion have mercy on me.

R. Ikos

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said: 'I am fallen, in Thy compassion have mercy on me.'

When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said: 'I am fallen, in Thy compassion have mercy on me.'

O Paradise, share in the sorrow of thy master who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy on me.

O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. I am fallen, in Thy compassion have mercy on me.

Canticle Seven

Irmos: Once, in Babylon,/ the fire stood in awe of the condescension of God;/ wherefore, the youths, dancing with joyous step in the furnace,/ as in a meadow, chanted:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Thy glorious abasement, the divine riches of Thy poverty, O Christ, amaze the angels who behold Thee nailed to the Cross to save those who cry out with faith: Blessed art Thou, O God of our fathers!

By Thy divine descent Thou didst fill the nether regions with light, and darkness which before reigned as tyrant was driven away. Wherefore, those held prisoner from ages past arose, crying: Blessed art Thou, O God of our fathers.

Triadicon

Theologizing in Orthodox manner concerning Thee, we declare Thee unto all as the Lord, the only Father of the only-begotten Son, acknowledging that from Thee proceedeth the one upright Spirit, Who is of the same nature and is equally eternal.

Glory to Thy Precious Cross and Resurrection, O Lord.

Fulfilling the prophecies, O God, Thou hast wrought salvation in the midst of the world; for having been lifted up upon the Tree, Thou didst summon all who cry out with faith: O God of our fathers, blessed art Thou!

Rising from the tomb as from sleep, O Compassionate One, Thou didst deliver all from corruption; and creation is assured by the apostles who preach Thine arising, saying: O God of our fathers, blessed art Thou!

Most Holy Theotokos, Save us.

Thou didst appear incarnate of the Virgin's womb for our salvation; wherefore, acknowledging Thy Mother as the Theotokos in Orthodox manner, we cry out: O God of our fathers, blessed art Thou!

Through the Theotokos, O hypostatic Wisdom of the Most High, with wisdom and divine power fill all who chant to Thee with faith: O God of our fathers, blessed art Thou!

Have mercy on me, O God, have mercy on me!

O Lord Who rulest over all the ages, Who by Thy will hast created me, I was beguiled of old through the envy of the crafty serpent and I angered Thee: despise me not, O God my Saviour, but call me back.

Woe is me, for in place of a robe of light I am clothed in shameful garments. I weep from my loss, O Saviour, and cry to Thee with faith: Despise me not, O God of love, but call me back.

Glory... The evil serpent in his envy wounded all my soul and caused me to be banished from the delight of paradise. In Thy loving compassion despise me not, O God my Saviour, but call me back.

Both... O pure and blameless Lady, in thy loving compassion accept my entreaty; grant me forgiveness of my offenses, for fervently I cry aloud with tears: Despise me not, O good Virgin, but call me back.

C. Katavasia (Tone 6) USE MUSIC FOR USUAL TONE 6 CANON ODE 7

An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Canticle Eight

Irmos: Madly did the Chaldaean tyrant/ heat the furnace sevenfold for the pious ones;/ but, beholding them saved by a higher Power,/ he cried out to the Creator and Deliverer:/ ye children, bless; ye priests, hymn:// ye people, exalt Him supremely for all ages.

Glory to Thy Holy Resurrection, O Lord.

The all-divine power of the divinity of Jesus shone forth divinely within us; for, having in the flesh tasted death on the Cross for all, He destroyed the might of hades. Him do ye unceasingly bless, O children! Ye priests, hymn; ye people, exalt Him supremely for all ages!

The Crucified hath arisen! The braggart hath fallen! He who fell and was broken hath been set aright! Corruption hath been cast away, and incorruption hath blossomed forth! For death is swallowed up by Life. Ye children bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Triadicon

The thrice-radiant Godhead which shineth forth the one Ray from Its one nature in three Hypostases—the unoriginate Father, the Word, Who shareth the Father's essence, and the equally reigning Spirit Who is one in essence with Them—ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Glory to Thy Precious Cross and Resurrection, O Lord.

Him Who stretched forth His hands unto me who am naked, and Who calleth me to warm myself through His noble nakedness, do ye bless, all ye works of the Lord! Exalt Him supremely forever!

All ye works of the Lord, bless the Lord Who hath raised me up, the fallen one, from the uttermost depths of hades and honoured me with the glory of the Father's high throne; and exalt Him supremely forever!

Most Holy Theotokos, Save us.

Thou didst supernaturally give birth to God the Word, the Creator and Saviour, O Virgin; wherefore, we hymn and exalt thee supremely for all ages.

The unapproachable Light which dwelt within thee, O Virgin, hath shown thee forth as a luminous golden lamp for all ages.

Have mercy on me, O God, have mercy on me!

O Lord Who alone lovest mankind, at the beginning Thou hast honoured the work of Thy hands with every kind of gift: but alas! the hateful serpent

deceived us with his hissing and stripped us of the blessings which we had received.

Why hast thou hearkened to bitter counsel and disobeyed the divine ordinance? Woe to thee, miserable soul, thou hast grieved God! Yet thou wast created to glorify Him with the angels forever.

Let us bless Father, Son, Holy Spirit, the Lord!

Thou wast the appointed ruler over creeping things and wild beasts: why then hast thou conversed with a creature that crept upon the earth, destroying souls? And why hast thou taken the destroying enemy as thy counselor? O my wretched soul, how hast thou been deceived!

Both... O Mary, full of divine grace, tabernacle of the Light and dwelling-place of God incarnate, we sing thy praises. I am darkened grievously by the passions: Shine upon me with the light of mercy, O Hope of the hopeless.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 6) USE MUSIC FOR USUAL TONE 6 CANON ODE 8

From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Heaven was stricken with awe,/ and the ends of the earth were amazed,/ that God hath appeared in the flesh, / and that thy womb became more spacious than the heavens./ Wherefore, the ranks of men and angels// magnify thee as the Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Being simple in Thy divine and beginningless nature, Thou didst render Thyself compound by taking on flesh, subsuming it within Thyself, O Word of God; and having suffered as a man, as God Thou didst remain beyond suffering. Wherefore, we magnify Thee in two natures, indivisible and unconfused.

O Most High, Who becamest man by nature while of the divine nature of God the Father, coming down to Thy servants Thou didst tell them of God; and having risen from the tomb, Thou didst endow mortals with the grace of the Father Who is by nature God and Master, and with Whom we all magnify Thee.

Theotokion

In manner transcending nature, O Virgin Mother of God, thou wast shown to be her who gave birth in the flesh unto God the Word, Whom the Father begot from His heart before time began, in that He is good, and Whom we now

understand as transcending the human body, even though He clothed Himself in a body.

Glory to Thy Precious Cross and Resurrection, O Lord.

We know Thee as the Son of God by nature, Who was conceived in the womb of the Mother of God and becamest man for the sake of man; and beholding Thee suffering on the Cross in Thy human nature, we magnify Thee Who as God remainest dispassionate.

Sullen darkness hath been destroyed, for Christ, the Sun of righteousness, the heavenly Man and earthly God, hath shone forth from hades, enlightening all the ends of the earth, illumining all with the light of His divinity. Him do we magnify in two natures.

Most Holy Theotokos, Save us.

Thy memorial is full of joy and gladness, pouring forth healings upon those who approach and piously declare thee to be the Theotokos.

We hymn thee with psalms, O thou who art full of grace, and we continually offer thee "Rejoice!;" for thou hast poured forth joy upon all.

Have mercy on me, O God, have mercy on me!

Sweet seemed to me the taste of the fruit of knowledge in Eden when I took my fill of eating, but the end of it was gall. Woe to thee, O wretched soul! See how uncontrolled desire has made thee an exile from Paradise!

O God of all, Lord of mercy, look down compassionately upon my lowliness and do not send me far away from Eden; but may I perceive the glory from which I have fallen, and hasten with lamentations to regain what I have lost.

I lament, I groan, I weep as I look upon the cherubim with the sword of fire set to guard the gate of Eden against all transgressors. Woe is me! I cannot enter unless Thou, O Saviour, dost grant me free approach.

Glory... O Christ my Saviour, boldly I put my trust in the abundance of Thy mercies and in the Blood that flowed from Thy divine side; for through Thy Blood Thou hast sanctified the nature of mortal man, O loving Lord, and hast opened unto those that worship Thee the gates of Paradise that of old were closed to Adam.

Both... O Virgin Theotokos, who hast not known man, spiritual Gate of life through which none may pass, by thy prayers open unto me the gates of Paradise that were closed long ago, that I may glorify thee: for after God thou art my helper and strong refuge.

C. Katavasia (Tone 6) USE MUSIC FOR USUAL TONE 6 CANON ODE 9

It is not possible for men/ to behold God,/ upon Whom the ranks of angels dare not gaze;/ but through thee, O most pure one,/ hath the Word appeared incarnate unto men;// and magnifying Him with the armies of heaven, we call thee blessed.

- P. Small Ectenia
 C. Holy is the Lord our God...

R. Exapostilarion Eight (John 20:11-18)

Seeing two angels inside the tomb, Mary was struck with wonder and not knowing Christ, she asked Him supposing Him to be the gardener: 'Where O Lord, hast thou laid the body of my Jesus?' And recognizing by His call that He was the Saviour Himself, she heard: 'Touch me not; tell the brethren I go to my Father.'

Glory... Exapostilarion from the Triodion

In my wretchedness, O Lord, I have disobeyed Thy commandment. Woe is me! I have been stripped of glory, filled with shame, and cast out from the joy of Paradise. I have been justly deprived of Thy blessings: but in Thy mercy and compassion take pity on me.

Both... Another Exapostilarion from the Triodion

We were banished once, O Lord, from Paradise through eating from the tree; but Thou hast led us back again, O my God and Saviour, through Thy Cross and Passion. At the intercessions of Thy Mother, give us strength through this Thy Cross to keep the Fast in holiness and to worship Thy divine Awakening, the Passover of salvation.

C. Lauds: Tone 8 Stichera

Let every breath **praise** the Lord/
 Praise the Lord from the **Heavens**/
 Praise Him in the **highest**/
 To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**://
 Praise Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.
 Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.
 He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.
 Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.
 His praise is above the earth and heaven, and He shall exalt the horn of His people.
 This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.
 Sing unto the Lord a new song; His praise is in the church of the saints.
 Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery
let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek
with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
The high praise of God shall be in their throat, and two-edged swords shall
be in their hands.

To do vengeance among the heathen, punishments among the peoples,
To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be
to all His saints.

1. Though **Thou** hast stood for trial to be judged of **Pilate**,/ Thou hast not
ceased, O Lord, to sit on the throne with the **Father**,/ and risen from
the dead, Thou hast set the **world** free/ from the bondage of the
stranger::/ for Thou art compassionate and **lovest** mankind.

V. Praise ye God in His saints,/ praise Him in the firmament of His
power.

2. **Though** the Jews laid Thee as dead in the **tomb**, O Lord,/ yet the guards
watched Thee as a **sleeping** King,/ and they sealed Thee with seals as a
treasure of life,// but Thou hast risen and granted our souls
incorruption.

V. Praise Him for His mighty acts,/ praise Him according to the
multitude of His greatness.

3. **Thou** gavest us Thy Cross as a weapon against the **devil**, O Lord:/ for
he **trembles** and quakes,/ unable to bear the **sight** of its strength;/ for
it raised up the dead and laid **death** low:// Therefore, we venerate Thy
tomb and Thy Resurrection.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery
and harp.

4. The **angel**, having proclaimed the Resurrection, O Lord,/ frightened Thy
guards, yet he cried to the women, **saying**:/ Why do ye seek the living
among the dead?// God is risen, bestowing life upon the **inhabited**
earth!

V. Praise Him with timbrel and dance,/ praise Him with strings and
flute.

5. **Thou**, impassible in Thy Divinity,/ hast suffered **through** Thy Cross/ and
hast taken upon Thyself to be buried three **days** in the tomb,/ so as to
set us free from the bondage of the enemy and to **give** us life,/ after
making us immortal by Thy Resurrection,// O Christ our God, Who **lovest**
mankind.

V. Praise Him with tuneful cymbals, praise Him with cymbals of
jubilation./ Let every breath praise the Lord.

Stichera from the Triodion (Tone 5)

6. 'Woe is me!' Adam cried lamenting:/ 'For the serpent and the woman have deprived me of my boldness **before** God,/ and through eating from the tree I have become an exile from the joy of **Paradise**./ Woe is me! No more can I **endure** the shame./ I who was once king of all God's creatures **upon** earth/ have now become a prisoner, led astray by evil **counsel**./ I who was once clothed in the glory of **immortality**/ must now, as one **condemned** to die,/ wrap myself miserably in the skins of **mortality**./ Woe is me! Who will share my **sorrow** with me?/ But, O Lord Who **lovest** mankind,/ Who hast fashioned me from the earth and art clothed in **compassion**,// call me back from the bondage of the enemy and **save** me.'

V. I will praise Thee, O Lord, with my whole heart, I will speak of all Thy marvelous works.

7. The arena of the virtues has been **opened**./ Let all who wish to struggle for the prize now **enter**,/ girding themselves for the noble **contest** of the Fast;/ for those that strive lawfully are **justly** crowned./ Taking up the armor of the Cross, let us make war against the **enemy**./ Let us have as our invincible **rampart** the Faith,/ prayer as our breastplate, and as our helmet **almsgiving**;/ and as our sword let us use fasting that cuts away all evil **from** our heart./ If we do this, we shall receive the **true** crown// from Christ the King of all at the Day of **Judgment**.

V. I will be glad and rejoice in Thee, I will sing to Thy Name, O Most High.

(Tone 6)

8. Adam was driven out of **Paradise**,/ because in disobedience he had **eaten** food;/ but Moses was granted the **vision** of God,/ because he had cleansed the eyes of his soul by **fasting**./ If then we long to dwell in **Paradise**,/ let us abstain from all **needless** food;/ and if we desire to **see** God,/ let us like Moses fast for **forty** days./ With sincerity let us persevere in prayer and **intercession**;/ let us still the passions **of** our soul;/ let us subdue the rebellious instincts **of** the flesh./ With light step let us set out upon the path to **heaven**,/ where the choirs of angels with never-**silent** voice/ sing the praises of the undivided **Trinity**;/ and there we shall behold the surpassing beauty of the **Master**./ O Son of God, Giver of Life, in Thee we **set** our hope:/ Count us worthy of a place there with the **angelic** hosts,/ at the intercessions of the Mother who **bore** Thee, O Christ,// of the apostles and the martyrs and of **all** the saints.

V. Arise, O Lord my God, lift up Thine hand: forget not Thy paupers to the end.

9. The time is **now** at hand/ for us to start upon the spiritual **contest**/ and to gain the victory over the demonic **powers**./ Let us put on the armor of **abstinence**/ and clothe ourselves in the glory of the **angels**./ With boldness Moses spoke to the Creator,/ and he heard the voice of

the **invisible** God./ In Thy love for **man**, O Lord,/ grant us with the same boldness to venerate Thy **Passion**// and Thy Holy **Resurrection**.

Glory... (Tone 6)

The time is **now** at hand/ for us to start upon the spiritual **contest**/ and to gain the victory over the demonic **powers**./ Let us put on the armor of **abstinence**/ and clothe ourselves in the glory of the **angels**./ With boldness Moses spoke to the **Creator**,/ and he heard the voice of the **invisible** God./ In Thy love for **man**, O Lord,/ grant us with the same boldness to venerate Thy **Passion**// and Thy Holy **Resurrection**.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of thee is hades led **captive**,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

G/B... Gospel Sticheron (Tone 8)

The **tears** of Mary are not warmly **shed** in vain./ For behold, she was held worthy of the angels' **teaching**/ and vouchsafed the sight of Thee, **Thyself**, O Christ./ But again her thoughts were earthly thoughts as those of a weak **woman**./ Therefore she was dismissed and told not to **touch** Thee, O Christ./ But she was also sent as herald to the **disciples**,/ and she affirmed to them the good tidings proclaiming the Ascension to the portion of the **Father**./ With her do Thou also make us worthy of Thy manifestation, O **Master** and Lord.

R. Hours
Tropar: Resurrection
Kontak: Triodion

At Liturgy:

Order of Troparia & Kontakia: (Temple of a Saint)

Tropar Sunday
Tropar Temple
Glory... Temple
Both... Triodion

Prokimenon from the Triodion (Tone 8)

Make your vows and pay them to the Lord our God.

Epistle(s): Rom 13:11-14:4

Alleluia from the Triodion (Tone 6)

Gospel(s): Matt 6:14-21

Communion Verse: Praise ye only