

**ORTHROS ON SUNDAY, MARCH 14, 2021; TONE 7 / EOTHINON 7  
SUNDAY OF FORGIVENESS (CHEESE FARE)**

VENERABLE BENEDICT OF NURSIA; EUSCHEMENOS, BISHOP OF LAMPSAKOS

Priest: Blessed is our God always, now and ever, and unto ages of ages.  
Choir: Amen.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*  
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.  
Lord, have mercy. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*  
Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. (Choir continues.)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Do Thou, Who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

*Both now and ever, and unto ages of ages. Amen.*

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

**LITANY**

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for our father and Metropolitan N., (for our Archbishop N. or Bishop N.), and for all our Brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men. (THRICE)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (TWICE)

### PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
Lord, have mercy. (THRICE)

*Glory to the Father, and to the Son, and to the Holy Spirit.*

PSALM 87

*Both now and ever, and unto ages of ages. Amen.*

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)  
Thy good Spirit shall lead me in the land of uprightness.

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

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!*

## THE GREAT LITANY

- Priest: In peace, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For the peace from above, and for the salvation of our souls, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For our father and Metropolitan N., (for our Archbishop N. or Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.**
- Choir: Lord, have mercy.**
- Priest: (In the United States) For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.
- (In Canada) For Her Majesty, the Queen, for the Prime Minister of Canada, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

### **“GOD IS THE LORD” IN TONE SEVEN**

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

*Verse 1.* O give thanks unto the Lord and call upon His Holy Name. *(Refrain)*

*Verse 2.* All nations compassed me about: but in the Name of the Lord will I destroy them. *(Refrain)*

*Verse 3.* This is the Lord’s doing; it is marvelous in our eyes. *(Refrain)*

### **RESURRECTIONAL APOLYTIKION IN TONE SEVEN**

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

### **RESURRECTIONAL APOLYTIKION IN TONE SEVEN**

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

### **RESURRECTIONAL THEOTOKION IN TONE SEVEN**

*Both now and ever, and unto ages of ages. Amen.*

In that thou art the treasury of our resurrection O all-praised one, lead thou forth from the pit and bottom of transgression those who set their hope in thee. For thou hast saved those who were guilty of sin, in that thou didst give birth to our Salvation; O thou who before giving birth wast virgin, and at giving birth and after giving birth was virgin still.

### **THE LITTLE LITANY**

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thine is the majesty, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

### SEVENTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

Verily, Life was placed in a grave, and a seal was placed on the stone, and the soldiers guarded Christ as they would a slumbering king. The angels, therefore, did glorify Him; for He was a deathless God, and the women cried, saying: The Lord hath risen, Who giveth the world Great Mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

O Lord Christ, Thou hast led Death captive by Thy three-day burial, and didst raise corrupt man by Thy life-bearing Resurrection. Wherefore, glory to Thee, O Thou alone the Lover of mankind.

*Both now and ever, and unto ages of ages. Amen.*

O Virgin Theotokos, intercede untiringly to Christ God, Who was crucified for our sakes, Who rose and broke the might of Death, to save our souls.

#### Second Kathisma

While the tomb was sealed, Thou didst shine forth from it, O Life; and while the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

The women bearing ointment mixed with tears did hasten to Thy grave. And when they saw the soldiers guarding Thee, O King of all, they said to themselves: Who shall roll for us the stone? But the Messenger of the great counsel did rise, trampling down Death. Wherefore, O Almighty One, O Lord, glory to Thee.

*Both now and ever, and unto ages of ages. Amen.*

Rejoice, O Virgin full of grace, Theotokos, O Haven of mankind and their Intercessor; for from thee was incarnate the Savior of the world; for thou alone art Mother and Virgin at the same time. Wherefore, intercede with Christ our God, that He grant safety to the universe, O ever-blessed and glorified one.

### **EVLOGETARIA (BENEDICTIONS) IN TONE FIVE**

*Blessed art Thou, O Lord: teach me Thy statutes.*

The company of the Angels was amazed, when they beheld Thee numbered among the dead, yet Thyself, O Savior, destroyed the power of Death, and with Thee raising up Adam and releasing all men from Hell.

*Blessed art Thou, O Lord: teach me Thy statutes.*

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

*Blessed art Thou, O Lord: teach me Thy statutes.*

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

*Blessed art Thou, O Lord: teach me Thy statutes.*

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the Living among the dead? In that He is God, He is risen from the grave.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, Holy, Holy art Thou, O Lord.

*Both now and ever, and unto ages of ages. Amen.*

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!

#### **THE LITTLE LITANY**

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

#### **SEVENTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)**

O Thou Who hast taken our image and our likeness, and endured crucifixion in the flesh, save me by Thy Resurrection, O Christ God, for Thou art the Lover of Mankind.

#### **SEVENTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)**

First Antiphony

- + O Savior, Who didst restore Zion from the captivity of error, deliver me from the bondage of sufferings and restore my life.
- + He that soweth sorrow in the south, fasting with tears, the same shall reap sheaves of reviving and ever-nourishing joys.



- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + In the Holy Spirit is the fountain of divine treasures; for from Him cometh wisdom, awe, and understanding. To Him, therefore, be praise, glory, might, and honor.

#### Second Antiphony

- + If the Lord buildeth not the house of the soul, then vainly do we labor; for without Him, no deed nor word is perfected.
- + Verily, the saints who are the hire of the fruit of Thy womb, by the moving of the spirit flourish the beliefs of fatherly adoption.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Spirit was existence bestowed on all creation; for He is of the Godhead before existence, and He is the unapproachable Light, the God of all, and their life.

#### Third Antiphony

- + Verily, they who fear the Lord are now forever blessed; for they have found the way of life in the never-decaying glory.
- + O high Priest, as thou seest thy children's children like plants around thy table, rejoice and be happy, and offer them to Christ.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit is the abundance of gifts, the richness of glory, and depth of the great ordinances; for He is worshipful and coeternal in glory with the Father and the Son.

### PROKEIMENON FOR THE RESURRECTION IN TONE SEVEN

Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time. (TWICE)

*Stichos: To Thee do I confess, O my Lord, from my whole heart.*

Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time.

### LET EVERYTHING THAT HATH BREATH

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy art Thou, O our God, Who restest in the Holy Place, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that hath breath praise the Lord. (TWICE)

*Praise ye God in His saints; praise Him in the firm foundation of His power.*

Let everything that hath breath praise the Lord.

### THE SEVENTH EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord God.

Choir: Lord, have mercy. (THRICE)  
Deacon: Wisdom! Attend! Let us hear the Holy Gospel.  
Priest: Peace be to all.  
Choir: And to thy spirit.  
Priest: The Reading from the Holy Gospel according to Saint John (20:1-10).  
Choir: Glory to Thee, O Lord, glory to Thee.  
Deacon: Let us attend!

Priest: On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on Jesus' head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the Scripture, that Jesus must rise from the dead. Then the disciples went back to their homes.

Choir: Glory to Thee, O Lord, glory to Thee.

Reader: In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy Holy Resurrection we praise and glorify: for Thou art our God, and we know none other beside Thee; we call upon Thy Name. O come, all ye faithful, let us adore Christ's Holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed Death by death.

#### PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it;

with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

### LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.

*Both now and ever, and unto ages of ages. Amen.*

Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

*(TONE SIX) Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.*

If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.

### THE INTERCESSION<sup>1</sup>

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of our Venerable Father Benedict of Nursia; and Eusebemos, bishop of Lampsakos, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

Choir: Lord, have mercy. (twelve times)

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<sup>1</sup> Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

**KONTAKION AND OIKOS FOR SUNDAY OF FORGIVENESS (Plain Reading)**

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, "I am fallen, in Thy compassion have mercy upon me." When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, "I am fallen, in Thy compassion have mercy upon me." O Paradise, share in the sorrow of thy Master Who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam's sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.

**THE SYNAXARION (Plain Reading)**

On March 14 in the Holy Orthodox Church, we commemorate our Venerable Father Benedict of Nursia; and Eusebius, bishop of Caesarea.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

***Verses***

Let the world mourn bitterly along with ages past;  
As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

**KATAVASIAE OF SUNDAY OF FORGIVENESS CANON IN TONE SIX**

**(KAZAN) (KARAM)**

**Ode 1.** When Israel walked on foot at the bottom of the sea as on dry land, and beheld Pharaoh, the persecutor, drowned, they shouted: Let us praise our God; for He hath triumphed.

**Ode 3.** There is none holy like Thee, O Lord my God, Who didst exalt the horn of those who believe in Thee, O good One, and established them on the rock of Thy confession.

**Ode 4.** The venerable Church raiseth her voice in song, as is meet to God, celebrating to the Lord with a pure conscience. Christ is my might, my Lord, and my God.

**Ode 5.** O Good One, lighten with Thy divine light the souls of those who come to Thee early and eagerly that they may know Thee, O Word of God, the true God, Who callest us from the darkness of iniquities.

**Ode 6.** O Most merciful One, when I saw the sea of this life agitated with the tumult of temptations, I hastened to Thy quiet haven, crying: Raise my life from corruption.

**Ode 7.** Verily, the angel made the furnace overflow with dew for the righteous youth, burning the Chaldeans by the command of God, and constraining the usurper to shout, crying: Blessed art Thou, O God of our Fathers.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** Thou didst spring forth from the flames as dew for those righteous ones, and with water Thou didst consume the sacrifice of the righteous one; for Thou doest all things by Thy mere will. Wherefore, we exalt Thee still more to the end of ages.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

### MAGNIFICATIONS IN TONE SIX

Choir: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

*Refrain:* More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee. (*Repeat after each Verse.*)

- + For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (*Refrain*)
- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (*Refrain*)
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (*Refrain*)
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (*Refrain*)
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (*Refrain*)

**Ode 9.** (KAZAN) (KARAM) Verily, the God Whom no man can see, nor the ranks of the angels dare to look upon, through thee, O pure one, was seen among men as incarnate Word. Wherefore, with the heavenly hosts, we magnify Him, and thee do we bless.

### THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Holy is the Lord our God. (THRICE)

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

### **THE SEVENTH EOTHINON EXAPOSTEILARION IN TONE TWO**

*(\*\*Upon that mount in Galilee\*\*)*

Alas, they took the Lord away; \* as soon as Mary said this, \* then Simon Peter ran in haste \* to the tomb with that other \* initiate loved by Jesus; \* and when they both came running, \* they found the linen clothes within \* set apart from the napkin \* once on His head, \* each abandoned, cast off, and lying sep'rate. \* And so again they held their peace, \* until they had beheld Christ.

### **EXAPOSTEILARION & THEOTOKION FOR SUNDAY OF FORGIVENESS IN TONE TWO**

*(\*\*Hearken, ye women\*\*)*

Woe is me, wretched one; for I have transgressed Thy commandment, and have been stripped of Thy glory, and, therefore, was filled with confusion and cast out of Paradise, O compassionate One. Wherefore, O merciful One, have mercy upon me, who was justly denied Thy good tidings.

O Lord, we were estranged before from Paradise, because of eating from the tree. Therefore, lead us into it again by Thy Cross and by Thy Passion, my Savior and my God. Fortify us therein that we may fulfill our fast with becoming purity, and worship Thy divine Resurrection and Passover of salvation, by the intercessions of Thy Mother.

### **AINOI (PRAISES) IN TONE SEVEN**

Choir: Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens: praise Him in the heights. To Thee, O God, is due our song.

Choir: Praise ye Him, all His angels: praise ye Him, all His hosts. To Thee, O God, is due our song.

For the Resurrection in Tone Seven

***Verse 1.*** *This glory shall be to all His saints.*

Christ hath risen from the dead, loosening the bonds of Death. Be of good cheer, and of great joy, and, O Heavens, praise the glory of God.

***Verse 2.*** *Praise God in His sanctuary: praise Him in the firmament of His power.*

Seeing the Resurrection of Christ, let us worship the holy Lord Jesus, Who alone is blameless of all error.

***Verse 3.*** *Praise Him for His mighty acts: praise Him according to His excellent greatness.*

Verily, we cease not worshipping the Resurrection of Christ; for we are saved from our sins. Holy, therefore, is the Lord Jesus Who didst manifest the Resurrection.

**Verse 4.** *Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.*

With what shall we reward the Lord for all that He hath given us? For God, for our sakes, dwelt among men; and for corrupt nature the Word became flesh and lived among us. Yea, He hath done this, the Benefactor of ingrates, the Savior of captives, the Sun of justice to those lying in darkness, the Passionless on the Cross, the Light in Hades, the Life in death, and the Resurrection of the fallen. Wherefore, do we cry to Him: O our God, glory to Thee.

**Verse 5.** *Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

O Lord, Thou hast demolished the gates of Hades, and by Thy precious might Thou hast abolished the power of death, and by Thy divine and glorified Resurrection Thou hast raised the dead lying in darkness from everlasting time; for Thou art King of all and an almighty God.

For Sunday of Forgiveness in Tone Five

**Verse 6.** *Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

Verily, Adam cried moaning, and said: Woe is me; for the serpent and the woman drew me away from divine favor; and the taste of the tree hath estranged me from Paradise. Woe is me; I cannot bear the disgrace, I who was formerly king over all earthly creatures. Behold, I am now captive because of a counsel aside from the law. And I, who was for a time robed with the glory of immortality, have become like one dead, wrapped in the rags of death, in a pitiful manner. Woe is me: whom shall I make my helper in wailing? But Thou, Lover of mankind, mantled in compassion, Who didst create me from the earth, recall and save me from the bondage of the enemy.

**Verse 7.** *Arise, O my God, lift up Thy hand, and forget not the humble.*

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 armor 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 Judgment.

Also for Sunday of Forgiveness in Tone Six

**Verse 8.** *I will praise Thee, O Lord, with my whole heart: I will show all Thy marvelous works.*

When Adam received of the food, as a transgressor was he driven from Paradise. But Moses, purifying the pupils of his eyes with fasting, was made worthy to behold God. Wherefore, ye who long to dwell in Paradise, come, let us keep far from unprofitable food; and ye who desire to see God, come, let us fast the four Mosaic tens. And by perseverance and sincerity in prayer we shall put down the passions of the soul and remove the wiles of the flesh, ascending lightly towards the celestial way, where the ranks of angels praise the indivisible Trinity with unceasing voices, to behold the transcending comeliness of the Master. Therefore, O Life-giving Son of God, make us who trust in Thee worthy to exchange glad tidings with the hosts of angels; by the intercession of the passion of Thy Mother, O Christ, and of the Apostles, Martyrs and all the saints.

THE DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX (CHANT) (MP3)

*Glory to the Father, and to the Son, and to the Holy Spirit.*

The time cometh for us to begin our spiritual contests and triumph over the demons. Let us put on the complete armor of abstinence which is the beauty of the angels and the confidence before God; for thereby Moses spoke with the Creator, and he heard the voice of the Invisible One. Thereby,

O Lord, make us worthy to worship Thy Passion and holy Resurrection, since Thou art the Lover of mankind.

*Both now and ever, and unto ages of ages. Amen.*

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

### **THE GREAT DOXOLOGY IN TONE SIX**

- + Glory to Thee, Who hast shown us the Light; Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord, be upon us, as we do put our hope in Thee.
- + Blessed art Thou, O Lord: teach me Thy statutes. (THRICE)
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
- + Glory to the Father, and to the Son, and to the Holy Spirit:
- + Both now and ever, and unto ages of ages. Amen.
- + Holy Immortal: have mercy on us.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us.

### **TROPARION IN TONE EIGHT**

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

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