

# Hymns and Readings for Sunday 6<sup>th</sup> March 2022

## Sunday of Cheesefare

### Forgiveness Sunday

### The Expulsion of Adam from Paradise

#### TROPARIA & KONTAKIA

##### Troparion of the Resurrection in Tone 4

[Music on website]

When the women disciples of the Lord learned from the angel  
the joyous message of Thy Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
"Death is overthrown!  
Christ our God is risen, //  
granting the world great mercy!"

##### Troparion of Saint Chad in Tone 2

As a Bishop thou gavest thyself  
to preaching the truth and the purity of the Church.  
Thou didst shine forth as an example of humility and holiness;  
studying the Scriptures, thou tookest care to follow the Word.  
Pray for thy children, O Holy Father Chad,  
that we too may follow Christ, //  
and be found worthy to partake of the nature of God.

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

##### Kontakion of Saint Chad in Tone 2

When thou wast praying to Christ, O venerable Chad,  
the choir of the angels came to call thee to thy reward.  
Then thou wast summoned to share  
in the Thrice Holy song with the seraphim.  
Pray thou that we may live as icons of the cherubim, //  
rejoicing before the Trinity, the Giver of life.

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

##### Kontakion of Cheesefare Sunday in Tone 6

[Music on website]

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teaches the thoughtless and protects the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to Thee:  
"Have mercy on me, a transgressor, //  
O merciful Lord!"

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#### PROKEIMENON

**Reader:** The Prokeimenon in the Eighth Tone.

**Reader:** Pray and make your vows before the Lord our God!

**Choir:** Pray and make your vows before the Lord our God!

**Reader:** In Judah God is known; His name is great in Israel!

**Choir:** Pray and make your vows before the Lord our God!

**Reader:** Pray and make your vows

**Choir:** before the Lord our God!

**EPISTLE**

The Reading from the Epistle of the Holy Apostle Paul to the Romans.

Ye brethren: Salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armour of light; let us conduct ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgement on him who eats; for God has welcomed him. Who are you to pass judgement on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand. [Romans 13:11-14:4]

**ALLELUIA**

**Reader:** And with thy spirit. Alleluia, Alleluia, Alleluia.

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** To declare Thy mercy in the morning, and Thy truth by night!

**Choir:** Alleluia, alleluia, alleluia!

**GOSPEL**

The Reading from the Holy Gospel according to Matthew.

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also." [Matthew 6:14-21]

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**ZADOSTOYNIK**

It is truly meet to bless thee, O Theotokos,  
ever blessed and most pure, and the Mother of our God.  
More honourable than the Cherubim,  
and more glorious beyond compare than the Seraphim:  
without defilement thou gavest birth to God the Word:  
true Theotokos, we magnify thee!

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**COMMUNION HYMN**

Praise the Lord from the heavens, praise Him in the highest. Alleluia, Alleluia, Alleluia!