**Order of Services for Sunday, March 2, 2025**

Cheesefare Sunday (Forgiveness Sunday) – The Expulsion of Adam from Paradise

*NOTE: The rubrics presented below are the commonly accepted order. However, practices may vary with local practices or dioceses. The ruling bishop should be consulted for any specific questions regarding the accepted order of services.*

*NOTE: Bracketed items are commonly omitted in parish practice.*

**Vigil**

**(*Great Vespers at a Vigil)***

*(If Great Vespers is served alone, not at a Vigil, begin with the Typical Beginning, which can be found at* [*https://www.oca.org/liturgics/rubrics/horologion*](https://www.oca.org/liturgics/rubrics/horologion)*.)*

*Priest:* “Glory to the holy consubstantial…”

“Amen. Come, let us worship…”

Psalm 103/104

Great Litany

[First Kathisma, or] “Blessed is the Man…”

Little Litany

Lord, I Call, Tone 3 (Ps. 140/141)

6 stichera of the Resurrection, Tone 3

4 stichera from the Triodion, Tone 6

Glory… Triodion, Tone 6

Now and ever… Resurrectional Dogmatic Theotokion, Tone 3

Gladsome Light

Saturday Evening Prokeimenon, “The Lord is King…”

Augmented Litany

“Vouchsafe, O Lord…”

Evening Litany

[Litya]

[Stichera of the Patron Saint of the Church]

[Glory… Triodion, Tone 6]

[Now and ever… Theotokion, Tone 6]

Aposticha

Resurrectional Stichera, Tone 3

Glory… Triodion, Tone 6

Now and ever… Resurrectional Aposticha Theotokion, Tone 6

“Lord, Now Lettest…”

Trisagion Prayers

*Concluding Troparia and Dismissal:*

*If a Vigil is Served:*

“Rejoice, O Virgin Theotokos…” (3x)

[Blessing of the Loaves]

“Blessed be the Name…” (3x)

[Psalm 33/34:1-10]

*Priest:* “The blessing of the Lord…”

“Amen.” *And begin Matins with the Six Psalms, as outlined below.*

*Or, if Great Vespers alone is served:*

Resurrectional Troparion, Tone 3

Glory… now and ever… Resurrectional Dismissal Theotokion, Tone 3

Vespers Dismissal

**(*Sunday Matins at a Vigil*)**

*(If Matins is served alone, begin with the Typical Beginning, which can be found at* [*https://www.oca.org/liturgics/rubrics/horologion*](https://www.oca.org/liturgics/rubrics/horologion)*.)*

Six Psalms

Great Litany

“God is the Lord…,” Tone 3

Resurrectional Troparion, Tone 3 [(2x)]

Glory… now and ever… Resurrectional Dismissal Theotokion, Tone 3

[Kathisma 2]

[Little Litany]

[Kathisma Hymns from the Octoechos, Tone 3]

[Kathisma 3]

[Little Litany]

[Kathisma Hymns from the Octoechos, Tone 3]

Polyeleos

“By the waters of Babylon…”

Evlogitaria: “Blessed art Thou, O Lord…”

[Little Litany]

[Ypakoe]

[Hymn of Degrees, Tone 3]

Prokeimenon, Tone 3: “Say among the nations that the Lord is King…”

“Let everything that breathes…”

3rd Matins Gospel: (71) Mark 16:9-20

“Having Beheld the Resurrection…”

Psalm 50

Hymns of Repentance, Tone 8: “Open to me the doors…” and the rest

Prayer of Intercession, “O God, save Thy people…”

Canons *(NOTE: in common parish practice, after the Irmos, only two troparia from each Canon are used. Before the final troparion, “Glory… now and ever…” is used as the refrain.)*

**Irmos:** Resurrection, Tone 3

Refrain: “Glory to Thy holy Resurrection, O Lord!”

3 additional troparia from the Canon of the Resurrection, Tone 3

Refrain: “Glory to Thy holy Resurrection, O Lord!

2 troparia from the Canon of the Cross and Resurrection, Tone 3

Refrain: “Glory to Thy precious Cross and Resurrection, O Lord!”

2 troparia from the Canon of the Theotokos, Tone 3

Refrain: “Most holy Theotokos, save us!”

6 troparia from the Canon from the Triodion, Tone 6

Refrain: “Have mercy on me, O God, have mercy on me!”

**Katavasia:** From the Triodion, Tone 6

*[After the Third Ode:]*

[Little Litany]

[Kathisma Hymns from the Triodion, Tone 4]

*After the Sixth Ode:*

[Little Litany]

Kontakion from the Triodion, Tone 6

Ikos from the Triodion

*After the Eighth Ode:*

The Magnificat is sung

*After the Magnificat, continue with the Ninth Ode.*

Little Litany

“Holy is the Lord…”, Tone 3

Exapostilaria:

3rd Resurrectional Exapostilarion, Tone 2

Glory… Exapostilarion from the Triodion, Tone 2

Now and ever… Theotokion from the Triodion, Tone 2

Psalms 148-150: “Let everything that breathes…” Tone 3

5 stichera of the Resurrection, Tone 3

4 stichera from the Triodion, with verses, Tone 5 and Tone 6

Glory… Triodion, Tone 6

Now and ever… “Thou art most blessed…”, Tone 2

Great Doxology

“Today salvation…”

Augmented Litany

Morning Litany

Matins Dismissal

[Glory… now and ever… 3rd Gospel Sticheron, Tone 3]

*NOTE: The First Hour follows immediately. A small dismissal concludes the First Hour. See below for the Troparion and Kontakion.*

**The Hours**

Troparia: Resurrection

Kontakion: Triodion

**Divine Liturgy**

*NOTE: Listed below are only the variable portions of the Liturgy*

At the Beatitudes:

6 troparia of the Resurrection, Tone 3

4 troparia from Ode 6 of the Canon from the Triodion, Tone 6

Troparia and Kontakia:

Troparion of the Resurrection, Tone 3

Troparion of the Church (if of Theotokos or Patron Saint)

Glory… Kontakion of the Church (only if of Patron Saint), or else Kontakion from the Triodion, Tone 6

Now and ever… Kontakion of the Church (only if of Theotokos), or else Kontakion from the Triodion, Tone 6

Trisagion

Prokeimenon: Triodion, Tone 8: “Pray and make your vows…”

Epistle: (112) Romans 13:11-14:4

Alleluia: Triodion, Tone 6

Gospel: (17) Matthew 6:14-21

Communion Hymn: “Praise the Lord from the heavens…”

*Prepared by the Department of Liturgical Music and Translations of the Orthodox Church in America.*