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.

'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 unto 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;

Forget not Thy poor 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 Holy Spirit.

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