

SUNDAY, FEBRUARY, 26, 2023
THE EXPULSION OF ADAM FROM PARADISE
CHEESEFARE SUNDAY

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."

GREAT VESPERS

***LORD I CALL:** Six stikhera of the Resurrection in tone 4 (spiral bound vespers book) followed by four from the Triodion*

Triodion, tone 6:

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, in the guise of a serpent, tempted me:
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!

When the enemy tempted me,
I disobeyed Your command, O Lord.
I exchanged the glory of my immortal 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 flesh from the Virgin in the fullness of time://
Call me back and restore me to Eden!

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 to me 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.

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...Triodion, tone 6:

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 has 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 has fallen!

**NOW AND EVER... the Dogmatikon in tone 4 (spiral
bound vespers book)**

**APOSTICHA: All stikhera of the Resurrection in tone 4 (spiral
bound Vespers book)**

GLORY... Triodion, tone 6:

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 he who comes to me I shall never cast out!

NOW AND EVER... Resurrection Theotokion, tone 6:

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

Resurrection, 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!”

Resurrectional Dismissal Theotokion, tone 4

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.

FOREGIVENESS VESPERS – Sunday after Liturgy

**LORD I CALL: Four penitential stikhera, followed by three from
the Triodion**

Penitential, tone 4:

Lord, I long to wash away with tears the record of all my sins,
and to spend the remaining days of my life
pleasing You through repentance,
but the Enemy continually deceives me.
He wages war against my soul.//
Save me before I perish completely, O Lord!

Who, when caught in a storm, if he runs to this haven is not saved?

Or who that is sick, if he runs to this healing, is not made whole?
O Creator of all and Physician of the sick,//
Save me before I perish completely, O Lord!

Wash me in my tears, O Savior,
for I am defiled by many sins!
Therefore I fall before You://
I have sinned; have mercy on me, O God!

I, a sheep of Your rational flock,
flee for refuge to You, the Good Shepherd.
O God, I have gone astray;//
seek me, and have mercy on me!

Triodion, tone 2:

Let us humble the flesh by abstinence,
as we follow the divine path of pure fasting!
With prayers and tears let us seek the Lord, Who saves us!
Let us put an end to anger, crying out:
“Save us for we have sinned against You!
Save us, O Christ our King, as You saved the men of Nineveh,//
and make us partakers of Your heavenly Kingdom, O
compassionate One!”

When I think of my deeds, O Lord,
I am filled with despair,
and know that I am worthy of every torment.
I have despised Your commandments, O Savior.
I have spent my life as a prodigal.
I pray to You, O only merciful One:
“Cleanse me by repentance,
enlighten me through prayers and fasting,//
and despise me not, O most gracious Benefactor of all!”

Tone 2:

Let us begin the fast with joy!
Let us prepare ourselves for spiritual efforts!
Let us cleanse our soul and cleanse our flesh!

Let us abstain from every passion as we abstain from food!
Let us rejoice in virtues of the Spirit and fulfill them in love,
that we all may see the Passion of Christ our God,//
and rejoice in spirit at the holy Pascha!

Glory...now & ever... Theotokion, tone 4:

As your supplication before God is endless
and your entreaty to Him is continual,
I beseech you, O all-pure one:
“Subdue the temptations and still the upheavals of my wretched
soul;
calm my distressed heart,//
and bring grace to my mind, that I may fittingly glorify you!”

Great Prokeimenon, tone 8:

Turn not away Your face from Your child, for I am afflicted: / hear
me speedily, draw near unto my soul, and deliver it!

APOSTICHA: Triodion, tone 4:

Your grace hath shone forth, O Lord:
the grace which illuminates our soul.
This is the acceptable time!
This is the time of repentance!
Let us lay aside the works of darkness and put on the armor of
light,
that passing through the Fast as through a great sea
we may reach the Resurrection on the third day//
of our Lord Jesus Christ, the Savior of our souls.

You are glorified
in the memory of Your saints, O Christ God.//
At their supplications, send down on us Your great mercy!

Glory... now & ever... Triodion, tone 4:

The angelic hosts glorify you, O Mother of God,
for you gave birth to God,
co-eternal with the Father and the Spirit,
Who, by His own desire, created the angelic hosts out of nothing.

Beseech Him to deliver from corruption and to enlighten//
the souls of those who rightly praise you, O most pure one!

LENTEN TROPARIA, tone 8:

Rejoice, O Virgin Theotokos, Mary, full of grace: the Lord is with you.
Blessed are you among women, and blessed is the Fruit of your womb//
for you have borne the Savior of our souls.

O Baptiser of Christ, remember us all,
that we may be delivered from our iniquities//
for to you is given grace to intercede for us!

Intercede for us, O holy Apostles and all the saints,
that we may be delivered from perils and sorrows//
for we have acquired you as fervent intercessors before the Savior!

Beneath your compassion we take refuge, O Theotokos.
Do not despise our supplications in adversity//
but deliver us from perils, O only pure and only blessed one!

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