Sunday of Cheese-fare
Commemoration of the Expulsion of Adam and Eve from Paradise

1. Lord and Creator, from clay you formed me,
2. Stripped of my heav’nly garment through sinning,
3. In disobedience, Adam was banished;
4. As we begin this season of fasting,

Gave me a soul through life-giving breath;
Clothed now with leaves and garments of skin,
Paradise closed! He sat there and cried.
Thus sanctifying body and soul,

Over creation made me a ruler!
I eat my bread through working and sweating.
Give us your grace to welcome this season;
Fleeing from passions, virtues e’er seeking,

But Satan tempted, lured me to death.
Your voice is deafened through evil’s din.
Fast ing and pray’r will humble our pride.
We set Christ’s Pascha as final goal!

Text: J. Michael Thompson, based on the Vespers stichera at Psalm 140 for Cheese-fare Saturday and Sunday
Melody: Krestu Tvojemu / At the most holy cross (from Grekokatolicki Duchovní Pisní, 1969)