The Lord my Creator took me as dust from the earth and formed me into a living creature, breathing into me the breath of life and giving me a soul; He honoured me, setting me as ruler upon earth over all things visible.

Sunday of Forgiveness
Vespers Stichera at "Lord, I have cried..."

Sticheron 1
Tone 6: "Having set all your hope..."

Lenten Triodion: Saturday evening Vespers
and making me companion of the angels.

But Satan the deceiver, using the serpent as his instrument, enticed me by food; he parted me from the glory of God and gave me over to the earth and to the lowest depths of death. But, Master, in compassion call me back again.
Sunday of Forgiveness

Vespers Stichera at "Lord, I have cried..."

Sticheron 2

Tone 6: "Having set all your hope..."

In my wretchedness I have cast off the robe woven by God, disobeying Thy divine command, O Lord, at the counsel of the enemy; and I am clothed now in fig-leaves and in garments of skin. I am condemned to eat the

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bread of toil in the sweat of my brow, and the earth has been cursed so that it bears thorns and thistles for me.

But, Lord, who in the last times wast made flesh of a Virgin, call me back again and bring me into Paradise.
Sunday of Forgiveness
Vespers Stichera at "Lord, I have cried..."

Sticheron 3

Tone 6: "Having set all your hope..."

O precious Paradise, unsurpassed in beauty, tabernacle built by

God, unending gladness and delight, glory of the righteous,

joy of the prophets, and dwelling of the saints, with the

sound of thy leaves pray to the Maker of all:

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may He open unto me the gates which I closed by my transgression,

and may He count me worthy to partake of the Tree of Life and of the joy which was mine when I dwelt in thee before.
Sunday of Forgiveness
Vespers Stichera at "Lord, I have cried..."

Sticheron 4

Tone 6: "Having set all your hope..."

Adam was banished from Paradise through disobedience
and cast out from delight, beguiled by the words of a woman.
Naked he sat outside the garden, lamenting 'Woe is me!'

Therefore let us all make haste to accept the season of the Fast

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and hearken to the teaching of the Gospel,

that we may gain Christ's mercy and receive once more

a dwelling place in Paradise.