Saint Theodore of the Hair Shirt

April 20

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: #25} \]

Ἐν σοὶ Πάτερ ἀκριβῶς

n thee the image was preserved with exactness, O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it
is immortal. Wherefore, O righteous Theodore, thy spirit rejoiceth with the___ Angels.