

THIRD HOUR PROPER

Sunday of Cheese-fare

Commemoration of the Expulsion of Adam and Eve from Paradise¹

Tone 4

Cantor (*Tone 4*):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Troparion of the Resurrection - *Tone 4*

The joy - ful mes - sage of the res - ur - rec - tion was heard by the women disci - ples

from the an - gel, and be - ing freed from the an - ces - tral curse, they boast - ed

to the a - pos - tles: Death is de - spoiled; Christ our God is ris - en,

giv - ing great mer - cy to the world.


Cantor (*Tone 4*):

Now and ev - er and for - ev - er. A - men.

Theotokion of Third Hour - *Tone 4*:

O The - o - to - kos, you are the true vine laden with the Fruit of Life;

where - fore, we im - plo - re you, O La - dy, to in - ter - cede




to - gether with the apos - tles and all the saints that we may obtain mer - cy



for our souls.

Third Hour continues with "May the Lord God be blessed..." on p. 9

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.

Third Hour continues with "Lord, have mercy..." (40 times) on p. 11

¹ Format 23: Sundays During the Triodion