

Cheesefare Sunday: Casting out of Adam from Paradise Stichera on the Praises

*At the Praises, 5 stichera of the Resurrection in the Tone of the week,
then, 4 stichera from the Triodion:*

**Reader: In the 5th Tone, Praise Him with tuneful cymbals, praise Him with
cymbals of jubilation.**

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Let ev - ery breath praise the Lord.

'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 have I 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, /

I who was once clothed in the glory of immortality /

must now, as one condemned to die, /

wrap myself in the skins of mortality. /

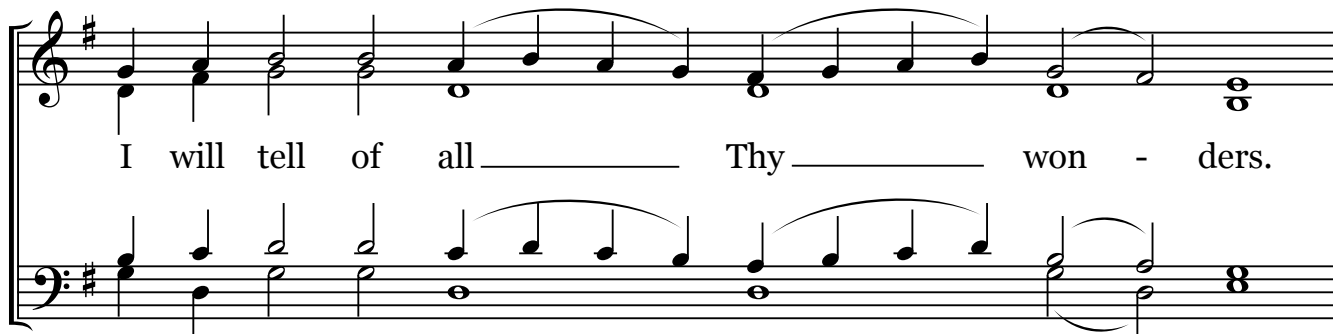
Woe is me! Who will share my sorrow with me? /

But, O Lord who lovest mankind, /

and who hast fashioned me from the earth and art clothed in compassion, //

call me back from the bondage of the enemy and save me.'

Reader: I will confess Thee, O Lord, with my whole heart.



I will tell of all Thy wonders.

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 armour 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 Judgement.

Reader: In the 6th Tone, I will be glad and rejoice in Thee,



I will chant un - to Thy name O Most High.

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 fast like Moses for forty days. /
With sincerity let us persevere in prayer and intercession; /
let us still the passions of our soul; /
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 all the saints.

Reader: Arise, O Lord my God, let Thy hand be lifted high;

For - get not Thy pau - pers to the end.

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 armour 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.

Reader: Glory... in the same tone.

Glory to the Father, and to the Son, and to the Ho - ly Spi - - rit.

Repeat: "The time is now at hand..."