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A-dam was ba - nished from Pa-ra-dise through dis-o-be - di-ence,

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and cast out from de-light, be-guiled by the words of a wo - man.

Na - ked he sat out-side the gar - den, la-ment-ing: "Woe is me!"

There-fore, let us all make haste to ac-cept the sea-son of the

Fast, and hear - ken to the teach-ing of the Gos - pel,

that we may gain Christ's mer - cy and re -

ceive once more a dwell - ing-place in Pa - ra - dise.