

**SUNDAY OF CHEESE-FARE**  
**Commemoration of the Expulsion of Adam and Eve from Paradise**  
**February 3, 2008**

**Hymn**

*melody: Krestu Tvoyemu/At the Most Holy Cross  
(Grekokatolicki Duchovny Pisni, 1969)*



1. Lord and Cre - a - tor, from clay You formed me,  
2. Stripped of my heav - n'ly gar - ment through sin - ning,  
3. In dis - o - be - dience, Ad - am was ban - ished;  
4. As we be - gin this sea - son of fas - ting,



Gave me a soul through life - giv - ing breath;  
Clothed now with leaves and gar - ments of skin,  
Par - a - dise closed! He sat there and cried.  
Thus sanc - ti - fy - ing bod - y and soul,

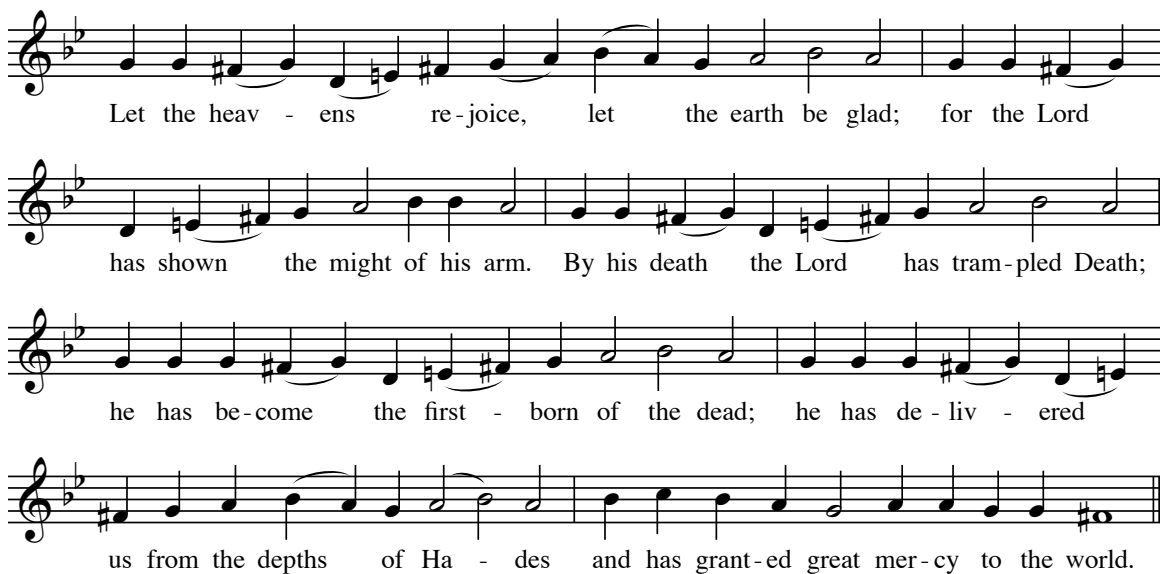


O - ver cre - a - tion made me a rul - er!  
I eat my bread through work - ing and swea - ting.  
Give us Your grace to wel - come this sea - son;  
Flee - ing from pas - sions, vir - tues e'er seek - ing,



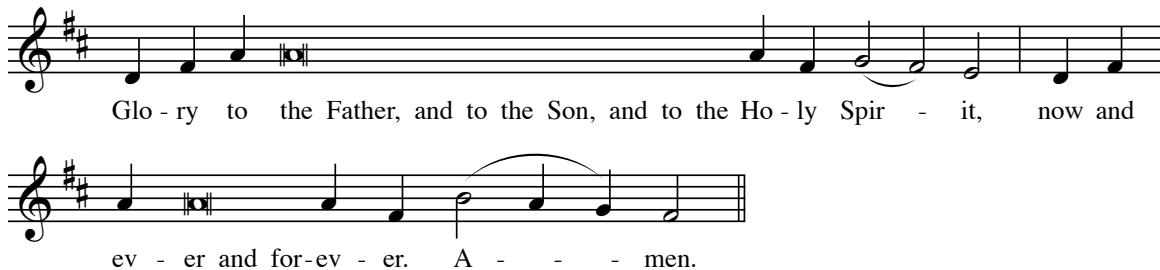
But Sa - tan tempt - ed, lured me to death.  
Your voice is deaf - ened through e - vil's din.  
Fast - ing and pray'r will hum - ble our pride.  
We set Christ's Pas - cha as fi - nal goal!

### Troparion of the Resurrection - Tone 3



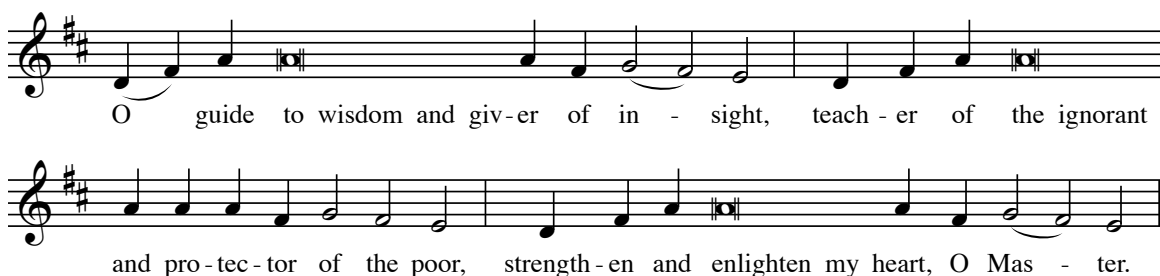
Let the heav - ens re-joice, let the earth be glad; for the Lord  
has shown the might of his arm. By his death the Lord has tram-pled Death;  
he has be-come the first - born of the dead; he has de - liv - ered  
us from the depths of Ha - des and has grant-ed great mer-cy to the world.

### Cantor



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it, now and  
ev - er and for-ev - er. A - - - men.

### Kontakion of Cheesefare 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 out to you: O mer - ciful Lord, have mercy on me, for I have



fall - - - en.

**Prokeimenon** - *Tone 8* (Psalm 75:12,2):



Make vows to the Lord your God, to the Lord your God and ful-fill them,



and ful - fill them.

**Verse:** God is known in Judah; in Israel his name is great.

**Alleluia** - *Tone 6* (Psalm 91:2,3):



Al - le - lu - ia! Al - - - - - le - lu - - - - ia!



Al - le - lu - - - - - ia!

**Verse:** It is good to give thanks to the Lord and to sing praise to your name, O Most High.

**Verse:** To proclaim your mercy in the morning, and your faithfulness throughout the night.

Communion Hymn (Psalm 148:1):

A



Praise the Lord, praise the Lord from the heav - ens, praise him



*Refrain*

in the high-est, praise him in the high-est. Al - le - lu - ia! Al - le - lu - ia!



Al - le - lu - ia!