

Cheesefare Sunday (Forgiveness Sunday) – The Expulsion of Adam from Paradise /
St. Theodore the Silent of the Kyiv Caves (13th c.) / Great-martyr Theodore of Tyro (c. 306)

Tone 3 **Troparion** *(Resurrection)*

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.

Tone 2 **Troparion** *(Theodore)*

Great are the accomplishments of faith,
for the holy martyr Theodore rejoiced in the flames as though at the waters of rest,
offering himself as sweet bread to the Trinity.//
So by his prayers, O Christ God, save our souls!

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

Tone 6 **Kontakion** *(from the Lenten Triodion)*

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

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

Kontakion **Tone 8**

Your faith in Christ was like a breastplate upon your heart:
With its aid, you overcame the power of the enemy.//
Therefore you are crowned in eternity with a heavenly diadem.

Tone 8 Prokeimenon

Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

V. In Judah God is known; His name is great in Israel. (Ps. 75:1)

in the **7th Tone:**

The righteous man shall rejoice in the Lord

The Reading of the Epistle of the Holy Apostle Paul to the Romans *13:11-14:4*

Brethren: And *do* this, knowing the time, that now *it is* high time to awake out of sleep; for now our salvation *is* nearer than when we *first* believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

Receive one who is weak in the faith, *but* not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats *only* vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Tone 6

Alleluia, Alleluia, Alleluia!

V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

Gospel

Matthew 6:14-21

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (*Ps. 148:1*)

The righteous shall be an everlasting remembrance; they shall not be afraid of evil tidings

Alleluia, Alleluia, Alleluia!