

May 16

**Eighth day of the Ascension of our Lord;
Commemoration of Our Venerable Father
Theodore the Sanctified, the Disciple of St. Pachomios
(4th Class)**

VESPERS

Stichera for the Ascension (Tone 4)

6. Having brought about salvation for all, O Christ, You climbed the Mount of Olives, from which You ascended, Lord, gloriously carried up into the heavens in the sight of the divine Apostles. Amazed at this mystery, the Powers on high cried out to one another, "Lift up the gates for our God who rules over all, who now enters into heaven from which He had come. In His good pleasure, He has wondrously brought about salvation for the whole world!"
5. Seeing You ascend to Heaven, the Apostles in choir called out, "Where are You going that You leave Your servants behind? Where do You go, O You who hold the whole universe in Your hands? We have left all things for You, O God, and have joyfully followed You in the hope of being always with You. As You promised, O good Father, do not leave us orphans, but send us the Paraclete, the Savior of our souls!"
4. Lord, as You gave Your friends Your final blessing, You revealed the secret mystery to them: "Friends, behold I am going to the Father; but I will send you another Paraclete, for I will in no way abandon the flock I have gathered. I will never forget the disciples whom I love.

When you are clothed with power from on high, go throughout the world and announce the Good News of salvation to all mankind!"

For Theodore

3. The Lord, who makes the clouds His conveyance and who once came down on a light Cloud, foreknew His chosen ones who would shine in Egypt and be carried up to the clouds of heaven as saints. Among them is our father Theodore the Sanctified, the unshakable pillar, made famous by his virtue. Radiant with the brilliant light of Christ, and standing now before Him, he has the power to make intercession for our souls.
2. Although it once raved with delirious passions and with the worship of demonic idols, Egypt now shines with countless ascetics and is aglow, adorned by the many beauties of holy virtue. Among them stands one named for the gifts of God, the venerable Theodore, inspired by God and standing in His presence. He imitated the wondrous humility of Jesus Christ, before whom he has the power to make intercession for our souls.
1. From childhood having shown signs of asceticism, temperance, patience, dedication, innocence and virtue, the wise Theodore became an ardent lover of divine charity. Looking upon all things visible with joy, the wondrous and great ascetic was united with God in the depths of contemplation. In His presence now, he has the power to make intercession for our souls.
- v. Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

Dogmatikon (Tone 6)

God ascended amid shouts of joy, the Lord amid trumpet blasts, in order to save the fallen Adam and to send the Spirit, the Counselor, to sanctify our souls!

“O Joyful Light...” Prokimenon of Wednesday evening.

APOSTICHA *(Tone 6)*

1. You came down to earth to lift up Your servant who fell from Paradise. Assuming my humanity, You took me up and glorified me with You. You even seated me on the throne with the Father in heaven, after having broken the proud rebellion of the enemy who once made me fall on earth. I sing, O Lord, of the unfathomable ocean of Your love for mankind!

All: All you nations, clap your hands; sing a joyful hymn to the Lord.

2. Exult, Adam! Eve, dance with joy! The garment of skin which you once put on in Paradise in the hope of immortality, has been assumed by your Creator in a wondrous fashion. He has transformed it into an immortal body, which He has today deigned to lift up in glory to the right hand of the Father in the heavens.

All: God ascended amid shouts of joy; the Lord amid trumpet blasts.

3. Having brought down the enemy, that rebellious tyrant, by His power, He who assumed my nature without division, confusion or change hastens to ascend with it to the Father in heaven. Let the babblings of the impious heretics cease forever! Let us the faithful reverently glorify Him!

All: Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

Dogmatikon

Today the heavenly Powers marvel at seeing our human nature brought to heaven by Your glorious Ascension, and say to one another in wonder, "Who is This who is coming?" But recognizing their own Lord, they command the heavenly gates to be lifted up. With them, we ceaselessly sing to You who will come again from Heaven in the flesh as Judge of all and Mighty God!

TROPARION OF THEODORE (*Tone 1*)

You appeared as a citizen of the wilderness, an angel in the flesh and a wonderworker, our God-inspired Father Theodore. By fasting, vigils and prayer, you received heavenly gifts. You cure the sick and the souls of those who run to you in faith. Glory to Him who gave you this power! Glory to Him who crowned you! Glory to Him who through you performs healings for all.

OR TROPARION OF THEODORE (*Tone 3*)

O Theodore, sanctified father, who glorified the most holy Word, you appeared as a gift of holiness. From the treasury of God, you pour forth true sanctification upon those who ask you as they sing: "O venerable father, entreat Christ our God to grant us His great mercy!"

v. Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

TROPARION OF THE ASCENSION (*Tone 4*)

You ascended in glory, O Christ our God, and gladdened Your disciples by the promise of the Holy Spirit. Through Your blessing, they were confirmed in their belief that You are the Son of God, the Redeemer of the world!