

ABBREVIATED RUBRICS FOR SUNDAY, FEBRUARY 18, 2018 SUNDAY OF FORGIVENESS (CHEESE FARE)

LEO THE GREAT, POPE OF ROME; AGAPITOS THE CONFESSOR, BISHOP OF SYNNAIDA IN PHRYGIA;
VENERABLE COLMAN, BISHOP OF LINDISFARNE

NOTE TO CLERGY: Remember to include this special petition in the Great Litany in all services before the one for the head of state, as directed by the Antiochian Archdiocese.

Deacon: 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.

GREAT VESPERS ON SATURDAY, FEBRUARY 17; TONE 4

1.) *Great Vespers begins as usual:*

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

Choir: Amen.

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

2.) *The reader then says Psalm 103, and then the deacon offers the Great Litany.*

3.) *We chant "O Lord, I Have Cried" in Tone 4 with ten troparia:*

(Nassar 160-161; Kazan Vesp. 45-56)

For the Resurrection from the Octoechos in Tone Four

Verse 10. Bring my soul out of prison, that I may praise Thy Name.

We worship untiringly Thy quickening Cross, O Christ God, and glorify Thy third-day Resurrection; for by it, O Almighty, Thou hast renewed the corrupt nature of mankind, and made plain to us the ascent to heaven; for Thou alone art good and the Lover of mankind.

Verse 9. The righteous shall wait for me until Thou recompense me.

When Thou wast willingly nailed upon the Cross, O Savior, Thou didst solve the problem caused by the tree of sin. And when Thou didst descend into Hades, Thou didst break the bonds of death, since Thou art a mighty God. Wherefore, we worship Thy Resurrection from the dead, shouting with joy, O Almighty Lord, glory to Thee.

Verse 8. Out of the depths have I cried to Thee, O Lord, Lord hear my voice.

Thou didst demolish by Thy Death, O Lord, the gates of Hades; Thou didst dissolve the realm of death; and didst free the human race from corruption, granting the world life and incorruptibility and Great Mercy.

Verse 7. Let Thine ears be attentive to the voice of my supplication.

Come, ye nations, let us praise the third-day Resurrection of the Savior, by which we were delivered from the unbreakable bonds of Hades, and by which we have all received life and incorruption, crying, O Thou Who wast crucified, buried, and Who didst rise, save us by Thy Resurrection, O Thou only Lover of mankind.

Verse 6. *If Thou, O Lord, shouldest mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness.*

Verily, the angels and men, O Savior, praise Thy third-day Resurrection, through which the ends of the universe have been lighted, and by which Thou hast redeemed from bondage to the enemy us who cry, saying: O omnipotent Giver of life, save us by Thy Resurrection, O Lover of mankind.

Verse 5. *Because of Thy Name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord.*

Thou hast demolished the brazen gates, O Christ God, and hast shattered the bars, and hast raised the fallen human race and made it to stand upright. Wherefore, do we shout to Thee in unison, O Thou rising from the dead, O Lord, glory to Thee.

(Nassar 637-638, Kazan Triodion I, 121-126)

For Sunday of Forgiveness in Tone Six (***Having laid up all their hope***)

Verse 4. *From the morning watch until night, from the morning watch let Israel trust in the Lord.*

Verily, the Lord, my Creator, took dust from the earth and with life-giving breath gave me a soul and revived me, honoring me and setting me in the earth as chief of all things visible, to live like the angels. But deceiving Satan, using the serpent as an instrument, deceived me through eating, and separated me from the glory of God, delivering me by nether death to the earth. But since Thou art Lord and compassionate, recall thou me.

Verse 3. *For with the Lord there is mercy and with Him is abundant redemption, and He will deliver Israel from all his iniquities.*

Lord, when I disobeyed Thy divine command at the counsel of the adversary, I, wretched one, was stripped of my God-woven robe. And now I have put on the mantle of skin and fig-leaves, and have been condemned to eat in sweat the bread of hardship. The earth was cursed to bring forth thorns and husks for me. Albeit, O Thou Who in the last days was incarnate from the Virgin, recall me and make me to enter the paradise of bliss.

Verse 2. *Praise the Lord, all ye nations; praise Him, all ye people.*

O most-honored paradise, comeliness transcendent in splendor, the dwelling-place perfected by God, unending joy and enjoyment, the glory of the righteous, the joy of the Prophets, and the dwelling-place of the saints, beseech the Creator of all, by the tune of the rustling of Thy leaves, to open for me the gates which I closed by sin, and that I be worthy to partake of the tree of life and joy, which I enjoyed in Thee of old.

Verse 1. *For His mercy is great toward us, and the truth of the Lord endureth forever.*

Woe is me! Verily, Adam by disobedience was exiled from paradise and driven from bliss, having been deceived by the words of the woman; and he sat opposite Eden naked and wailing. Let us all, therefore, be careful how we receive the season of fasting, obeying the traditions of the Gospels, that, becoming thereby acceptable to Christ, we may once more attain to paradise.

(Nassar 638, Kazan Triodion I, 126-128)

DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

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

Verily, Adam sat opposite paradise bewailing his nakedness and crying, Woe is me, the robbed one, who hearkened to the evil deception, and was driven away from glory. Woe is me, who

through simplicity of heart became naked, and am now perplexed. Wherefore, O paradise, I shall no more attain thy bliss, nor behold my Lord, my God, and my Creator; for I shall return to the earth from which I was taken, and I shall cry to Thee, O compassionate One, have mercy upon me who am fallen.

(Nassar 161; Kazan Vesp. 56-57)

THEOTOKION FOR THE RESURRECTION IN TONE FOUR

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

David the Prophet who became through thee, O Theotokos, the grandparent of God, before time sang of thee in praise, and shouted to Him who worked wonders through thee, saying, The queen did rise on Thy right; for God hath shown thee to be a Mother bringing forth life, in that He was willing to appear incarnate from thee without father, renewing the creation of His likeness, corrupt with suffering, in order to find the sheep lost in the hills, and carry it on His shoulders, and offer it to the Father, and add it, through His will, to the heavenly hosts, and to save the whole world; for He is the reigning Christ, Possessor of rich and Great Mercy.

- 4.) *The Entrance is made with the censer, and we chant “O Gladsome Light ...” (Chant) (Choral) followed by the Prokeimenon “The Lord is King ...” in Tone 6 with its stichoi.*

SATURDAY PROKEIMENON IN TONE SIX

Deacon: The Evening Prokeimenon!

Choir: The Lord is King, and hath clothed Himself with majesty. (ONCE)

Verse 1. *The Lord is robed; He is girded with strength. (Refrain)*

Verse 2. *For He has established the world so that it shall never be moved. (Refrain)*

- 5.) *The deacon offers the Litany of Fervent Supplication, and the people then say the Evening Prayer “Vouchsafe, O Lord.” The deacon offers the Litany of Supplication, and the priest offers “The Peace” and the Prayer of the Bowing of Heads.*
- 6.) *At the Aposticha, we chant the following:*

(Nassar 161-162; Kazan Vesp. 133-136)

APOSTICHA FOR THE RESURRECTION IN TONE FOUR

When Thou wast lifted up upon the Cross, O Lord, Thou didst expunge our ancestral curse; and when Thou didst descend to Hades, Thou didst free those who were bound from eternity, granting the human race incorruptibility. Wherefore, we offer praise, glorifying Thy third-day Resurrection.

Verse 1. *The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength.*

O Thou Who alone art mighty, when Thou wast fastened upon a Tree, Thou didst shake the whole earth; and when Thou wast laid in the grave, Thou didst raise those who lay in the graves, granting mankind life and incorruptibility. Wherefore, we offer praise, glorifying Thy third-day Resurrection.

Verse 2. For He has established the world so that it shall never be moved.

The law-transgressing people, O Christ, delivered Thee to Pilate, who condemned Thee to crucifixion. Thus the ingrate appeared before his Benefactor. But Thou sufferedst burial willingly, and didst rise on the third day by Thine own power; for Thou art God, granting us endless and Great Mercy.

Verse 3. Holiness befits Thy house, O Lord, forevermore.

Verily, the women reached Thy tomb seeking Thee with tears. And when they found Thee not they shouted and wailed, saying: Woe to us, O our Savior, King of all, how wast Thou stolen? And what place containeth Thy life-bearing body? And an angel answered them, saying: Weep not, but go preach that the Lord hath risen, granting us joy; for He alone is compassionate.

(Nassar 638-639, Kazan Triodion I, 128-130)

DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

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

Verily, Adam for eating was driven from paradise. Wherefore, he sat opposite thereto, wailing and mourning in a pitiful voice, saying: Woe is me; what hath befallen me, wretched man? I transgressed one commandment of my Lord and was denied all kinds of good things. Wherefore, O most-holy paradise, which for me wast planted, and for the sake of Eve was closed, implore Him Who made thee that I may contemplate the flowers of thy gardens. Therefore, the Savior cried out to him, saying: I desire not the loss of My creation, but that it be saved, and come to the knowledge of the truth; for he that cometh to Me, I shall not cast out.

(Nassar 178; Kazan Vesp. 146-147)

THEOTOKION FOR THE RESURRECTION IN TONE SIX

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

O most pure one, when Christ the Lord, my Creator and Savior, came forth from thy womb, putting me on, He did free Adam from the ancient curse. Wherefore, O most pure one, since thou art the Theotokos and a Virgin in truth, we shout to thee untiringly with the angels, saying: Rejoice, Lady, O thou who art the helper, the cover, and the salvation of our souls.

7.) *We then say the Prayer of St. Simeon (Chant) (Choral) and the Trisagion Prayers. Then, we chant the apolytikia of the day.*

(Nassar 162; Kazan Vesp. 167-168)

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

RESURRECTIONAL THEOTOKION IN TONE FOUR

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

The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, was revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

8.) *The Priest then offers the Dismissal.*

THE DISMISSAL

Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; 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 and all-laudable apostles; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of our fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.

Pronunciation Guide

Agapitos: ah-gah-PEE-tohs

Synnada: sih-NAH-dah

Phrygia: FREE-gee-ah

ORTHROS ON SUNDAY, FEBRUARY 18, 2018
TONE 4 / EOTHINON 4

1.) *Orthros begins as usual:*

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

Choir: Amen.

2.) *The people then say the Trisagion Prayers.*

3.) *The three troparia starting with “O Lord, save Thy people” are always read plainly or simply intoned but NEVER chanted in an assigned tone.*

4.) *All six of the Orthros Psalms must be read plainly, without intonation, in their entirety. Please note:*

***In the Kazan Byzantine Music volume for Orthros (Page 2), there is an omission in the first introductory stichos. It should read, “Glory to God in the highest, and on earth peace, goodwill toward men.” Please make this correction in your books.*

5.) *After the Great Litany and the priest’s exclamation “For unto Thee are due...” we chant “God is the Lord” with its stichoi and the apolytikia of the day.*

“GOD IS THE LORD” IN TONE FOUR

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*)

(Nassar 162; Kazan Orth. 18-19)

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

RESURRECTIONAL APOLYTIKION IN TONE FOUR

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

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

RESURRECTIONAL THEOTOKION IN TONE FOUR

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

The Mystery which was hidden from everlasting and was unknown of the angels, O Theotokos, was revealed through thee, to those who dwell upon earth. In that God, having become incarnate—in unconfused union—of His own good will accepted the Cross for our sake. Whereby He raised again the first created, and hath saved our souls from death.

- 6.) *The Little Litany and the priest's exclamation "For Thine is the might..."*
- 7.) *The Poetic Kathismata are from the Octoechos for Tone 4 (Nassar 163-164; Kazan Orthros 36).*

FOURTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

The ointment-bearing women glanced into the entrance of the tomb; and, because they could not bear the brilliance of the angel, they trembled in astonishment, saying, Hath He been stolen Who opened paradise to the thief? Or is He risen up, Who before His Passion didst preach Resurrection? Verily, Christ God hath risen, granting Resurrection and life to those who are in Hades.

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

Thou hast suffered crucifixion willingly, O Savior, and mortal men placed in a new tomb Thee Who didst establish the corners of the world with a word. Therefore, hath death the stranger been bound and taken captive, being defeated. And all those in Hades, cried out through Thy reviving Resurrection: Verily, Christ the Life-giver is risen; for He is everlastingly constant.

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

Thy betrothed and guardian, O Theotokos, when he beheld thy supernatural Conception without seed, was amazed and perplexed. But he recalled to his mind the rain falling on the fleece of wool, and the bush burning with fire but not consumed, and he testified before the priests crying, A Virgin giving birth, and after remaining virgin.

Second Kathisma

Thou didst rise from the tomb, O Christ Savior, our God, because Thou art deathless; and Thou didst raise with Thee Thy world by Thy Resurrection, and didst crush the might of death, proclaiming Resurrection to all. Wherefore, do we glorify Thee, O Thou Who alone art merciful and the Lover of mankind.

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

Gabriel descended from his sublime height wrapped in a white robe, and came to the stone where the Rock of Life was, and he shouted to the weeping women, saying: Cease your wailing and crying, and receive ye smiling joy, with comfort; for He whom ye seek weeping is verily risen. Wherefore, go and proclaim to the Apostles that the Lord is risen.

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

All the ranks of the angels, O thou who art undefiled, have been dazzled by the secret of thy dreadful birth-giving; that the All-encompassing at a sign from Him was encompassed in thy bosom as a babe, and that He Who is before eternity received a temporal beginning, and that He

who feedeth every living breath with His ineffable goodness was nourished with milk. Wherefore, did they glorify thee with praise; for thou art truly the Theotokos.

- 8.) [**Benedictions \(Evlogetaria\) in Tone 5.**](#) (Red Service Book 62-63; Kazan Orthros 41-44)
- 9.) *The Little Litany and the priest's exclamation "For blessed is Thy Name..."*
- 10.) *The Hypakoë, Anabathmoi and the [**Prokeimenon**](#) with its accompanying stichos are all from the Octoechos for Tone 4. (Nassar 164-165; Kazan Orth. 52-53)*
- 11.) *The priest's exclamation "For Holy art Thou, O our God, Who restest in the Holy Place," and the choir sings in Tone 2:*

[**LET EVERYTHING THAT HATH BREATH**](#)

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

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

Let everything that hath breath praise the Lord.

- 12.) *The fourth Eothinon Gospel (Luke 24:1-12) is chanted from the Holy Table.*
- 13.) *We read "In that we have beheld the Resurrection of Christ ..." (Kazan Orthros, 66)
**In the last line of this prayer in several Archdiocesan publications, there is an erroneous omission. It should read: "for in that He endured the Cross for us, He hath destroyed death by death." Please make this correction in your books.*
- 14.) *We read Psalm 50. (Nassar, 82; Serv. Bk., 66; Kazan Orthros, 66)*
- 15.) *We sing the Lenten Troparia following Psalm 50 (Nassar 606-607; Kazan Triod. I, 7-10) through the fifth Sunday of Great Lent.*

[**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 loving-kindness; 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.

16.) *Next follows the Intercession for Orthros.*

THE INTERCESSION¹

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 fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne, 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.

*The choir sings “Lord, have mercy” **twelve times**, and the priest exclaims “Through the mercies and compassions...”*

17.) *Next follows the Kontakion, Oikos and Synaxarion.*

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.

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

THE SYNAXARION (Plain Reading)

On February 18 in the Holy Orthodox Church, we commemorate our fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne.

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.

18.) *We chant the katavasias of the Forgiveness Sunday Canon (Nassar 605-606; Kazan Triodion I, 135-140), followed by the magnificat "More honorable" (Red Service Book 70) and then the ninth katavasia of the Forgiveness Sunday Canon.*

KATAVASIAS OF SUNDAY OF FORGIVENESS CANON IN TONE SIX

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, 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. 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.

19.) *The Little Litany and the priest's exclamation "For all the powers of Heaven..."*

20.) *Exaposteilaria: we chant "**Holy is the Lord our God**" (thrice) and "Exalt ye the Lord..." (Kazan Orthros 81). Then we chant the following:*

(Nassar 204; Kazan Orthros 88)

THE FOURTH EOTHINON EXAPOSTEILARION IN TONE TWO

Let us gleam, shining with virtues, and behold the men standing in brilliant clothes inside the grave, giving life to the ointment-bearing women with their faces downcast. Let us learn of the Resurrection of the Lord of Heaven and hasten with Peter to the tomb and wonder at the great happening, waiting to behold Christ the Life.

(Nassar 639; Kazan Triodion I, 141-142)

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.

21.) *We chant "The Praises" in Tone 4 with eight troparia:*

(Nassar 165-166; Kazan Orth. 127-134)

For the Resurrection from the Octoechos in Tone Four

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

We glorify Thy Resurrection, O Lord Almighty, O Thou who sufferedst crucifixion and death and didst rise from the dead.

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

Thou hast freed us, O Christ, from the first curse. And by Thy Death Thou didst banish the insurgency of Diabolus prevailing over our nature. And in Thy Resurrection Thou didst fill all with joy. Wherefore, we cry to Thee, O Thou Lord, Who didst rise from the dead; glory to Thee.

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

O Christ Savior, Who didst rise from the dead, lead us by Thy Cross to Thy right hand, and save us from the gins of the enemy. Stretch forth Thine arm and raise us who are fallen in sins; through the intercession of Thy saints, O Lord, the Lover of mankind.

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

O Only Son of God, Thou didst come to earth, but wast not separated from the Paternal bosom; and because of Thy love to mankind Thou didst become unchangeable man. Thou didst suffer crucifixion and death in the flesh, O Thou Who in Thy Divinity suffereth not. Thou didst rise from the dead, granting mankind immortality; for Thou alone art Almighty.

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

Thou didst purchase for us deathlessness, O Savior, when Thou didst accept death bodily. Thou didst dwell in a grave to deliver us from Hades, raising us with Thee; for as man Thou didst suffer, but since Thou art God Thou didst arise. Therefore, do we shout, Glory to Thee, O Lord, Giver of life, Who art alone the Lover of mankind.

(Nassar 639-640; Kazan Triodion I, 144-147)

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.

(Ware's Lenten Triodion, 178-179)

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.

(Nassar 640; Kazan Triodion I, 144-147)

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.

(Nassar 640; Kazan Triodion I, 147-149)

THE DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

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

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 armor 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.

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.

22.) *We chant the [Great Doxology in Tone 6](#) (Red Service Book 75-76, Kazan 225-229), followed by:*

(Red Service Book 76; Kazan Orthros 219)

TROPARION IN TONE FOUR

Today is Salvation come into the world. Let us sing praises to Him Who arose from the grave, the Author of our life; for having by Death destroyed death, He hath given us victory and Great Mercy.

- *For the Divine Liturgy Variables, click the link at the [Online Liturgical Guide](#).*

- *Forgiveness Sunday Vespers must be served on Cheese Fare Sunday, either immediately following the morning Divine Liturgy, or later this evening at the usual time for Vespers.*

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