

SUNDAY OF CHEESE-FARE
Commemoration of the Expulsion of Adam and Eve from Paradise
February 26, 2006

Our holy father Porphyry, bishop of Gaza in Palestine. Born in Thessalonica, he spent five years as a hermit in Skete and as many across the Jordan, where he was notable for his kindness toward the poor. Afterwards ordained a bishop, he overturned many temples of idols and was afflicted with troubles by their attendants for a long time, until, worthy of respect, he rested in peace with the saints. (421)

The holy great martyr, Photina the Samaritan. Tradition identifies her with the woman with whom Jesus spoke at the well (cf. John 4).

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

Hymn



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!

First Antiphon (Psalm 65:1,2):

Shout joy - fully to the Lord, all the earth, sing praise to his name, give to
him glo - ri - ous praise. Through the pray'rs of the The - o - to - kos, O Sav - ior,
save us. 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. Through the pray'rs of the The - o - to - kos,
O Sav - ior, save us.

Second Antiphon (Psalm 66:2):

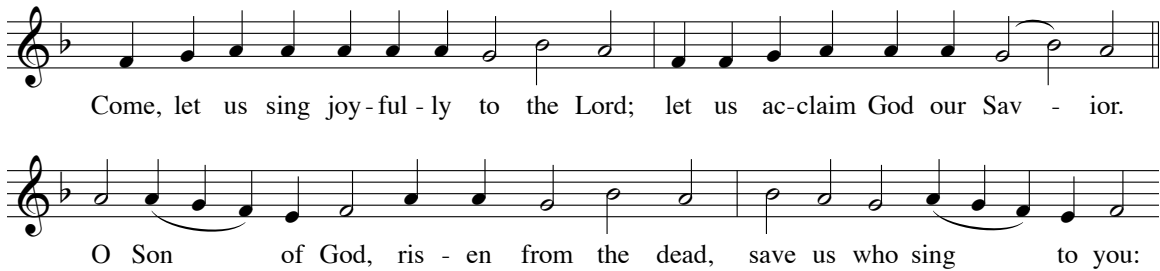
Be gra - cious to us, O God, and bless us; let your face shine upon us, and
have mer - cy on us. O Son of God, ris - en from the dead, save us who
sing to you: Al - le - lu - - - ia!

Hymn of the Incarnation - Resurrection Tone 7



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it,
now and ev - er and for - ev - er. A - men. O on - ly - begotten Son and
Word of God, who be - ing im - mor - tal, deigned for our sal - va - tion
to be - come in - car - nate of the ho - ly Theotokos and ever - Vir - gin Mar - y,
and be - came man with - out change; you were al - so crucified, O Christ our God,
and by death have tram - pled Death, be - ing One of the Ho - ly Trin - i - ty,
glo - rified with the Fa - ther and the Ho - ly Spir - it, save us.

Third Antiphon (Psalm 94:1)



Come, let us sing joy - ful - ly to the Lord; let us ac - claim God our Sav - ior.
O Son of God, ris - en from the dead, save us who sing to you:

Al - le - lu - - - ia!

Entrance Hymn (Psalm 94:6):

Come, let us wor - ship and bow be - fore Christ. O Son of God,
ris - en from the dead, save us who sing to you: Al - le - lu - ia!

Troparion of the Resurrection - Tone 8

You de - scend - ed from on high, O mer - ci - ful One. You ac - cept - ed
bur - i - al for three days to free us from our pas - sions. O Lord, our
Res - ur - rec - tion and our Life, glo - ry to you.

Cantor

Tone 6

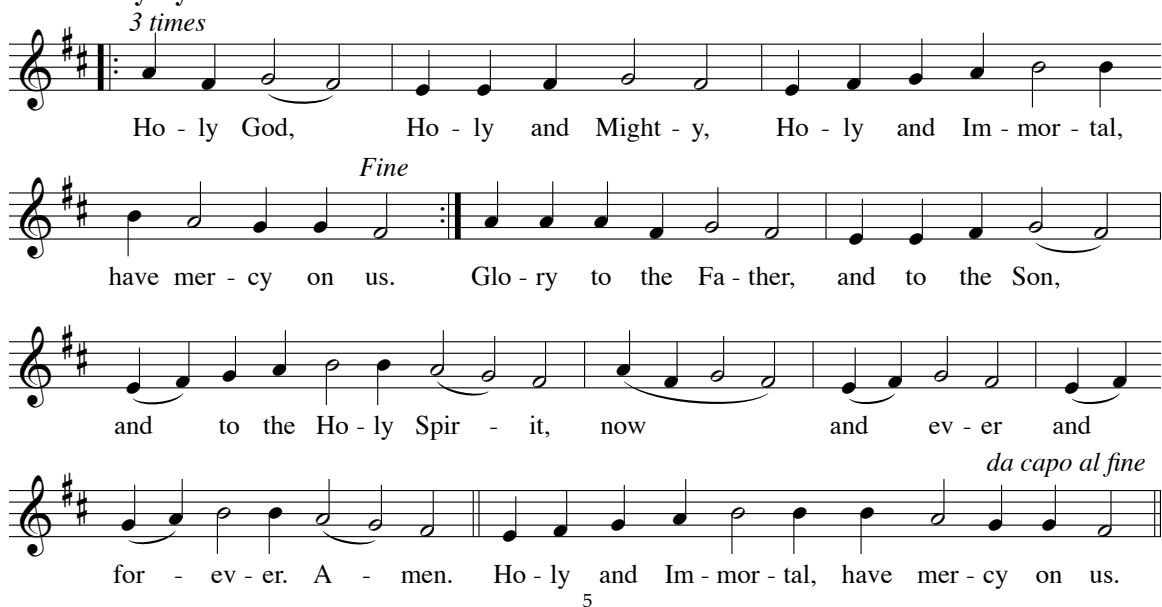
Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it, now and
ev - er and for - ev - er. A - - - men.

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.

Thrice-Holy Hymn



3 times
Ho - ly God, Ho - ly and Might - y, Ho - ly and Im - mor - tal,
Fine
have mer - cy on us. Glo - ry to the Fa - ther, and to the Son,
and to the Ho - ly Spir - it, now and ev - er and
da capo al fine
for - ev - er. A - men. Ho - ly and Im - mor - tal, have mer - cy on us.

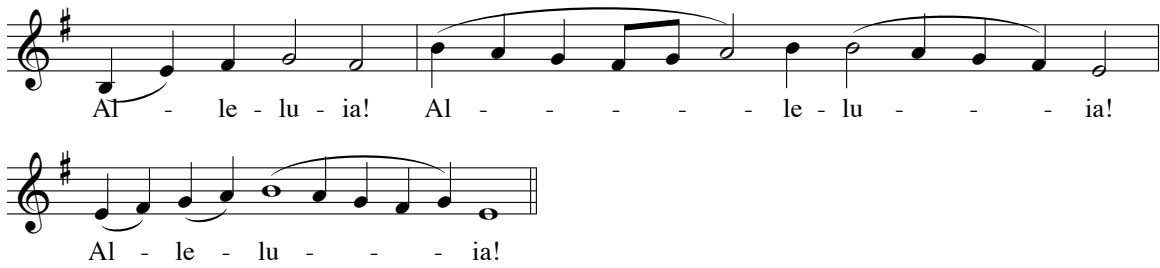
Prokeimenon - Tone 8 (Psalm 75:12,2):



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):



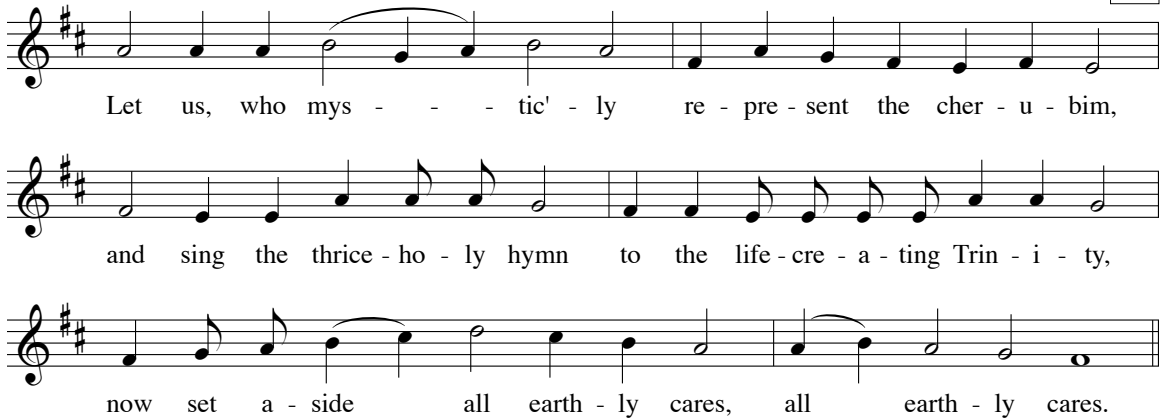
Al - le - lu - ia! Al - - - - le - lu - - - ia!
Al - le - lu - - - ia!

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.

Cherubic Hymn

A



Let us, who mys - - - tic' - ly re - pre - sent the cher - u - bim,
and sing the thrice - ho - ly hymn to the life - cre - a - ting Trin - i - ty,
now set a - side all earth - ly cares, all earth - ly cares.

A - men. That we may re-ceive, re-ceive the King of All,
 in - vis - i - bly es-cort-ed by an - gel - ic hosts. Al - le - lu - ia! Al - le - lu - ia!
 Al - le - lu - ia!

Anamnesis Acclamation

A

We praise you, we bless you, we thank you, O Lord,
 and we pray to you, our God, pray to you, our God.

It is truly proper

It is tru - ly prop - er to glo - ri - fy you, O The - o - to - kos,
 the ever-blessed, immaculate, and the moth - er of our God. More honora-ble
 than the Cher-u - bim and beyond compare more glori-ous than the Ser - a - phim,

who, a Vir - gin, gave birth to God the Word; you, tru - ly the

The - o - to - kos, we mag - ni - fy.

Communion Hymn for Sundays (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!

We have seen the true light

We have seen the true light; we have re-ceived

the heav-en - ly Spir - it; we have found the true *Tone 2 Bullar*

and we wor-ship the undi-vid - ed Trin - i - ty, for the Trin - i - ty

has saved us.

May our mouth be filled

May our mouth be filled with your praise, O Lord, so that we may sing of your
glo-ry, sing of your glo - ry; for you have deemed us wor-thy to par-take
of your ho - ly, di-vine, im - mor - tal, pure, and life - cre - at - ing mys - ter - ies.
Keep us in your ho - li - ness so that all the day long we may live ac - cord - ing
to your truth. Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

The musical notation is written on five staves in a single system. It begins with a treble clef and a key signature of one flat (B-flat). The melody is primarily composed of quarter and eighth notes, with some longer notes and rests. The lyrics are placed below the notes, with hyphens indicating syllables that span across multiple notes. The piece concludes with a double bar line.

Blessed be the name of the Lord

Bless-ed be the name of the Lord, now and for - ev - er,
now and for - ev - er, now and for - ev - er.

The musical notation is written on two staves in a single system. It begins with a treble clef and a key signature of one flat (B-flat). The melody consists of quarter and eighth notes, with some longer notes and rests. The lyrics are placed below the notes, with hyphens indicating syllables that span across multiple notes. The piece concludes with a double bar line.