

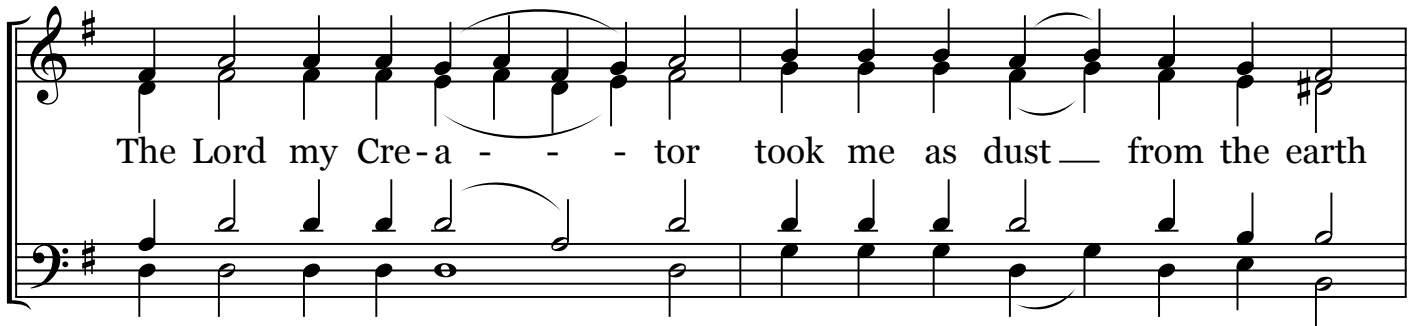
Sunday of Cheesefare: The Casting out of Adam from Paradise
Stichera at "Lord I have cried"
Tone 6, Special Melody "Having set all your hope*"
Optina Hermitage Chant

(4) *Reader:* In the 6th Tone, Special Melody "Having set all your hope..."
 From the morning watch until night, from the morning watch

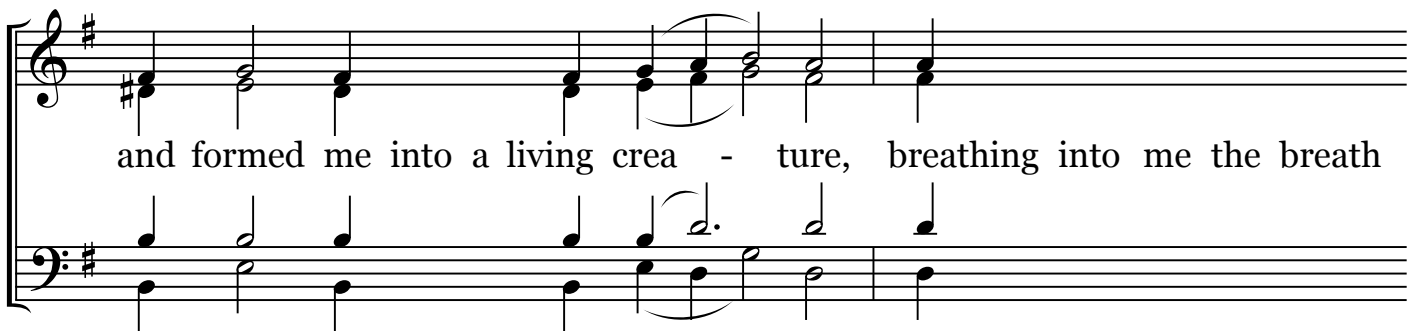
descant
chant
melody



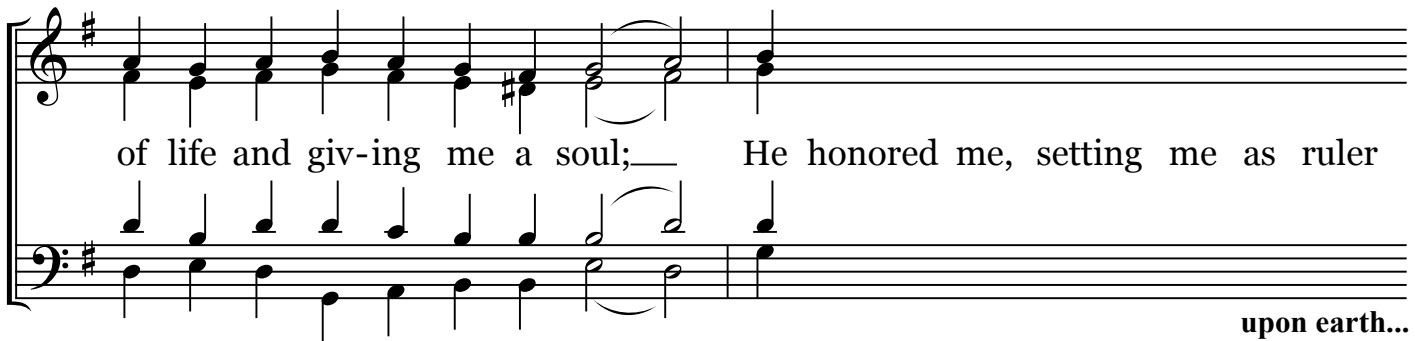
Let Is - ra - el hope in the Lord.



The Lord my Cre - a - - - tor took me as dust from the earth

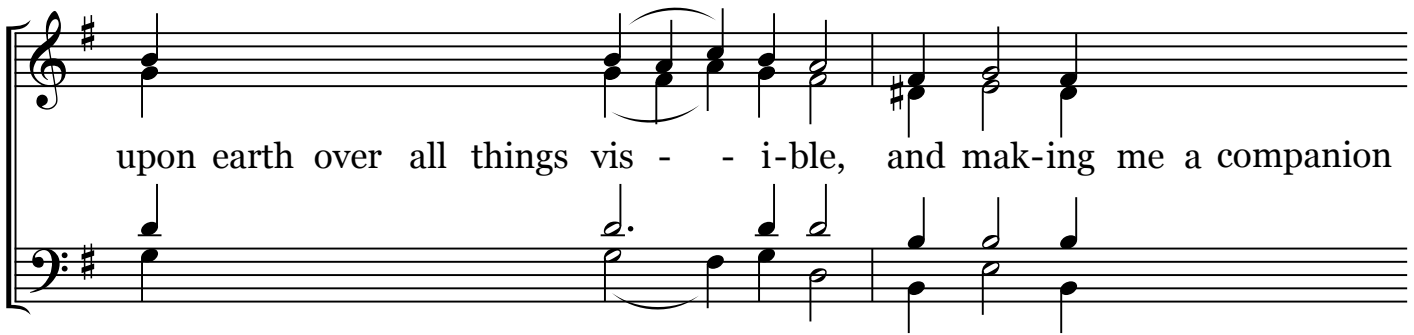


and formed me into a living crea - ture, breathing into me the breath

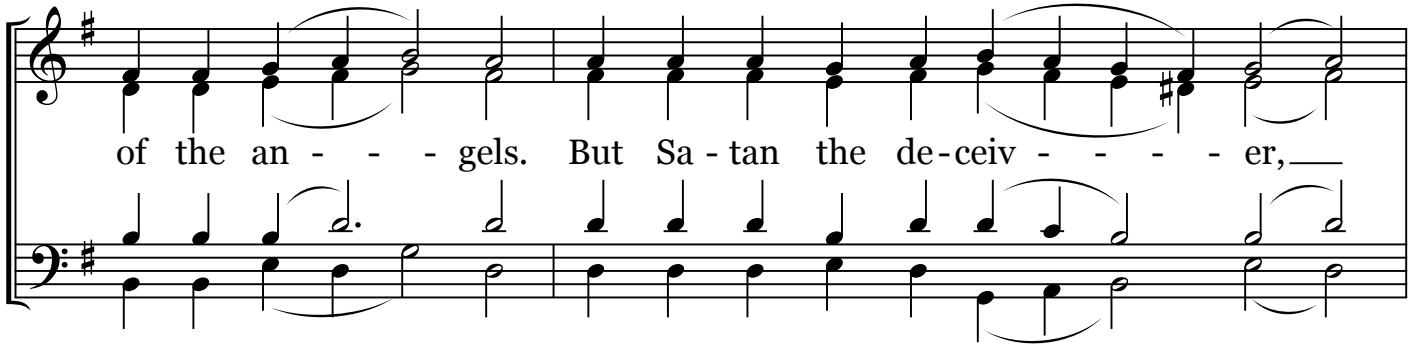


of life and giv - ing me a soul; He honored me, setting me as ruler

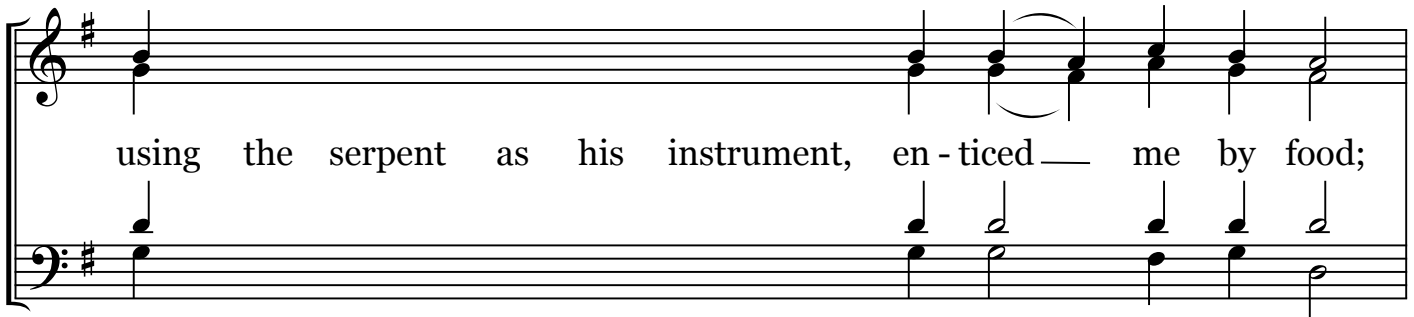
upon earth...



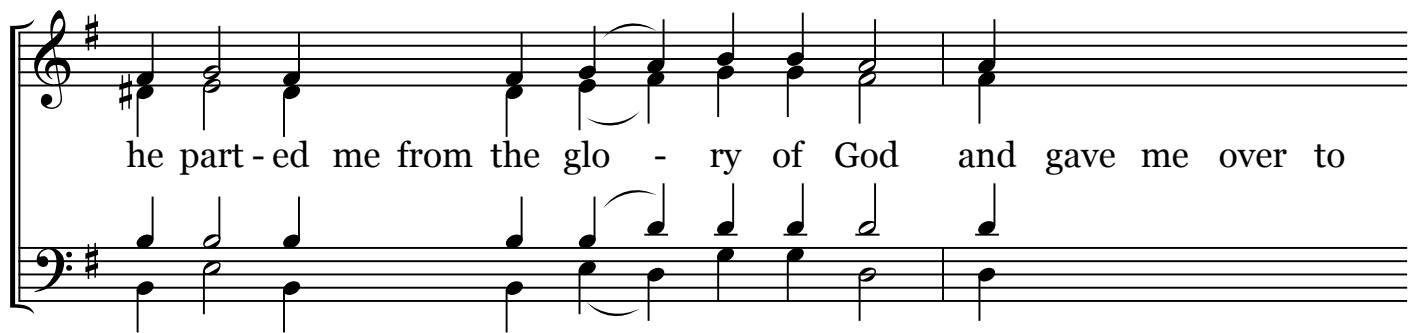
upon earth over all things vis - - i-ble, and mak-ing me a companion



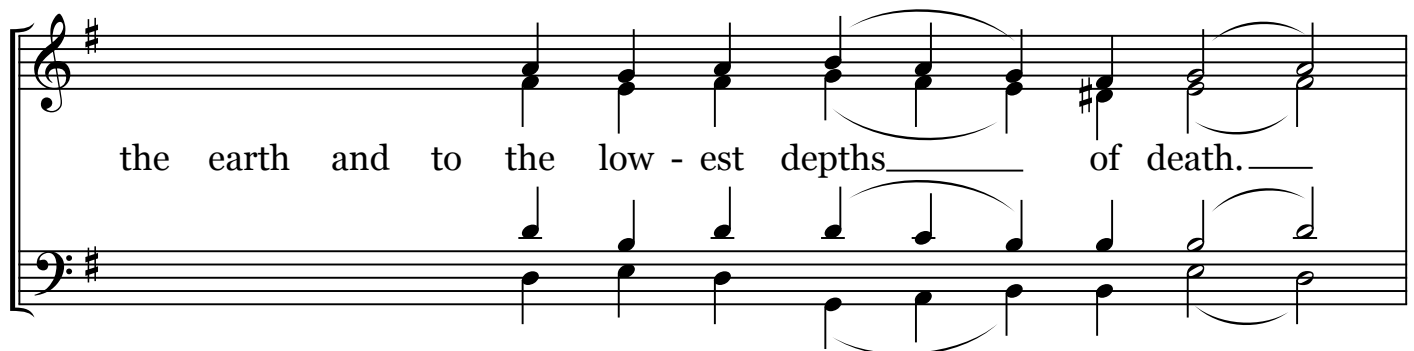
of the an - - - gels. But Sa - tan the de-ceiv - - - - er, —



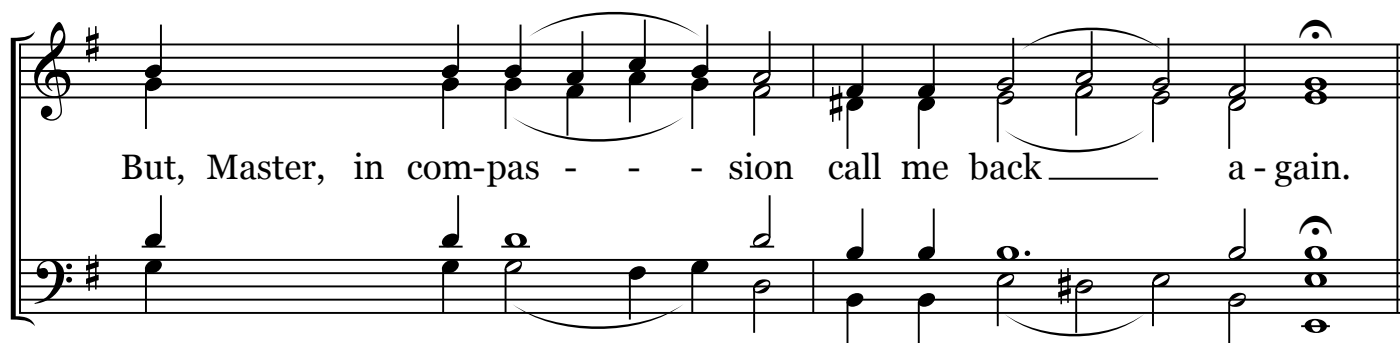
using the serpent as his instrument, en - ticed — me by food;



he part - ed me from the glo - ry of God and gave me over to

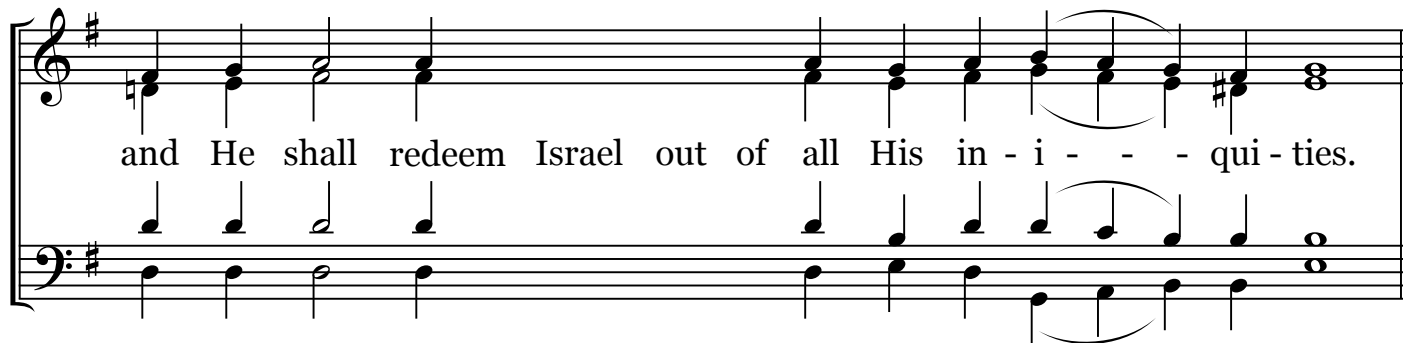


the earth and to the low - est depths — of death. —

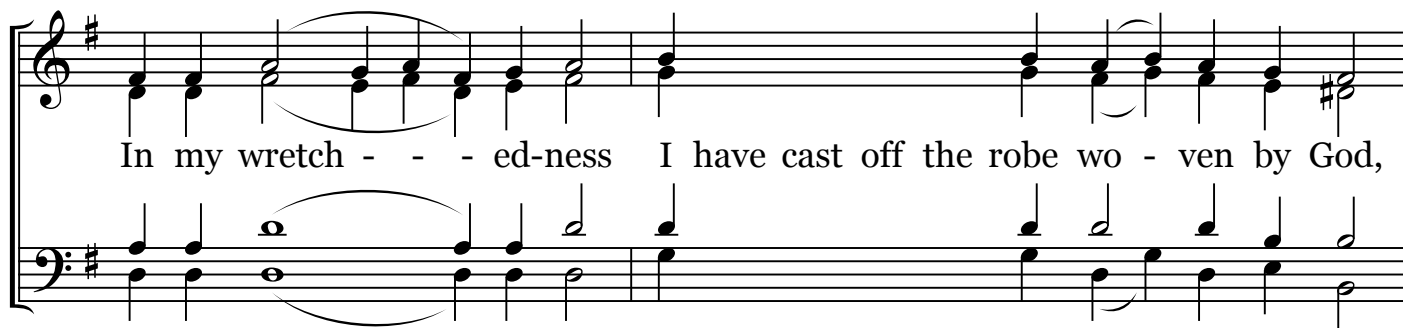


But, Master, in com-pas - - - sion call me back a - gain.


(3) *Reader:* For with the Lord there is mercy, and with Him is plenteous redemption;



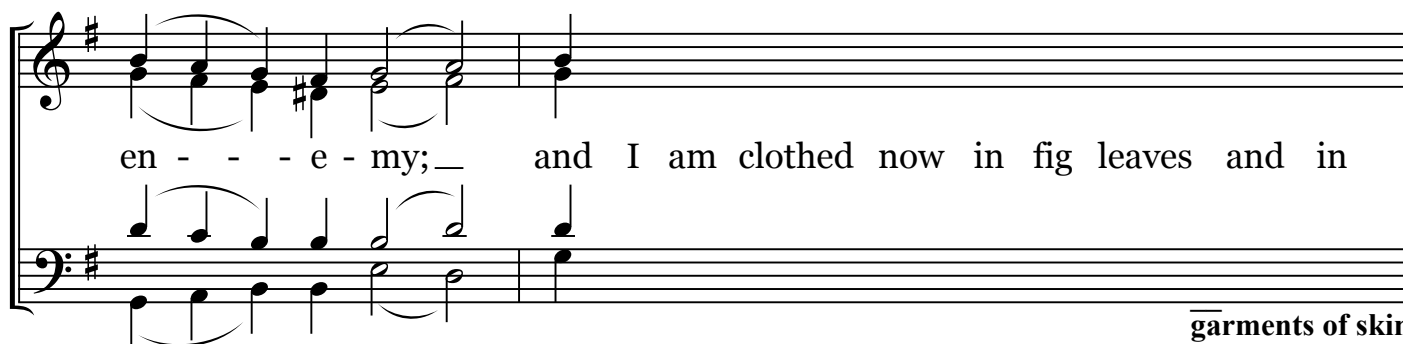
and He shall redeem Israel out of all His in - i - - - qui - ties.



In my wretch - - - ed-ness I have cast off the robe wo - ven by God,



dis - o - bey - ing Thy divine com - mand, O Lord, at the coun - sel of the



en - - - e - my; and I am clothed now in fig leaves and in

garments of skin

gar - ments of skin. I am condemned to eat the bread of toil

The first system of musical notation consists of a treble and bass staff. The treble staff contains a melody of eighth and quarter notes, with some notes beamed together. The bass staff provides a harmonic accompaniment with similar rhythmic values. The key signature has one sharp (F#).

in the sweat of my brow, and the earth has been cursed so that it

The second system continues the melody and accompaniment. The treble staff shows a continuation of the melodic line, and the bass staff provides a steady accompaniment. The key signature remains one sharp.

bears thorns and this - tles for me. But, Lord, Who in the last times

The third system continues the musical setting. The treble staff features a melodic line with some rests, and the bass staff provides a consistent accompaniment. The key signature is one sharp.

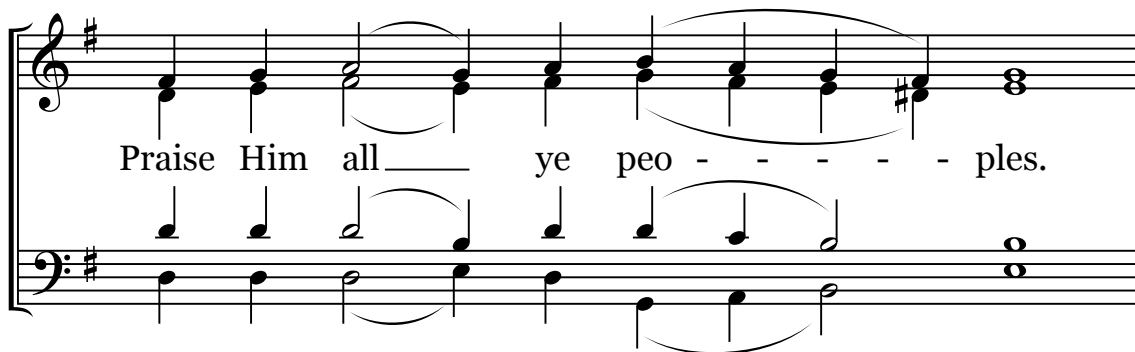
wast made flesh of a Vir - - - gin, call me back a - gain

The fourth system continues the musical setting. The treble staff shows a melodic line with some rests, and the bass staff provides a consistent accompaniment. The key signature is one sharp.

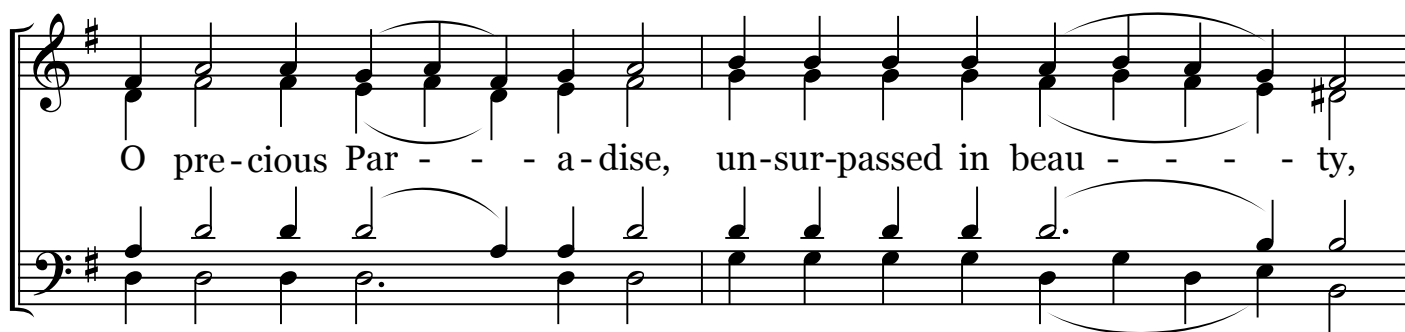
and bring me into Par - - - - a - dise.

The fifth system concludes the musical setting. The treble staff shows a melodic line with some rests, and the bass staff provides a consistent accompaniment. The key signature is one sharp.

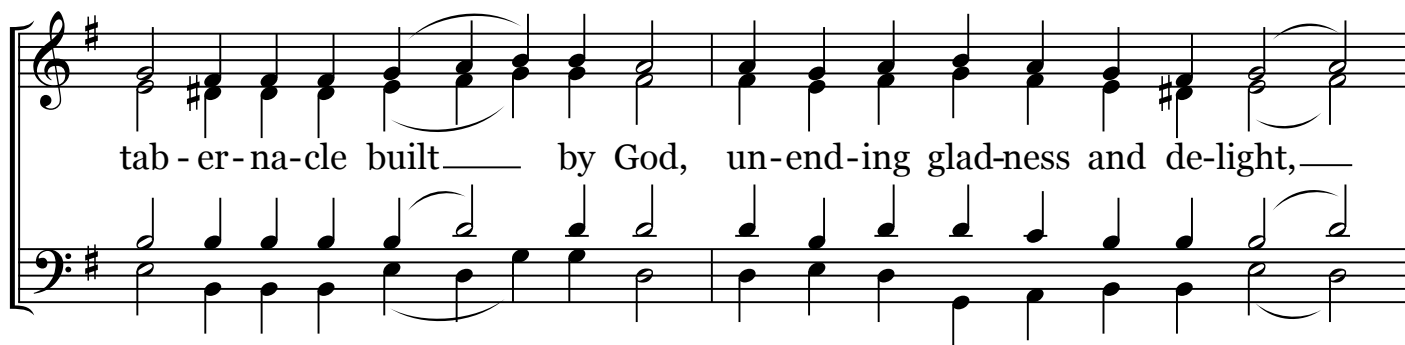
(2) *Reader:* O praise the Lord all ye nations:



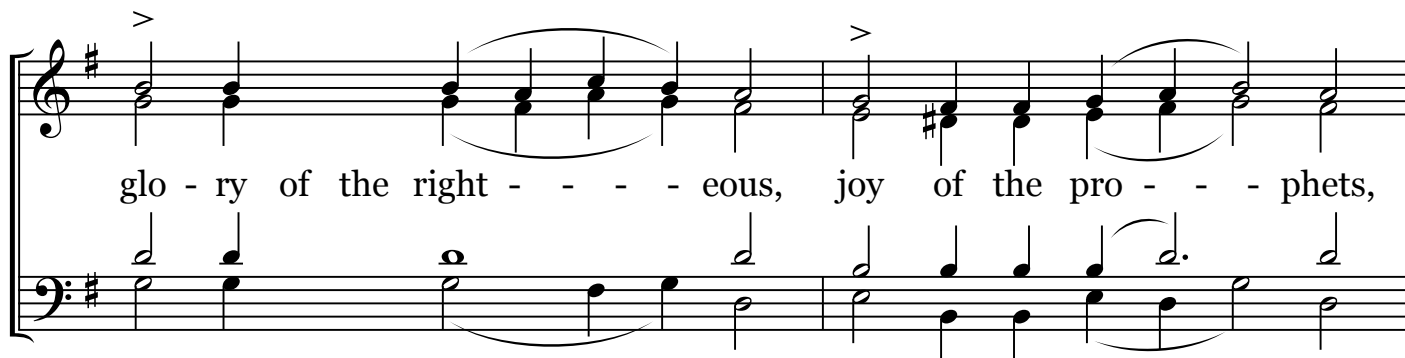
Praise Him all ye peo - - - - - ples.



O pre-cious Par - - - a-dise, un-sur-passed in beau - - - - - ty,



tab-er-na-cle built by God, un-end-ing glad-ness and de-light,



glo - ry of the right - - - - - eous, joy of the pro - - - - - phets,

and dwell-ing of the saints, — with the sound of thy leaves pray to the

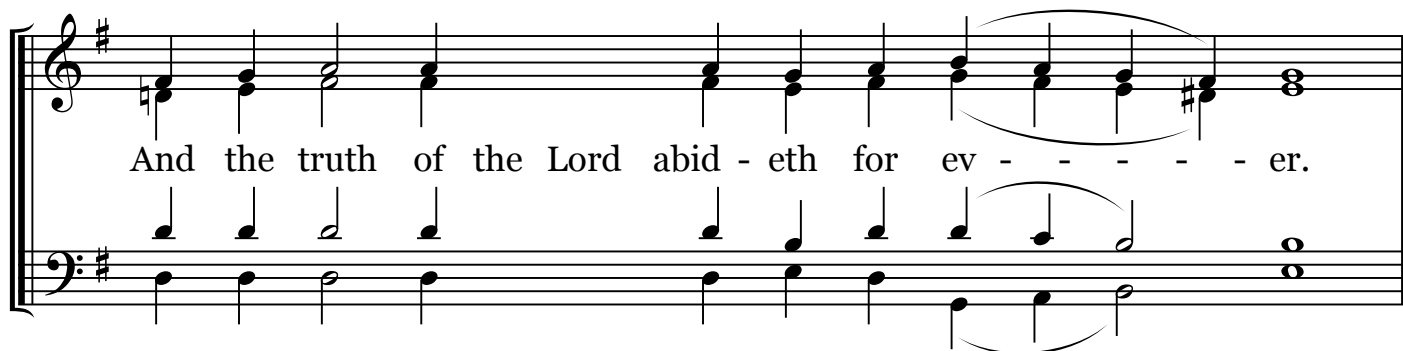
Ma - ker of all: may He open unto me the gates which I closed by my

trans-gres - - sion, and may He count me wor - - - - thy —

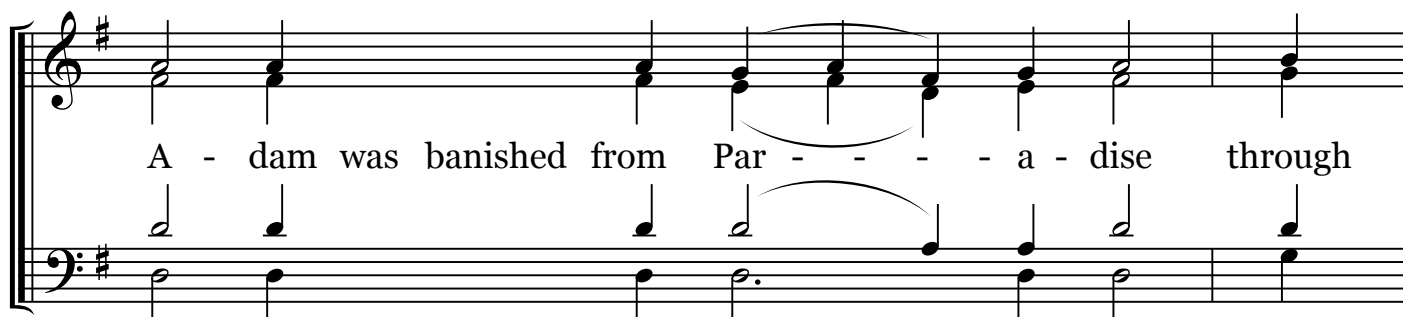
to partake of the Tree — of Life and of the joy which was mine

when I dwelt in thee — be - fore.

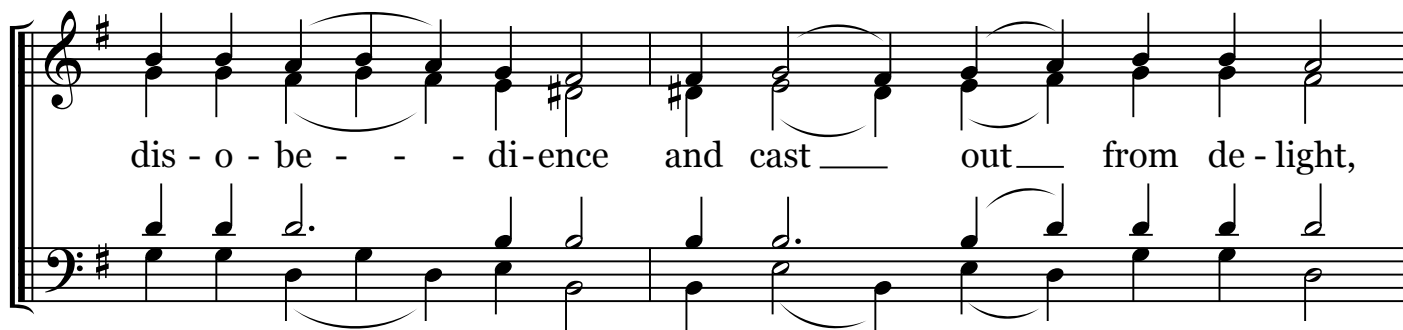
(1) *Reader:* For He hath made his mercy to prevail over us,



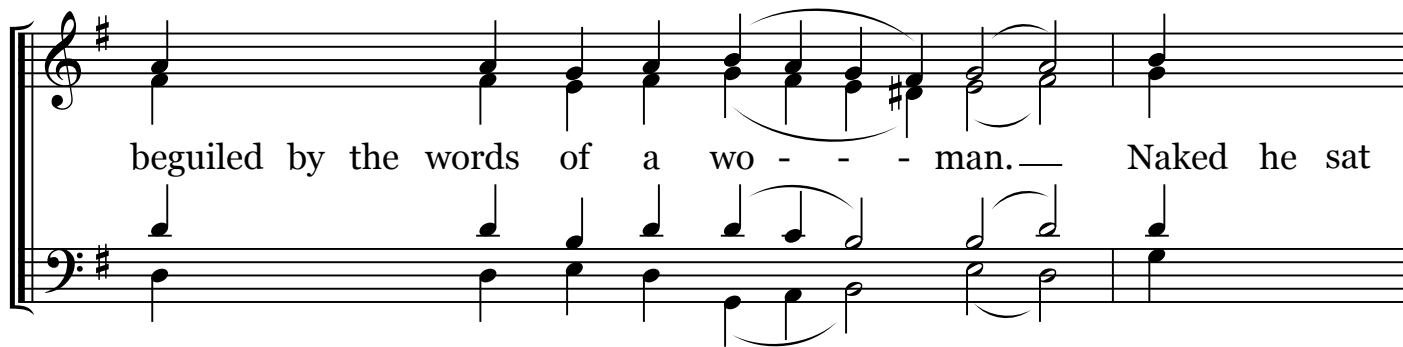
And the truth of the Lord abid - eth for ev - - - - er.



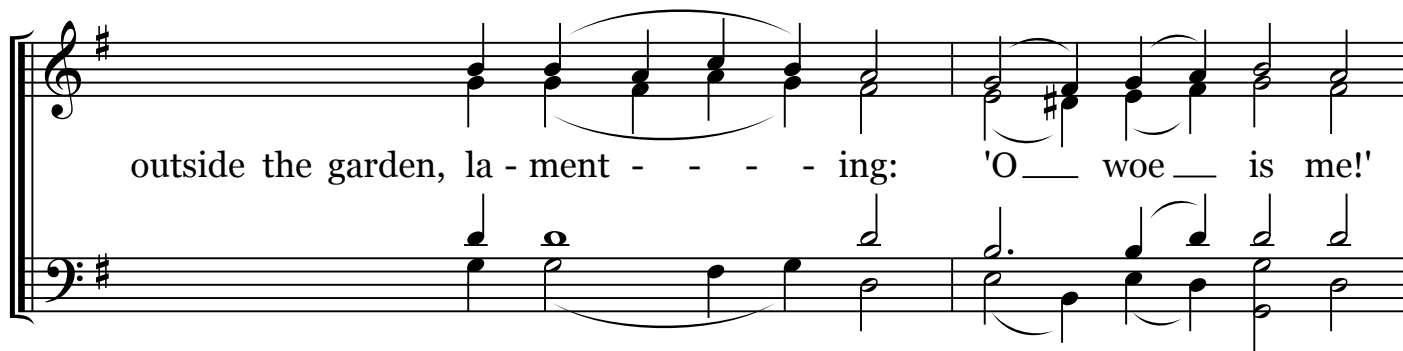
A - dam was banished from Par - - - - a - dise through



dis - o - be - - - di - ence and cast ___ out ___ from de - light,



beguiled by the words of a wo - - - man. — Naked he sat



outside the garden, la - ment - - - - ing: 'O ___ woe ___ is me!'

There-fore let us all — make haste — to accept the sea-son — of the Fast

and hearken to the teaching of the Gos - pel, that we may gain Christ's

mer - - - cy — and re - ceive — once more

a dwelling - place in Par - - - a - dise.

Glory..., the Doxasticon of the Triodion

English text from: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.