

# Vespers sung on Saturday 16<sup>th</sup> March 2024 for Sunday 17<sup>th</sup> March

## Sunday of Cheesefare ♦ Forgiveness Sunday

### The Expulsion of Adam & Eve from Paradise

“LORD, I CALL ...”

**Tone 8**

[Music on website]

Lord, I call upon Thee, hear me!  
Hear me, O Lord!  
Lord, I call upon Thee, hear me!  
Receive the voice of my prayer,  
when I call upon Thee!//  
Hear me, O Lord!

Let my prayer arise  
in Thy sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

*Bring my soul out of prison, that I may give thanks to Thy Name.*

**Tone 8 (For the Resurrection)**

[Music on website]

We offer to Thee, O Christ,  
our evening song and reasonable service,  
for Thou didst will to have mercy on us//  
by Thy Resurrection.

*The righteous will surround me, for Thou wilt deal bountifully with me.*

Lord, Lord, do not cast us away from Thy face!  
For Thou didst will to have mercy on us//  
by Thy Resurrection.

*Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

Rejoice, O holy Zion:  
Mother of the churches, the abode of God,  
for thou wast the first to receive remission of sins//  
by the Resurrection.

*Let Thine ears be attentive to the voice of my supplications!*

The Word of God the Father,  
begotten before the ages,  
in the latter times willed to be incarnate of the Virgin  
and endured crucifixion unto death.  
He has saved mortal man//  
by His Resurrection.

*If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

We glorify Thee, O Lord,  
for Thou didst voluntarily endure the Cross for our sake.  
We fall down in worship before Thee, O almighty Saviour.  
Do not cast us away from Thy face  
but hear us and save us, O Lover of man,//  
by Thy Resurrection!

*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.*

Glory to Thee, O Saviour Christ,  
Only-begotten Son of God, who wast nailed to the Cross//  
and resurrected from the tomb on the third day!

*From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 6 (From the Lenten Triodion)**

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!

*For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

When the Enemy tempted me,  
I disobeyed Thy 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, Thou didst take on flesh from the Virgin in the fullness of time;//  
call me back and restore me to Eden!

*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 thy 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!

*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,  
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 thy 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 Thee, O compassionate Lord://  
Have mercy on me who have fallen!"

*Now and ever, and unto ages of ages. Amen.*

**Tone 8** (*Theotokion – Dogmatikon*)

The King of heaven, because of His love for man,  
appeared on earth and dwelt with men.  
He took flesh from the pure Virgin  
and after assuming it, He came forth from her.  
The Son is one: in two natures, yet one Person.  
Proclaiming Him as perfect God and perfect Man,  
we confess Christ our God!//  
Entreat Him, O unwedded Mother, to have mercy on our souls.

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**APOSTICHA**

**Tone 8** (*For the Resurrection*)

Descending from heaven to ascend the Cross,  
the eternal Life has come for death  
to raise those who are fallen;  
to enlighten those in darkness.//  
O Jesus, our Saviour and illuminator, glory to Thee!

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

We glorify Christ, who rose from the dead.  
He accepted the human body and soul,  
and freed both from suffering.  
His most pure soul descended to hell, which He spoiled.  
His holy body did not see corruption in the tomb.//  
He is the Redeemer of our souls.

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

In psalms and songs we glorify Thy Resurrection from the dead, O Christ.  
By it, Thou hast freed us from the tortures of hell//  
and as God hast granted eternal life and great mercy.

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

O Master of all, incomprehensible Creator of heaven and earth,  
by Thy suffering on the Cross Thou hast gained passionlessness for me.  
Accepting burial and arising in glory,  
Thou didst resurrect Adam with Thyself by Thine almighty hand.  
Glory to Thy rising on the third day!  
By it Thou hast granted us eternal life and cleansing of sins//  
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 thy gardens!”  
The Saviour 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** (*Aposticha Theotokion*)

My Maker and Redeemer, Christ the Lord,  
was born of thee, O most pure Virgin.  
By accepting my nature, He freed Adam from his ancient curse.  
Unceasingly we magnify thee as the Mother of God!  
Rejoice, O celestial Joy!  
Rejoice, O Lady://  
the Protection, Intercession and Salvation of our souls!

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**TROPARIA**

**Tone 8**

**Troparion of the Resurrection**

[[Music on website / Green Book page16](#)]

Thou didst descend from on high, O Merciful One!  
Thou didst accept the three-day burial to free us from our sufferings!//  
O Lord, our Life and Resurrection, glory to Thee!

*Glory to the Father, and to the Son, and to the Holy Spirit;  
now and ever, and unto ages of ages. Amen.*

**Tone 8**

**Resurrectional Dismissal Theotokion**

O Good One, Who for our sake wast born of the Virgin,  
and, having endured crucifixion, cast down death by death,  
and as God revealed the resurrection:  
disdain not that which Thou hast fashioned with Thine own hand.  
Show forth Thy love for mankind, O Merciful One;  
accept the Theotokos who gave Thee birth and prayeth for us;  
and save Thy despairing people, O our Saviour!

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