

**Matins Propers February 6, 2005**  
**Cheesefare Sunday (Sunday of Forgiveness)**

All page references are to **The Order of Matins on Sundays After Pentecost, 2004**

1. Introduction, p. 1
2. Hexapsalmos, p. 1
3. Litany of Peace, p. 10
4. "The Lord is God," Tone 3, p. 128  
    *Proparion, Tone 3 (sung twice), p. 128*  
    *Glory...now and ever...*  
    *Festal Theotokion, p. 129*
5. Polyeleos, p. 16

**Psalm 136**

①

By the wa - - ters of Bab - y - lon, al - le - lu - ia,  
there we sat down and we wept when we re - mem - bered  
you, O Zi - on; when we re - mem - bered you, O Zi - - on.  
Al - - - le - lu - ia, al - le - lu - ia.

②

For it was there that they asked us, al - le - lu - ia,



our cap-tors for songs, our op-pres-sors for joy. Sing to us, they said,



one of Zi-on's songs, sing to us, they said, one of Zi-on's songs,




Al - - - le - lu - ia, al - le - lu - ia.


③




How could we sing, yes, sing, al - le - lu - ia,



the song of the Lord, the song of the Lord




on a - lien soil, sing the Lord's song on a - lien soil?



Al - - - le - lu - ia, al - le - lu - ia.

④



O Bab - y - lon, de - stroy - er, al - le - lu - ia,



one is hap - py who re - pays you, one is hap - py

who re - pays you all the ills that you brought on us.

Al - - - le - lu - ia, al - - le - lu - ia.

(5)  
Glo - ry to the Father, and to the Son, and to the Ho - - - ly

Spir - it, al - le - lu - ia; now and ev - er and for -

-ev - er, A - men, and for - ev - er. A - men.

Al - - - le - lu - ia, al - - le - lu - ia.

7. *Hypakoe, Tone 3, p. 133*

8. *Prokeimenon, Tone 3, p. 137*

9. *Let Everything That Lives and That Breathes, Tone 3, p. 137*

10. *material before the Gospel, p. 24*

11. *Resurrection Gospel 3 (Mark 16: 9-20)*

12. *Having Beheld the Resurrection of Christ, p. 25*

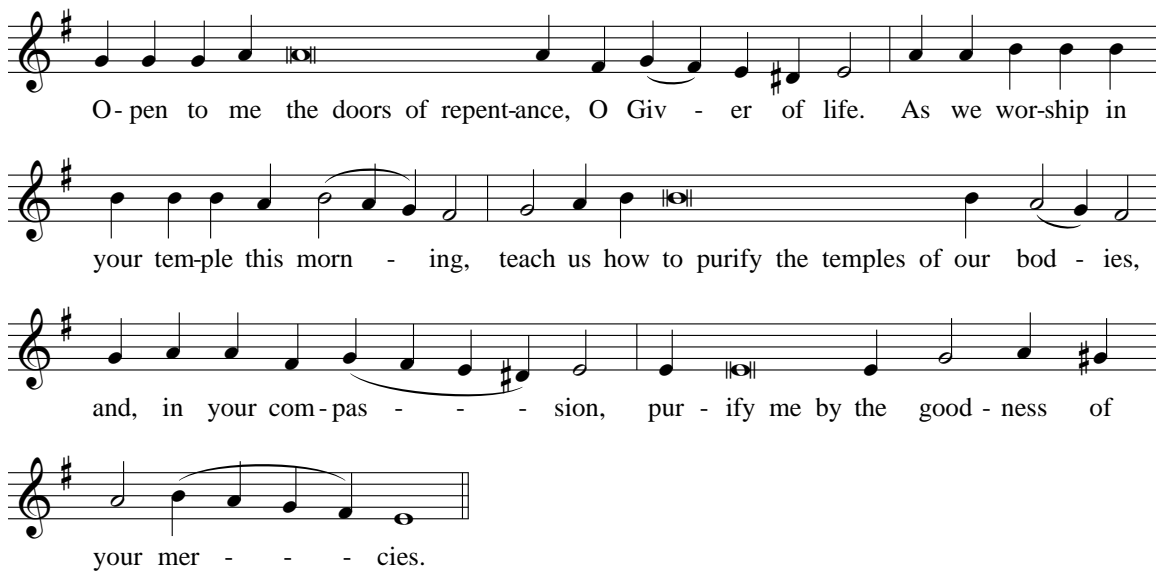
13. *Psalm 50, p. 25*

### Penitential Stichera after Ps. 50

Cantor:

Glo - ry to the Father, and to the Son and to the Ho - ly Spir - - - it.

All:



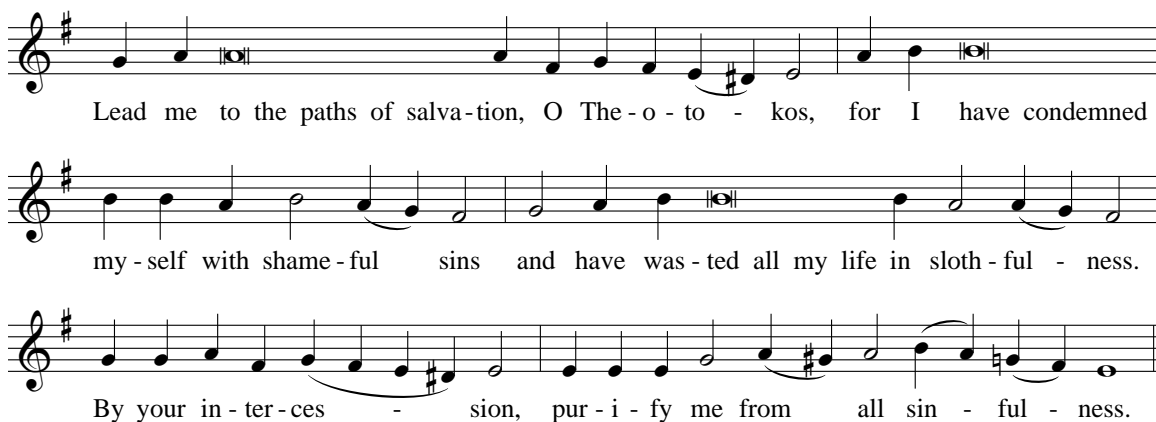
O - pen to me the doors of repent - ance, O Giv - er of life. As we wor - ship in  
your tem - ple this morn - ing, teach us how to purify the temples of our bod - ies,  
and, in your com - pas - - - sion, pur - ify me by the good - ness of  
your mer - - - cies.

Cantor:



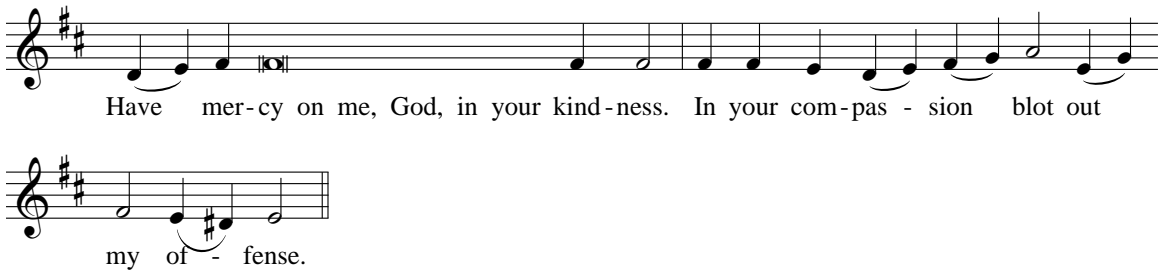
Now and ev - er and for - ev - er. A - men.

All:



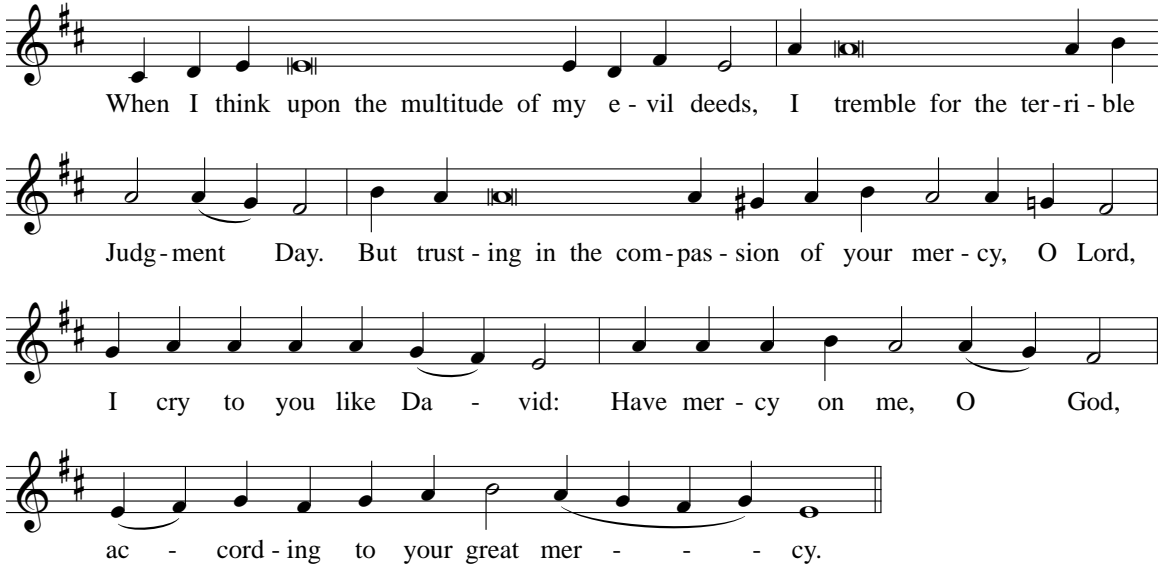
Lead me to the paths of salva - tion, O The - o - to - kos, for I have condemned  
my - self with shame - ful sins and have was - ted all my life in sloth - ful - ness.  
By your in - ter - ces - - sion, pur - i - fy me from all sin - ful - ness.

**Cantor:**



Have mer-cy on me, God, in your kind-ness. In your com-pas - sion blot out  
my of - fense.

**All:**



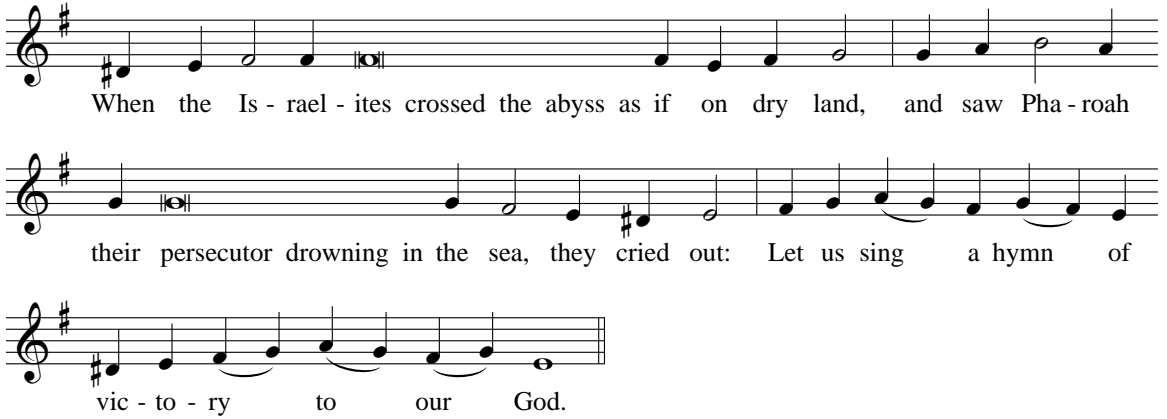
When I think upon the multitude of my e - vil deeds, I tremble for the ter-ri - ble  
Judg - ment Day. But trust - ing in the com - pas - sion of your mer - cy, O Lord,  
I cry to you like Da - vid: Have mer - cy on me, O God,  
ac - cord - ing to your great mer - - - cy.

*15. Prayer after Ps. 50, p. 29*

# Canon

## Ode 1

### Irmos - Tone 6



When the Is - rael - ites crossed the abyss as if on dry land, and saw Pha - roah  
their persecutor drowning in the sea, they cried out: Let us sing a hymn of  
vic - to - ry to our God.

### Refrain



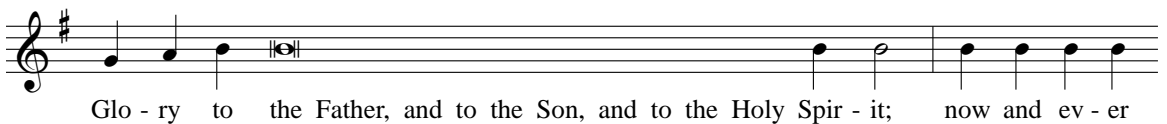
Glo - ry to you, our God, glo - ry to you.

Come, O my poor soul, and weep over the memory of what used to be, of your former nudity in Eden, by which you lost the unending joy and delight. *Refrain*

In the great mercy of your heart, Author of all creation and Creator of the universe, you drew me out of the mud of the earth; you filled me with life and placed me with the angels to praise you. *Refrain*

In the treasure of your goodness, O Creator and Lord, you planted the delights of Paradise and directed me to enjoy the pleasing fruits of Eden, the fruits that do not pass away. *Refrain*

Alas, my poor soul, in Eden you were able to taste every fruit except that of the forbidden knowledge. Why have you transgressed the commandment of your God?



Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er



and for - ev - er. A - men.

O Virgin Theotokos, you are a daughter of Adam according to the flesh, but by the grace of Christ, you have given birth to our God; call me back again to Paradise which I have lost.

*Katavasia: Repeat Irmos from above.*

**Kontakion of Chese fare Sunday - Tone 6**



O guide to wisdom and giv-er of in - sight, teach-er of the ignorant and

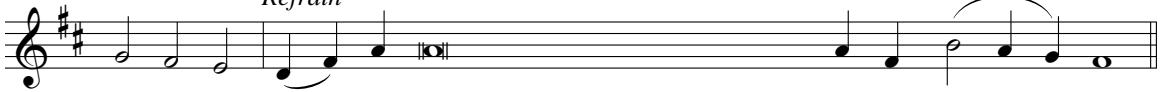


pro-tec-tor of the poor, strength-en and enlighten my heart, O Mas - ter. Word of



the Fa-ther, give me words for be-hold I do not restrain my lips from cry - ing

*Refrain*



out to you: O mer - ciful Lord, have mercy on me, for I have fall - en.

**Ikos:** Adam formerly sat before the gate of Paradise weeping, and with his head buried in his hands he cried out: (*Refrain*)

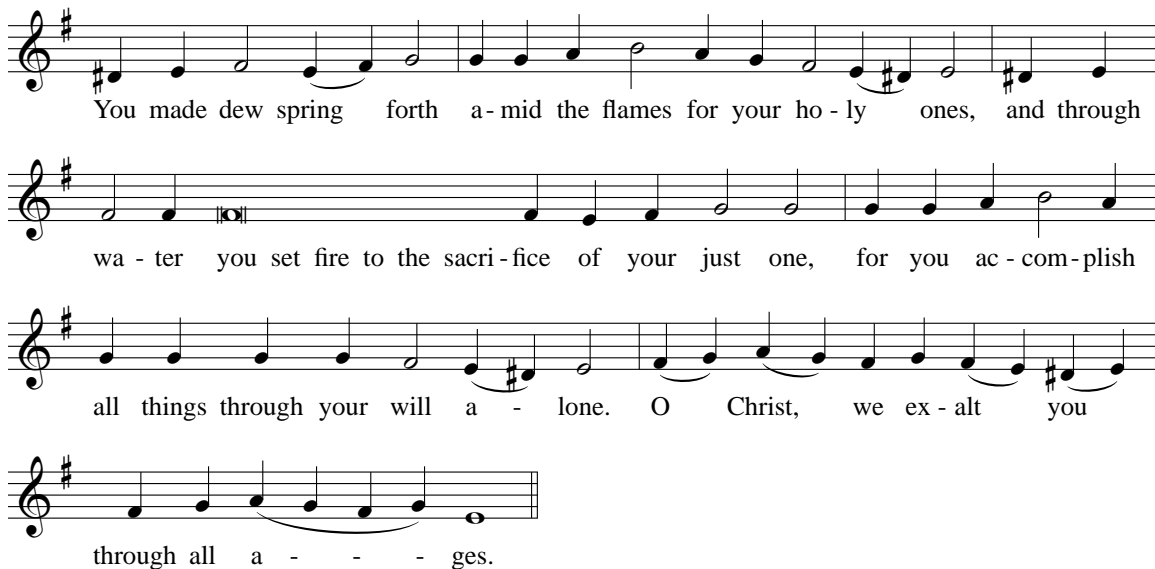
Banished from Paradise by the angel who closed the gate of the heavenly garden, Adam sighed deeply and said: (*Refrain*)

O delightful Paradise, share in the sorrow of your fallen master, and, by the whispering of your leaves, beseech the Creator not to keep you closed forever: (*Refrain*)

O Paradise, filled with beauty and charm, planted for Adam and closed by Eve, pray to the Lord for your fallen master: (*Refrain*)

## Ode 8

### Irmos



You made dew spring forth a-mid the flames for your ho-ly ones, and through  
wa-ter you set fire to the sacri-fice of your just one, for you ac-com-plish  
all things through your will a-lone. O Christ, we ex-alt you  
through all a-ges.

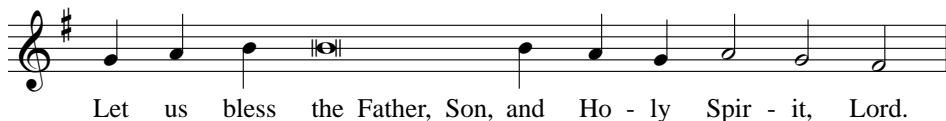
### Refrain



Glo-ry to you, our God, glo-ry to you.

O Lord and Lover of us all, of old you honored the work of your hands with many gifts; but, alas, the hissing of the heartless Serpent seduced me and stripped me of all these blessings. *Refrain*

Why have you followed the bitter counsel of the serpent in disobedience of the divine will? Alas, O my soul, you have offended the Lord whom you ought to glorify unceasingly with the angels.



Let us bless the Father, Son, and Ho-ly Spir-it, Lord.

You were the master of wide beasts and serpents; why have you spoken to the Serpent who slays our souls? Why have you taken the accursed one as your counselor? O poor soul, how greatly you have been deceived on that day!



Now and ev - er and for - ev - er. A - men.

Bright tabernacle of the divine incarnation, we praise you, O Mary, filled with the grace of God. You are the hope of the hopeless; make your light shine on the darkness of my passions.



Let us praise, bless, and worship the Lord, sing - ing and highly ex - alt - ing him



a - bove all for - ev - er.

*Katavasia: Repeat Irmos from above.*

*The Cantic of the Theotokos (Magnificat) is found on page 32.*

**Ode 9**

**Irmos**



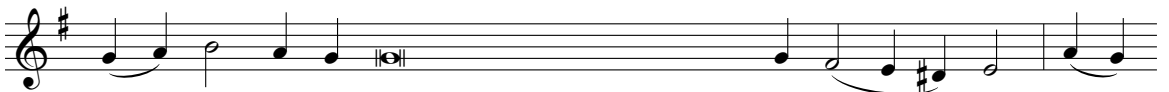
It is im - pos - si - ble for hu - man - i - ty to see God,



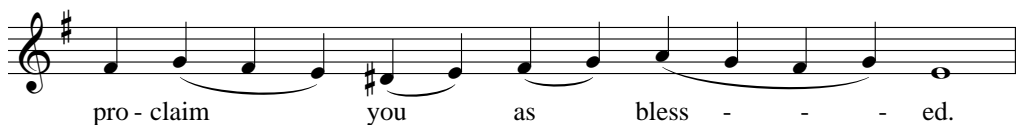
up - on whom e - ven the an - gels dare not gaze; but be - cause



of you, O most pure one. the Word - made - flesh is seen by mor - tals



and when we ex - tol you together with the heaven - ly ar - mies, we



**Refrain**

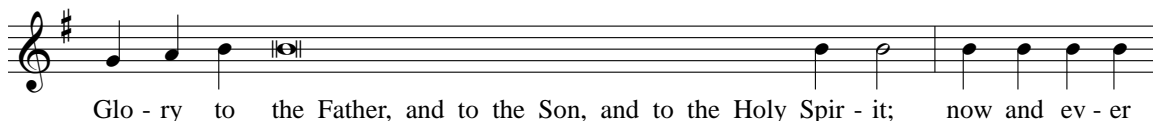


In Eden, the fruit of knowledge seemed agreeable and sweet to me, and I took my fill and was satisfied. But in the end, it became bitter as gall to me. Alas, my poor soul! How has gluttony made you a stranger to the banquet of Paradise? *Refrain*

O Lord of mercy and God of all, look with love upon the humility of my heart and do not chase me from the heavenly Paradise; seeing the wonders from which I have fallen, may I seek to regain by my tears that which I had formerly lost. *Refrain*

I weep and sigh and lament when I see the Cherubim with flaming sword stationed at the entrance to Eden, to expel the disobedient and make Paradise inaccessible to them. But you yourself will come to open it again, O Savior. *Refrain*

I trust in the abundance of your love, O Christ, my Savior, for you have made the blood of your pierced side flow over us; through it you have sanctified the nature of mortals by opening to those who serve you, O Lord, the gates of the heavenly Paradise, which were formerly closed by the sin of Adam.



O mystical gate of life, through whom God alone has passed, O Virgin and spouseless Mother, by your prayers, open to me the gates that were formerly closed in Paradise, that I may glorify you, my only hope after God, in whom I find unailing shelter.

*Katavasia: Repeat Irmos from above.*

## Hymns of Light

*Holy is the Lord our God, Tone 3, p. 151*

Truly Christ is risen. Let no one doubt or be suspicious. For he appeared to Mary and then to those who went fishing. Then he appeared to his eleven apostles as they were eating. He sent them forth to baptize the whole world; then he ascended to heaven from which he had descended, confirming his divine message by a multitude of miracles.

*Glory...now and ever...*

Those whom you had formerly expelled from Paradise for having eaten the forbidden fruit, O Lord, you now lead back again by your Cross and Passion. O my Savior and my God; grant us also the strength to complete the course of this Fast in holiness, so that we may adore your divine Resurrection, the Pasch of salvation, through the prayers of the Theotokos.

18. *Psalms of Praise: Tone 3, p. 152*  
*recited verses, p. 152*

To carry out the sentence pre-ordained:  
this honor is for all **the** faithful.

Praise God in his holy place,                      **Psalm 150**  
praise him in his mighty heavens.

**Cantor:** Praise him for his powerful deeds,  
(on 4)                      praise his surpassing greatness.

**Of the Resurrection: Tone 3**

Come all na - tions, learn the power of the awe - some mys - t'ry Christ our  
Sav - ior, the Word who was in the be - gin - ning, who was crucified for us and



bur-ied will-ing - ly, is ri - sen from the dead to save the u - ni-verse.



Come, let us wor - ship him.

**Cantor:** O praise him with sound of trumpet  
(on 3) praise him with lute and harp.

### Of Cheesefare Sunday - Tone 5



Woe is me! cried Adam a-mid his tears. The wom-an and the Serpent have deprived



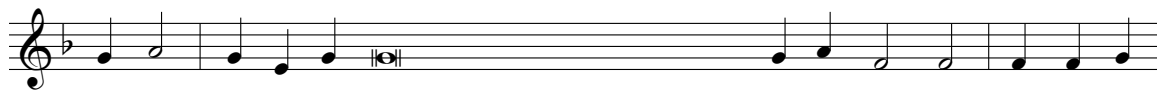
me of di-vine friend - ship; and by the fruit of the for-bid - den tree,



they have tak-en from me the joys of Par - a-dise. A - las! How shall I now endure




this hu-mil - i - a - tion? For on earth I was formerly ruler of all the crea - tures




of God; now I have become their slave because of an e - vil coun - sel. For-mer-ly




I was clothed in an im - mor - tal bright - ness; now, as a poor mortal, I am



wrapped in the shroud of death. A-las! Whom shall I find to weep with me?



But, O Lord and Lov-er of all of us, you have drawn me out of the earth;




now call me forth from the servitude of the En - e - my, and, in your

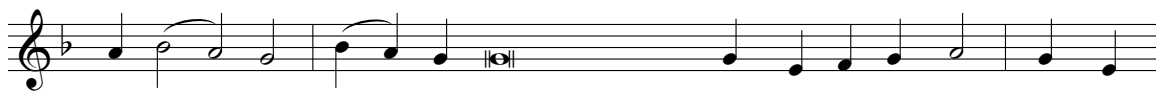


com - pas - sion, grant me your sal - va - - - tion.

**Cantor:** Praise him with timbrel and dance,  
(on 2) praise him with strings and pipes.



The a - re - na of virtues is now o - pen! Let all who wish to begin train - ing



now en - ter! Pre - pare yourselves for the strug - gle of the Fast; those who



strive valiantly shall re-ceive the crown! Let us put on the armor of the Cross to



com-bat the En - e - my, tak - ing faith as our un-shak - a - ble ram - part.



Let us put on pray'r as our breast-plate, and char - i - ty as our hel - met.



As our sword, let us use fast - ing, for it cuts out all evil from our hearts.



Those who do this shall tru - ly re - ceive the crown from the hands of Christ,



the al - might - y One, on the day of judg - - - - - ment.

**Cantor:** O praise him with resounding cymbals,  
(on 1) praise him with clashing of cymbals.  
Let everything that lives and that breathes  
give praise to the Lord.

*Tone 6*



Ad - am was driv - en out of Par - a - dise for having eaten the for - bid - den food;



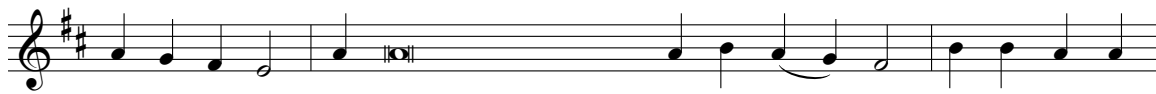
and Mo - ses was grant - ed the vi - sion of God af - ter he had purified the eyes



of his soul by fast - ing. Let us, who desire one day to dwell in Par - a - - - - - dise,



now fast from the food of per - di - - - - - tion. If we wish to see God, let us fast



as Mo - ses did, per - severing in prayer and sup - pli - ca - - - - - tion; let us calm the



