Sunday of Cheesefare: The Casting out of Adam from Paradise

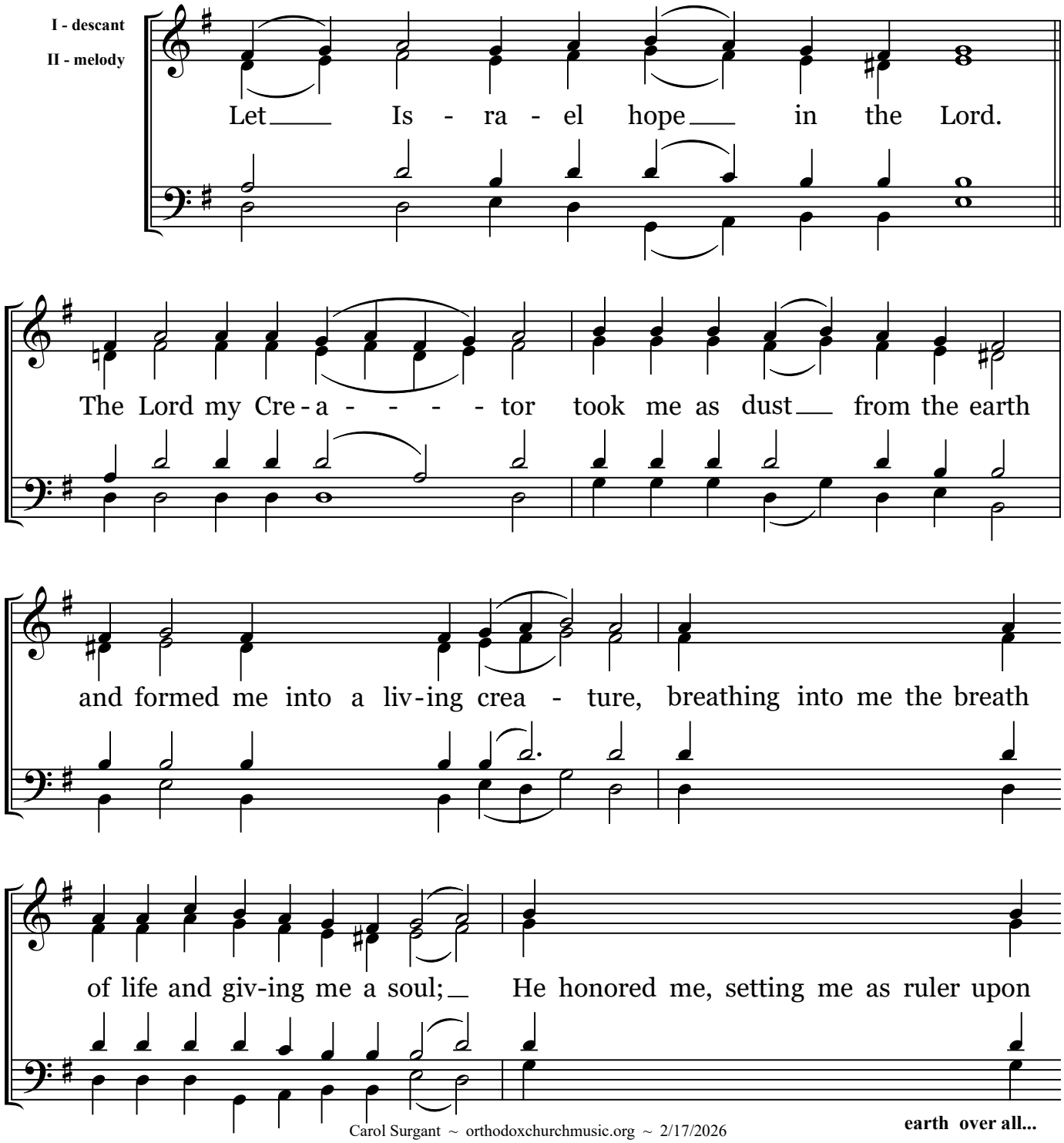
Stichera at "Lord I have cried"

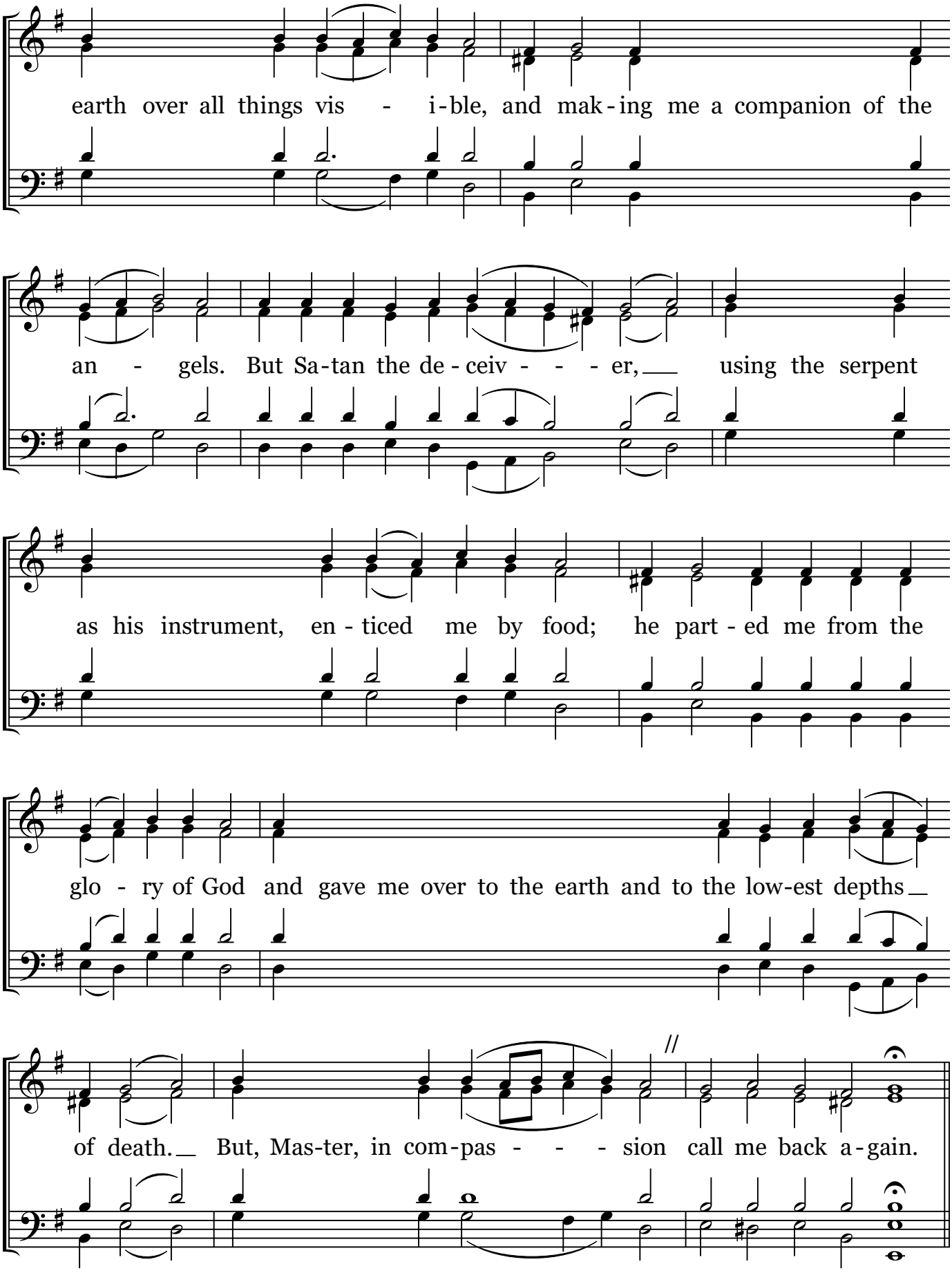
Tone 6, Melody "Having set all your hope*

Optina Hermitage Chant

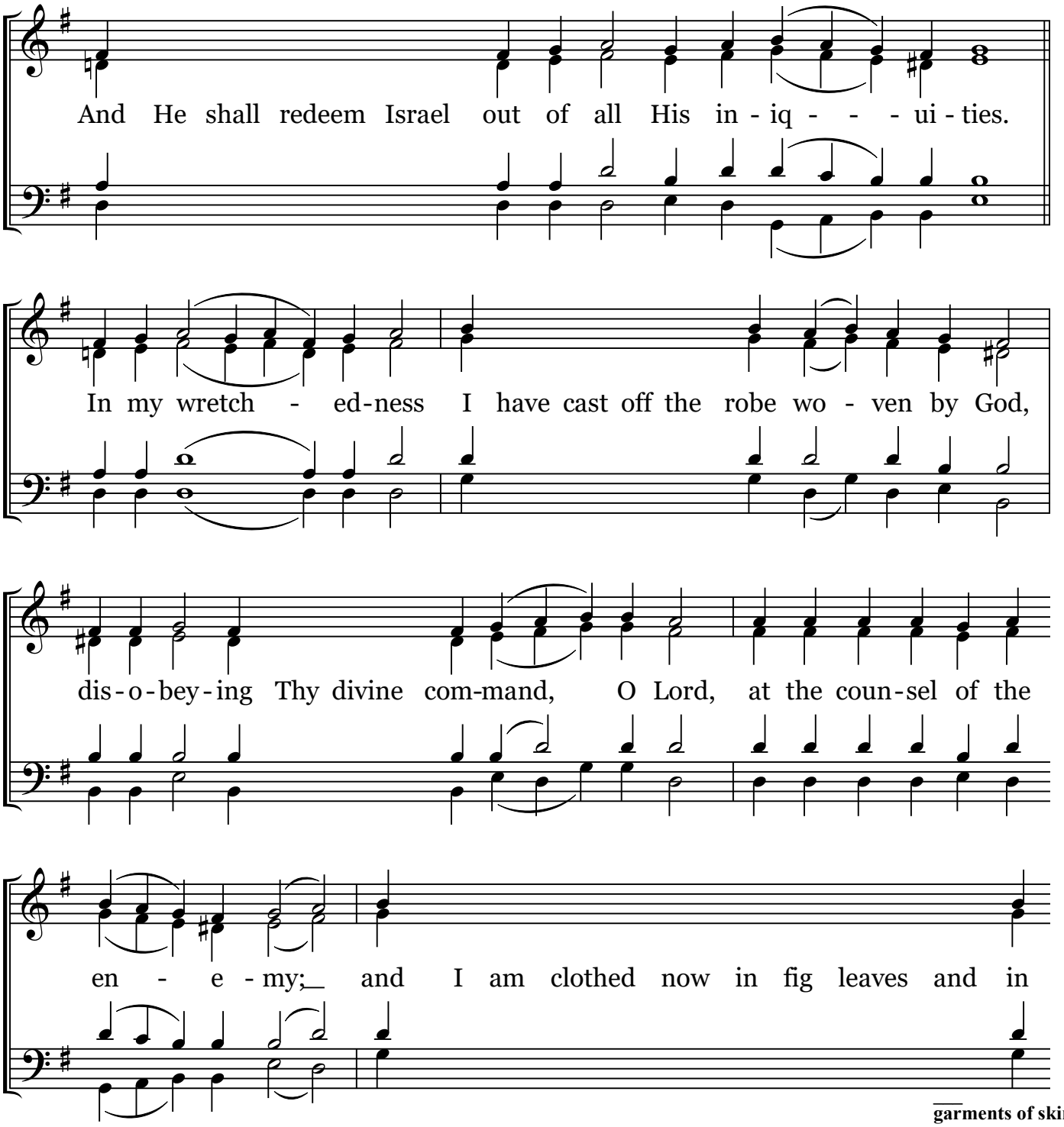
At Great Vespers, 10 Stichera on "Lord I have cried": 6 of the Octoechos, and 4 from the Triodion:

(4) ***Reader:*** **In the 6th Tone, to the Melody "Having set all your hope..."**
From the morning watch until night, from the morning watch

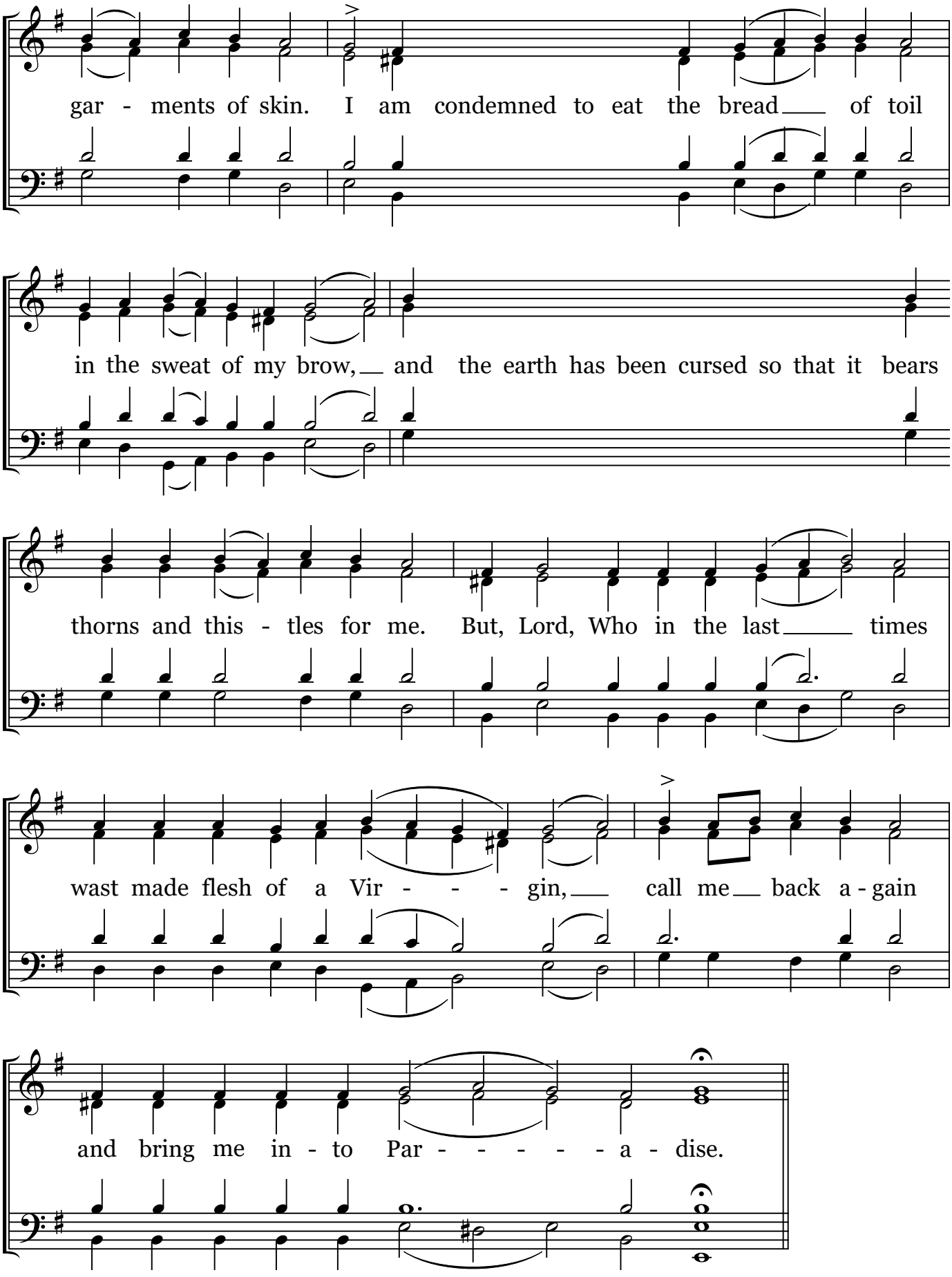



earth over all things vis - i-ble, and mak-ing me a companion of the
an - gels. But Sa-tan the de-ceiv - - - er, using the serpent
as his instrument, en-ticed me by food; he part-ed me from the
glo - ry of God and gave me over to the earth and to the low-est depths
of death. But, Mas-ter, in com-pas - - - sion call me back a-gain.

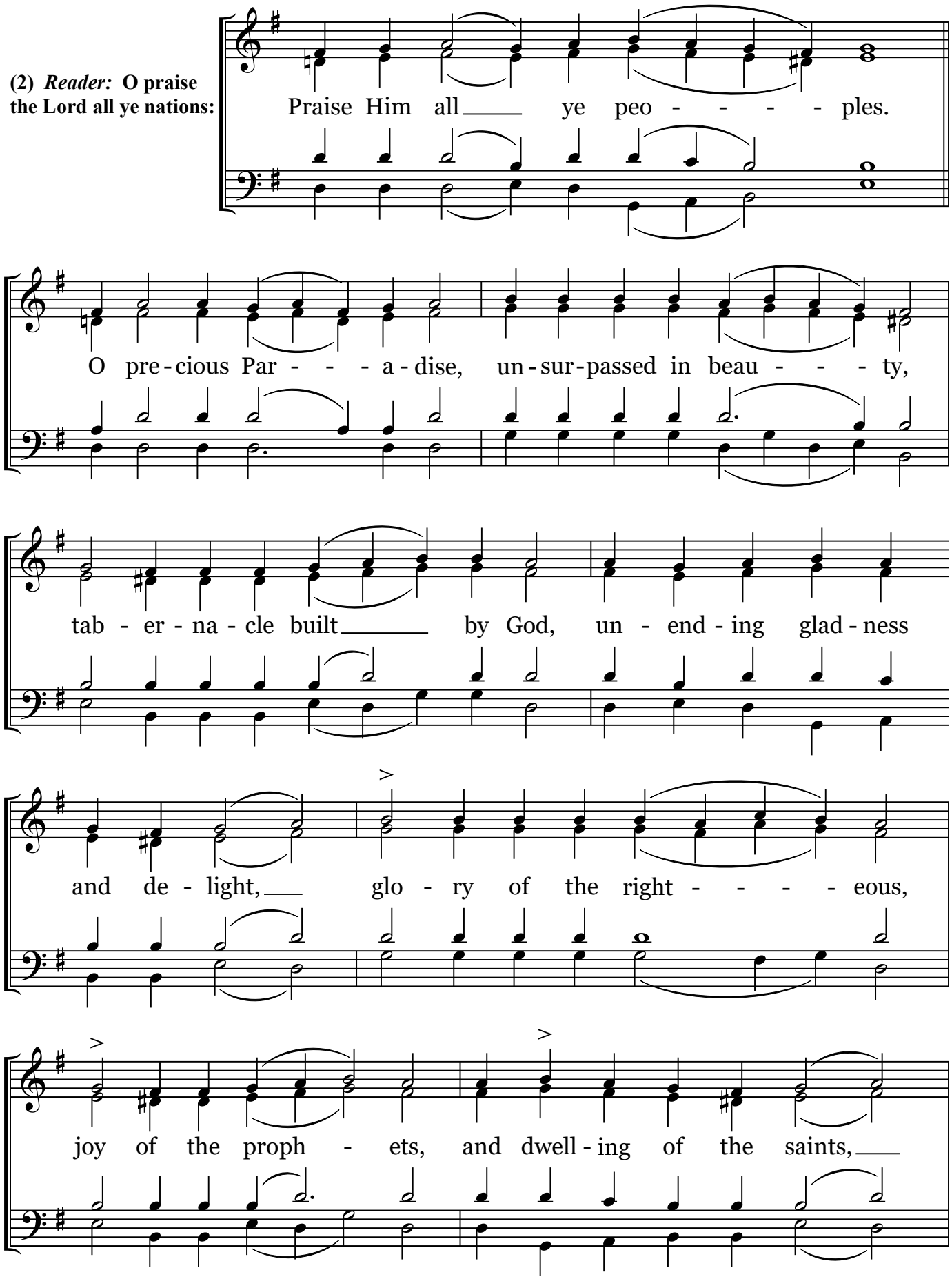
(3) ***Reader:*** **For with the Lord there is mercy, and with Him is plenteous redemption;**



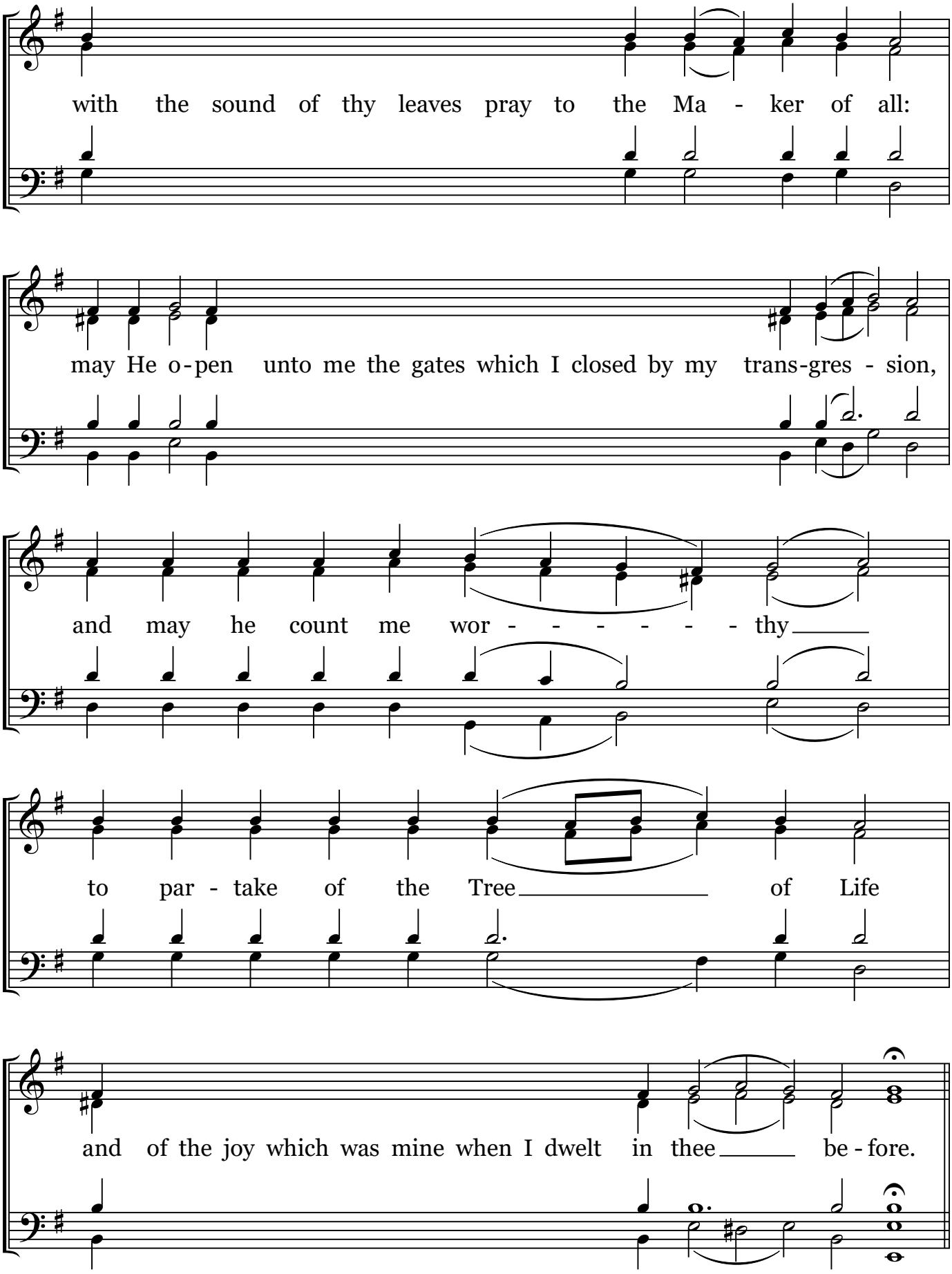
Sunday of the Casting Out of Adam:
Stichera of "Lord I have cried", p. 4



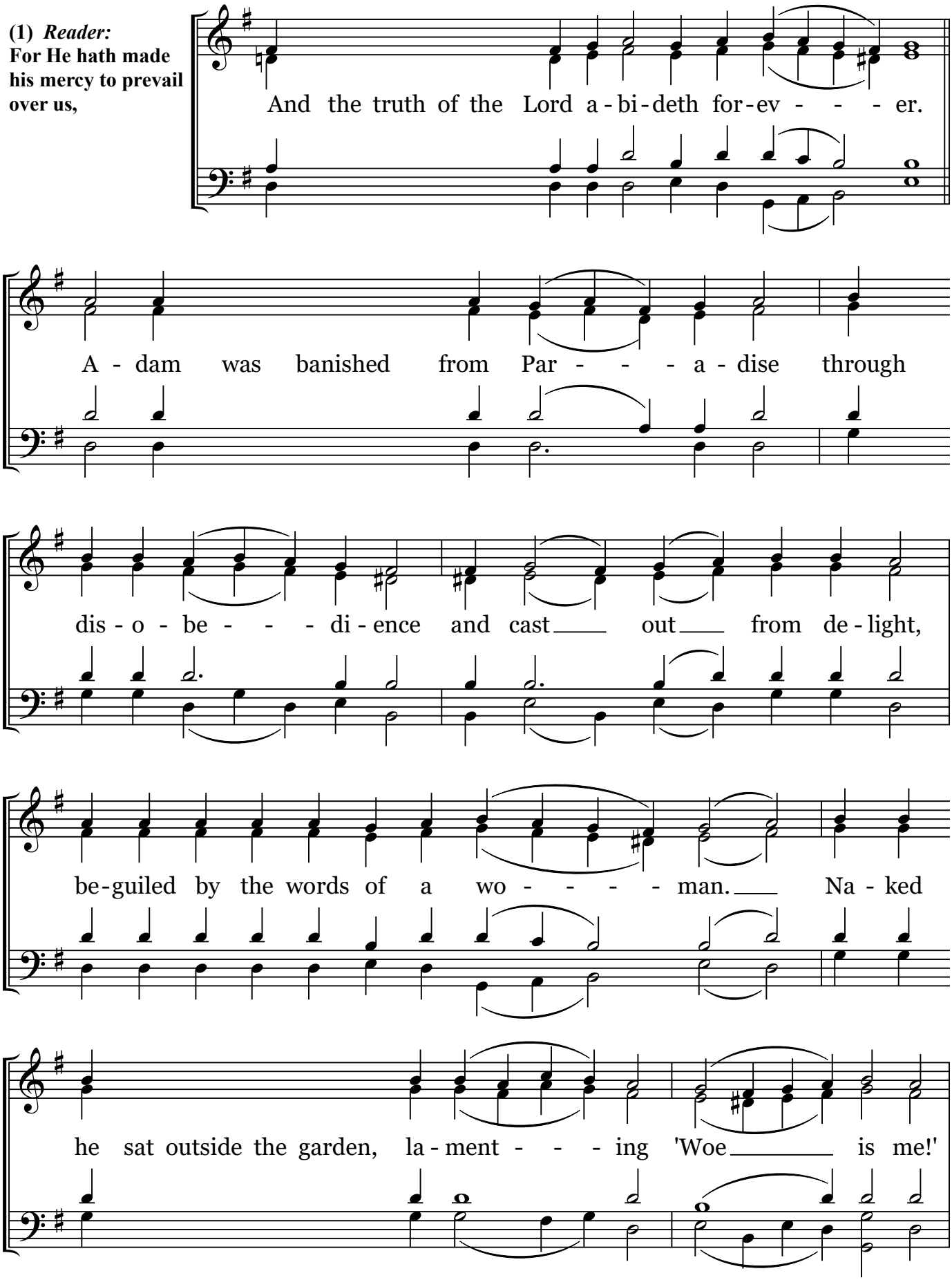
(2) ***Reader:*** **O praise the Lord all ye nations:**



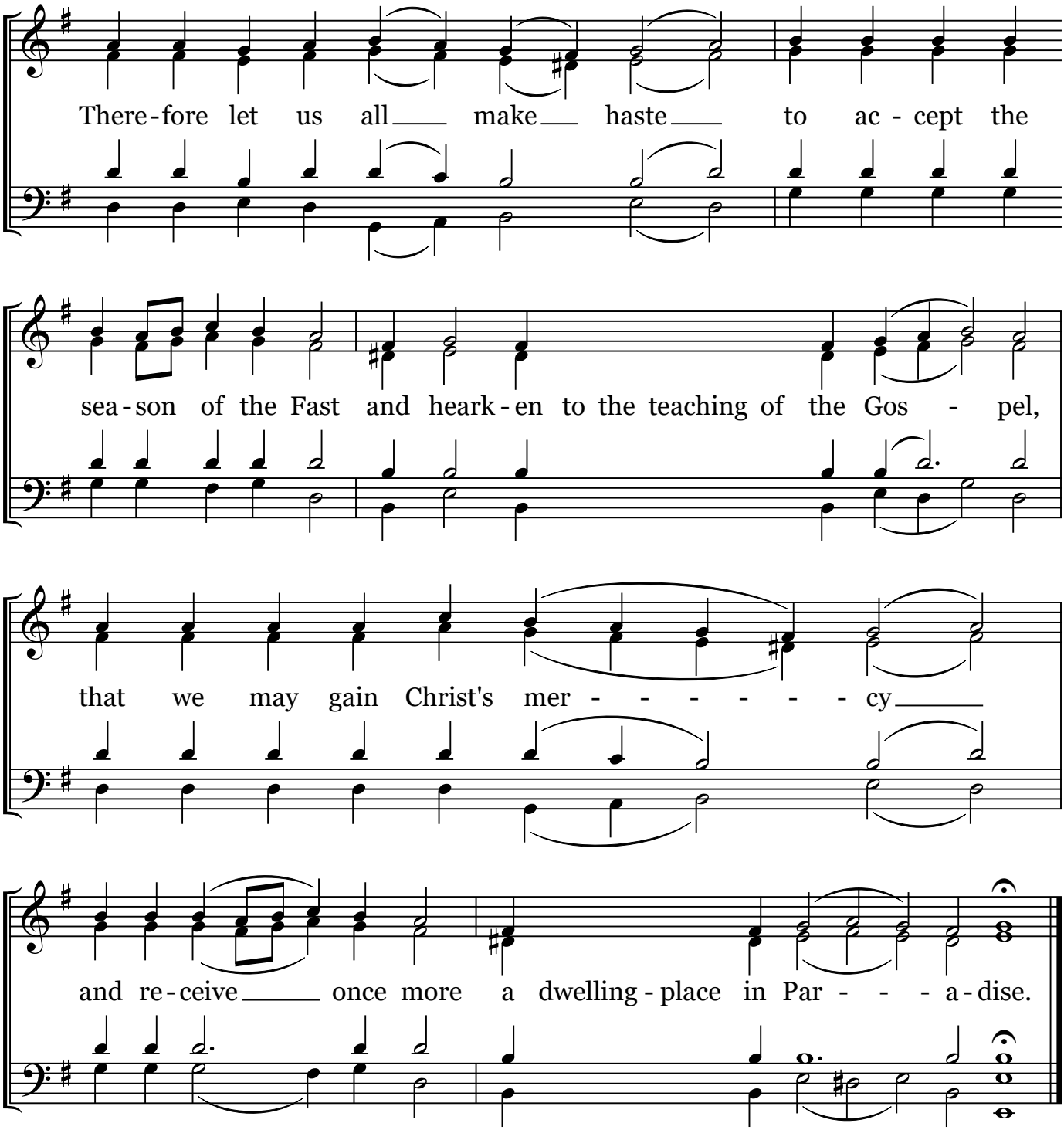
Sunday of the Casting Out of Adam:
Stichera of "Lord I have cried", p. 6



(1) ***Reader:***
For He hath made his mercy to prevail over us,



Sunday of the Casting Out of Adam:
Stichera of "Lord I have cried", p. 8



Glory..., the Doxasticon of the Triodion

** In some translations, the melody is labelled "Having set all aside..."*

English stichera text from: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.

Carol Surgant ~ orthodoxchurchmusic.org ~ 2/17/2026