Cheese-Fare Sunday: The Commemoration of Adam’s Exile from Paradise

Kontakion

Intonation: #17
Plagal Second Mode

Allegro  \( \frac{4}{4} \) 150

O Thou Guide unto wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the

www.stanthonymonastery.org/music/Triodion.htm
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Un. G

Fa - ther; for be - hold, I shall not keep my lips from

cry - ing un - to Thee: Have mer - cy, O Mer - ci - ful One, on

me who have fall - - - - en.