

**Also on the 10<sup>th</sup> Day of October**

**✠ The Commemoration of the Repose of our Venerable Father  
Ambrose, Elder of Optina and Wonderworker of All Russia.**

**Small Vespers <sup>1</sup>**

**At “Lord I call...,” 6 stichera, in Tone 6:**

**R**ejoice, O ye multitude of monastics /  
And ye who love ascetic labors, /  
Hasten to honor him who has preceded you in the way of virtue, /  
Our venerable father Ambrose of Optina, /  
Given by God as a model of perseverance, /  
A light for all who desire to follow Christ, ///  
That they may obtain His great mercy. *(twice)*

**R**ejoice, O ye people /  
For a new star has risen in these latter times /  
By whom God illumines those on earth /  
Who sit in misery in the shadow of death. /  
For our venerable father Ambrose cries out to all: /  
“Come to the light of Christ ///  
Who grants to all His great mercy.” *(twice)*

**R**ejoice, O ye powers of heaven /  
And welcome him who now sings together with you the praise and glory of God: /  
Ambrose, the humble monk of Optina /  
Who, being sanctified by the Holy Spirit /  
Was given to us as a new apostle and prophet /  
Instructing all by the example of his life ///  
That we may follow Christ who grants all His great mercy. *(twice)*

**Glory..., in the same Tone:**

**O** holy father Ambrose, /  
The sweet fragrance of thy virtues fills the Church as it honors thee today, /  
And the assembly of angels exults in heaven for they have seen /  
How, for the love of God, thou hast shed abundant tears /  
To water our human hearts burnt by despair. /  
Thou, O father, hast truly followed Christ /

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<sup>1</sup> Small Vespers are taken from an anonymous manuscript “adapted from a service to St. Silouan the Athonite, printed in *Orthodox Word*.”

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And treasured as a precious pearl His holy name in thy heart; /  
And the Holy Spirit who testified to the truth of thy salvation /  
Enabled thee to love all men. ///  
So, together with thee, we the faithful honor and praise the Most Holy Trinity.

**Now and ever..., Dogmatic Theotokion, in the same Tone:**

**W**ho will not bless thee, O Most Holy Virgin? /  
Who will not sing of thy most pure childbearing? /  
The Only-begotten Son shone timelessly from the Father, /  
But from thee He was ineffably incarnate; /  
God by nature, yet man for our sake; /  
Not two persons, but one in two natures. /  
Entreat Him, O pure and all-blessèd Lady, ///  
To have mercy on our souls.

**The Prokeimenon of the day.**

**At the Aposticha, these stichera, in Tone 4:**

**C**ome, O ye faithful, /  
And let us praise this son of the Russian lands, /  
Our holy father Ambrose of the Optina Hermitage, /  
Who, with zeal in the Spirit waged the ascetic war, /  
And intercedes now for us before the All-holy Trinity ///  
Who grants the world peace and great mercy.

*Verse:* Precious in the sight of the Lord is the death of His saints.

**O** luminous cloud of the virtues; /  
Soldier of the wilderness; /  
Instructor of pious monastics and protector of those in despair; /  
Strength of those who fight against the demons; /  
Support of those who stumble and speedy recovery of those who fall; /  
Strengthen by thy pleasing prayers to Christ our God ///  
All who lovingly honor thy holy memory.

*Verse:* Blessèd is the man who fears the Lord, who greatly delights in His commandments.

**R**ejoice, O venerable father Ambrose, /  
Who livest now amidst the choirs of angels in heaven /  
Since on earth thou hadst been their companion /

VENERABLE FATHER AMBROSE OF OPTINA

And wast judged worthy of the intercessions of the Mother of God. /  
Truly, thou didst contemplate through thine earthly eyes the Living Christ; /  
Then, being enflamed with divine love thou didst submit thyself to the radiant  
grace of the Holy Spirit, /  
Who led thee over the snares and the gloomy abyss of evil on to the way of blessed  
joy ///  
To contemplate the glory of God before tasting thine earthly death.

**Glory..., in Tone 6:**

**T**hou didst preserve thine image unblemished and unharmed /  
And through fasting enabled thy mind to master the devious passions, /  
And now thou hast ascended to the heights and attained to the likeness of God, /  
For truly, thou didst valiantly make thy lower nature servant to the higher, /  
And didst enslave the flesh to the spirit; /  
Therefore, O elder Ambrose, thou hast become an instructor of monastics, /  
Their teacher of the true life, and the rule of virtues. /  
Gazing no longer through a dark mirror, O father Ambrose, ///  
Thou standest now before the Holy Trinity interceding for those who with faith and  
love honor thee.

**Now and ever..., Theotokion, in Tone 6:**

**R**ejoice, O Virgin, /  
For thou didst receive in thy womb the Joy of the world, /  
Christ, the Giver of life, ///  
Who hath eased the grief of our first mother, Eve.

**The Troparion of St. Ambrose, in Tone 5:**

**W**e hasten to thee as to a well-spring of healings, /  
O Ambrose, our father, /  
For truly, thou dost guide us onto the path of salvation; /  
Thou dost preserve us from all danger and misfortune through thy holy prayers; /  
Thou dost console those with bodily and spiritual infirmities; /  
And even more, thou dost teach humility, patience, and love to thy spiritual flock. /  
Beseech Christ, the Lover of mankind and our fervent intercessor, the Theotokos, ///  
For the salvation of our souls.

**Glory..., now and ever..., Theotokion, in the same Tone:**

**R**ejoice, O impassible gate of the Lord! /  
Rejoice, O wall and protection of those who run to thee! /

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Rejoice, O unshakeable refuge! /  
Rejoice, O Virgin Mother of thy God and Creator! ///  
Cease not to pray for those who praise and worship Thy Son!

### Great Vespers

**After the Introductory Psalm, “Blessed is the man...,” the first Kathisma.**

**At “Lord I call...,” 8 stichera,**

**4 stichera, in Tone 8: *To the melody, “O most glorious wonder...”***

**T**oday the monastery of the Entrance of the Theotokos celebrates /  
As it glorifies her great and ven’rable son, /  
Ambrose the wonderworker and elder of Optina, /  
Who zealously gird himself for battle there, and ascended the spiritual ladder ///  
To shine like a blazing and radiant star over all the earth.

**C**ome, all ye faithful, /  
And let us rightly honor the glorified elder of God, /  
And worthily sing these hymns of praise to him: /  
O venerable father Ambrose /  
Our prayerful intercessor before the heavenly throne of God /  
Forget us not, thy poor and humble children, /  
As we entreat thy rich and bountiful aid ///  
To deliver us from every need and sorrow.

**W**hat shall we call thee, O ven’rable father Ambrose? /  
Who, by thy great deeds attained the summit of holiness /  
And the height of perfection; /  
Who lived on earth the life of an angel and a heavenly man; /  
Who dwellest now in the mansions of the King of all, /  
And beholds His ineffable beauty and goodness; ///  
And who now sings with the angels the great Thrice-holy hymn to the One  
God in Trinity!

**A**s we celebrate the memory /  
Of our God-bearing father and teacher of piety, /  
Ambrose the elder of Optina and worker of miracles, /  
Let us the faithful glorify him with this song of praise: /  
Blessèd art thou, O our venerable father /  
Who hast fulfilled all the commandments of Christ /

And art now glorified in the assembly of all the saints /  
Where thou dost behold and contemplate the glory of God ///  
Who hast so glorified thee.

**And 4 stichera, in Tone 2: To the melody, "Down from the tree..."**

**Who** can relate thy labors and sufferings, O holy father Ambrose, /  
Which thou didst bear for the sake of Christ, the King of all? /  
For thou art truly an example of patience, fasting, and humility; /  
A champion of chastity, obedience, and simplicity, /  
Through which thou didst enrich thy soul while attaining the gifts of the Holy  
Spirit ///  
Which givest Life to every soul.

**Thou** didst bless and glorify the Lord at all times during thy sojourn on the earth, /  
Both in times of sorrow and joy, /  
The praise of God was continually on thy lips; /  
And when the meek and infirm heard thy words, they greatly rejoiced. /  
For thou didst eagerly seek the Lord and He heard thy call /  
And He delivered thee from all thy cares. /  
So let us, the faithful be thus illumined, and let us come before the Lord ///  
That our faces should never be ashamed.

**O** father Ambrose, thou holy favorite of God, /  
Thou chosen vessel of grace and zealous defender of the Orthodox Faith, /  
By whose life thy hermitage of Optina has been glorified /  
Bringing joy to all the ends of the earth; /  
We have all acquired a haven of defense and confirmation through thee. /  
Pray now to our Lord and most merciful God that He may save our souls.

**O** father Ambrose, sanctified by God, /  
Thou didst disdain the cares and falsehoods of this world; /  
Boldly didst thou don the monastic robes /  
Putting off the old man and quenching the burning arrows of the enemy, /  
Thou didst preserve thy soul intact as the apple of thine eye. ///  
Therefore, we all glorify thee.

**Glory..., in Tone 1:**

**O** come, ye assembly of monastics /  
And let us honor the memory of our God-bearing father Ambrose with songs of  
praise /

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For he has flourished like a palm tree in the house of God /  
And has blossomed like a fragrant and unfading bloom, ///  
And now he stands before the King of heaven, and intercedes for our souls.

**Now and ever..., Dogmatic Theotokion, in Tone 1:**

Let us praise Mary, the Virgin, /  
The gate of heaven, the glory of the world /  
The song of angels, the beauty of the faithful. /  
She was born of man, yet gave birth to God, /  
She was revealed as the heaven, as the temple of the Godhead, /  
She destroyed the wall of enmity, /  
She commenced the peace, she opened the kingdom, /  
Since she is our foundation of faith. /  
Our defender is the Lord whom she bore. /  
Courage, courage, O people of God, /  
For Christ will destroy our enemies ///  
Since He is all-powerful.

*Or, on Saturday evening or Friday evening the Dogmatic Theotokion in the Tone of the Week*

**The Entrance and the Prokeimenon of the day.**

**Three Readings:**

**The Reading from the Wisdom of Solomon (5:15-6:3)**

<sup>5:15</sup>...The righteous live for evermore; their reward also is with the Lord, and the care of them is with the Most High. <sup>16</sup>Therefore shall they receive a glorious kingdom and a beautiful crown from the Lord's hand; for with His right hand shall He cover them, and with His arm shall He protect them. <sup>17</sup>He shall take to him His zeal for complete armor and make the creation His weapon for revenge upon his enemies. <sup>18</sup>He shall put on righteousness as a breastplate and indifferent judgment instead of a helmet. <sup>19</sup>He shall take holiness for an invincible shield. <sup>20</sup>His severe wrath shall he sharpen for a sword, and the creation shall fight with him against the unwise. <sup>21</sup>Then shall the right aiming thunderbolts go abroad; and from the clouds, as from a well-drawn bow, and they shall fly to the mark. <sup>22</sup>And hailstones full of wrath shall be cast out as a stone bow, and the water of the sea shall rage against them, and the floods shall cruelly drown them. <sup>23</sup>Yea, a mighty wind shall stand up against them, and like a storm shall blow them away; thus iniquity shall lay waste the whole earth, and ill dealing shall overthrow the thrones of the mighty.

<sup>6:1</sup>Hear therefore, O ye kings, and understand; learn, ye that be judges of the ends of the earth. <sup>2</sup>Give ear, ye that rule the people, and glory in the multitude of nations. <sup>3</sup>For power is

given to you of the Lord, and sovereignty from the Highest, who shall try your works, and search out your counsels.

**The Reading from the Wisdom of Solomon (3:1-9):**

<sup>3:1</sup>The souls of the righteous are in the hand of God, and there shall no torment touch them. <sup>2</sup>In the sight of the unwise they seemed to die: and their departure is taken for misery, <sup>3</sup>and their going from us to be utter destruction: but they are in peace. <sup>4</sup>For though they be punished in the sight of men, yet is their hope full of immortality. <sup>5</sup>And having been a little chastised, they shall be greatly rewarded: for God proved them, and found them worthy for Himself. <sup>6</sup>As gold

in the furnace hath He tried them and received them as a burnt offering. <sup>7</sup>And in the time of their visitation they shall shine, and run to and fro like sparks among the stubble. <sup>8</sup>They shall judge the nations, and have dominion over the people, and their Lord shall reign forever. <sup>9</sup>They that put their trust in Him shall understand the truth: and such as be faithful in love shall abide with Him: for grace and mercy is to His saints, and He hath care for His elect.

**The Reading from the Wisdom of Solomon (4:7-15)**

<sup>4:7</sup> The righteous man, though he die early yet shall he be at rest. <sup>8</sup>For old age is not honored for length of time, nor is it measured by number of years; <sup>9</sup>but wisdom is gray hair for men, and a blameless life is ripe old age. <sup>10</sup>There was one who pleased God and was so beloved of Him, that while living among sinners he was taken up. <sup>11</sup>He was caught up lest evil change his understanding or guile deceive his soul. <sup>12</sup>For the fascination of wickedness

obscures that which is good, and roving desire perverts the innocent mind. <sup>13</sup>Being so perfected in a short time, he fulfilled long years; <sup>14</sup>for his soul was pleasing to the Lord; therefore He took him quickly from the midst of wickedness. <sup>15</sup>Yet this the peoples saw and did not understand, neither did they take such a thing to heart, that God's grace and mercy are upon His holy ones, and He hath care for His elect.

**At the Litya, the stichera to the temple, and this of the Saint, in Tone 6:**

O our holy and ven'erable father Ambrose, /  
Thou divinely-wise teacher of monastics; /  
Staff of the infirm and support of the suffering; /  
Example of faith and piety; /  
Preacher of patience and humility; /

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Prayerful intercessor for all Orthodox Christians /  
Who honor thy precious memory on this day /  
And with faith and love come before thee and with boldness cry aloud to thee: ///  
Entreat Christ our God that our souls may be saved.

**Glory..., Tone 8:** *(from Lord, I call...)*

**C**ome, all ye faithful, /  
And let us rightly honor the glorified elder of God, /  
And worthily sing these hymns of praise to him: /  
O venerable father Ambrose /  
Our prayerful intercessor before the heavenly throne of God /  
Forget us not, thy poor and humble children, /  
As we entreat thy rich and bountiful aid ///  
To deliver us from every need and sorrow.

**Now and ever..., Theotokion, in the same Tone:**

**O** Virgin unwedded, Mother of God on high, /  
Thou hast ineffably conceived God in the flesh. /  
Accept the entreaties of thy servants, O most immaculate one, /  
And grant unto us all the purification of our transgressions /  
And do thou, who hears our entreaties, ///  
Pray for us all to be saved.

**At the Aposticha, these stichera, in Tone 5:** *To the melody, "Rejoice, O life-bearing Cross..."*

**C**ome, all ye people /  
And let us sing a song of praise to the teacher of the salvific way of life /  
And the well-spring of the love of Christ, /  
Our great elder Ambrose, the wise; /  
A guide for all monastics, /  
The feeder of the hungry and the helper of the distressed, /  
And the refuge for all Christians. /  
Accept the petitions of thy faithful children, O favorite of God, ///  
As we honor thy blessed memory.

**Verse:** Precious in the sight of the Lord is the death of His saints.

**A**s we celebrate thy holy memory, O ven'erable one, /  
We thankfully offer thee hymns of praise, /  
For thou knowest the needs of thy children who are weighed down by sorrow /



And grants us thy help from above, /  
Thou shieldest us from every assault of the demonic hosts, ///  
Granting us all great mercy.

*Verse:* Blessed is the man who fears the Lord, who greatly delights in His  
commandments.

**L**et us all come, O brethren, before Ambrose, the shining light of truth, /  
And be illumined by his spiritual teachings, /  
And with faith, let us cry aloud: ///  
Accept our prayers and deliver us from every danger and sorrow.

**Glory..., in Tone 8:**

**O** holy father Ambrose, /  
Instructor of all who come to thee /  
And mentor of all in the Love of God, /  
Who givest food to those who hunger and drink to those who thirst, /  
Godly correction of the sinner and wise teacher of the ignorant: /  
Look down upon us, thy children, ///  
As we honor thy holy memory.

**Now and ever..., Theotokion, in the same Tone:**

**O** Virgin unwedded, Mother of God on high, /  
Thou hast ineffably conceived God in the flesh. /  
Accept the entreaties of thy servants, O most immaculate one, /  
And grant unto us all the purification of our transgressions /  
And do thou, who hears our entreaties, ///  
Pray for us all to be saved.

**After the Blessing of the loaves, the Troparion of St. Ambrose, in Tone 5:**

**We** hasten to thee as to a well-spring of healings, /  
O Ambrose, our father, /  
For truly, thou dost guide us onto the path of salvation; /  
Thou dost preserve us from all danger and misfortune through thy holy prayers; /  
Thou dost console those with bodily and spiritual infirmities; /  
And even more, thou dost teach humility, patience, and love to thy spiritual flock. /  
Beseech Christ, the Lover of mankind and our fervent intercessor, the Theotokos, ///  
For the salvation of our souls.

**Now and ever..., Theotokion:** “Rejoice, O Virgin Theotokos...”

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**Matins**

**At “God is the Lord...” the Troparion of the Saint, in Tone 5:**

We hasten to thee as to a well-spring of healings... *(twice)*

**Glory..., now and ever..., Theotokion, in the same Tone:**

**Rejoice**, O impassible gate of the Lord! /  
Rejoice, O wall and protection of those who run to thee! /  
Rejoice, O unshakeable refuge! /  
Rejoice, O Virgin Mother of thy God and Creator! ///  
Cease not to pray for those who praise and worship Thy Son!

**After the 1<sup>st</sup> Kathisma, the Sessional Hymn, in Tone 8:**

**T**oday the holy Church celebrates thy precious memory, /  
O our venerable father Ambrose /  
And it glorifies the great deeds thou didst accomplish in thine earthly life; /  
For truly, thou wast a river of the grace of the Holy Spirit /  
That healed the physical and spiritual infirmities /  
Of those who came to thee with hope and faith. /  
Therefore, we now ceaselessly call upon thee ///  
To beseech Christ our God that our souls may be saved.

**Glory..., now and ever..., Theotokion, in the same Tone:**

**O** Lady Theotokos, Ever-virgin Mary, /  
The refuge and hope of all Christians, /  
Despise not the prayers of thy servants /  
As we ask for thy help and protection /  
Being the Mother of Christ our God, the Creator of all, /  
For we magnify Him who was born of thee; /  
And we cry to thee, O most pure Lady: /  
Rejoice, O blessed Bride of God, ///  
Rejoice, O source of great mercies and the salvation of our souls.

*[Now, a reading from the Life of St. Ambrose may be read.]*

**After the 2<sup>nd</sup> Kathisma, the Sessional Hymn, in Tone 1:**

**T**hou didst bring together souls from every corner of thy native land /  
By thy love for Christ, /  
Teaching to all the virtues of the Christian life, /  
Instilling the tenets of patience and humility in the souls seeking salvation. /

And now, thou dost assist us all /  
Through thy prayers before the King of kings and the Lord of eternal life /  
That He may have mercy on His unworthy servants ///  
And that He may save our souls.

**Glory..., now and ever..., Theotokion, in the same Tone:**

**T**he angels extol thee unceasingly, /  
O Theotokos, /  
For thou hast ineffably conceived within thy womb, /  
Their creator and fashioner and our God, /  
And hast given birth without knowing wedlock to the Savior and Redeemer of all. /  
So we implore thee to beseech Him to grant healing to all and peace to the world, /  
So that we may ever sing to thee: /  
Rejoice, O joy of all generations! ///  
Rejoice, O Virgin Mother of God, the praise of all Christians!

**Polyeley and Magnification:**

**W**e bless thee, // O venerable father Ambrose, / and we honor thy holy memory, /  
instructor of monastics / and converser with the angels!

*Selected Psalm verses:*

**P**recious in the sight of the Lord is the death of His saints.  
**I** waited patiently for the Lord; He inclined to me and heard my prayer.

**After the Polyeley, the Sessional Hymn, in Tone 8:**

**C**ome, O ye faithful, and let us worthily praise /  
Ambrose, our venerable father of Optina, /  
The wonderworker of the Russian lands, /  
Who ascended the spiritual ladder to the mansions on-high /  
Giving praise to God by perfecting the soul-saving virtues for His sake. /  
So in the humility of our hearts let us sing to him:  
Rejoice, O holy father Ambrose! ///  
Rejoice, our teacher along the path of grace!

**Glory..., now and ever..., Theotokion, in the same Tone:**

**L**ook down, O all-pure and immaculate Virgin Mary, /  
Upon the prayers and supplications of thy servants /  
As we faithfully sing thy praises at thy holy shrine: /  
Rejoice, O all-praised Theotokos Mary, full of grace! /  
Rejoice, our confirmation and salvation! /

Rejoice, for thou didst illumine our race with the ineffable Light of thy Son and our God! /

Rejoice, for through thee He has destroyed the deceit of the demons! /

Rejoice, for thou hast opened for us the path to heaven! ///

Rejoice, O Ever-virgin Bride of God!

**1<sup>st</sup> Antiphon of the 4<sup>th</sup> Tone (The Song of Ascents),** “From my youth...”

**Prokeimenon, in Tone 4:**

**Precious** in the sight of the Lord / is the death of His saints. *Verse:* What shall I render to the Lord for all His bounty to me?

**Gospel:** (43) Matthew 11:27-30

**After Psalm 50 (51), the Post-Gospel sticheron of the Saint, in Tone 6:**

**O** God-bearing father Ambrose, /  
Thou didst emulate Christ in thy way of life /  
And didst acquire the gifts of the Spirit: /  
Love, peace, joy, patience, and holiness, /  
Compassion, temperance, humility, and faith. /  
Thou didst crucify the temptations and passions, /  
And carried the burdens of others upon thy shoulders. /  
Thus, thou didst follow the commandments of Christ. /  
O most worthy and blessed father Ambrose, ///  
Pray for the salvation of our souls.

### **The Canon**

**The Supplicatory Canon to the Theotokos (*Paraklesis*), with 6 troparia, including the irmos, and that of the Saint, with 8 troparia.**

### **Ode 1**

#### **The Supplicatory Canon to the Theotokos, Tone 8**

***Irmos:** Having crossed the water as though it were dry land and escaped from the wickedness of the Egyptians, the children of Israel cried aloud: Let us sing to our Redeemer and our God.*

***Refrain:** Most Holy Theotokos, save us!*

**Distressed** by many temptations, I flee to thee, seeking salvation. O Virgin and Mother of the Word, deliver me from my burdens and afflictions.

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**T**he increase of passions troubles me and fills me with great distress. Calm my soul, O Maiden, by the peace of thy Son and God, O all-blameless one.

**I** implore thee who gavest birth to our Savior and God, O Virgin: deliver me from perils, for, fleeing now unto thee for refuge, I lift up both my soul and my thoughts before thee.

**A**iling am I in body and soul; do thou vouchsafe me the divine visitation and thy care, O thou who alone art the Mother of God, for thou art good and the Mother of the Good One.

**The Canon of the Saint, Tone 8**

*Irmos:* *The staff of Moses performed miracles, striking the sea like the Cross, submerging Pharaoh with his chariots, saving the Israelites in their flight as they sang a song of victory.*

*Refrain:* Venerable father Ambrose, pray to God for us!

**T**he Church celebrates and worthily honors thy holy memory, and she joyfully sings thy praises, as she glorifies God who is wondrous in His saints.

**T**hou didst come to know the sweetness of the life in Christ, and left behind all earthly cares without ever looking back, dedicating thyself completely to God.

**W**ho can describe the greatness of thy deeds which thou didst accomplish for the sake of the heavenly kingdom, confirming thy soul by fasting, keeping vigil and thy constant prayer.

**G**lory...,

**T**hou didst go from strength to strength by fulfilling the commandments of Christ and acquiring the virtues of the Holy Spirit, through whose action, thou didst save the souls of many followers of Christ.

**N**ow and ever..., Amen.

*Theotokion:* **O** Ever-virgin Mary, Theotokos, mercifully stretch forth thy right hand and beseech thy Son and God, for I am grievously wounded, and have thee as my only hope. O be merciful to me and help me!

*Katavasia:* "I shall open my mouth..."

**Ode 3**

**The Supplicatory Canon to the Theotokos**

*Irmos:* **O** Lord, Creator of the vault of heaven and Founder of the Church,

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*strengthen me in Thy love, for Thou art our supreme desire and the support of the faithful, O Thou who lovest mankind.*

**I** have thee as the protection and intercession of my life, O Virgin, Mother of God. Pilot me to thy haven, O giver of blessings, O support of the faithful, O thou only all-praised one.

**I** pray thee, O Virgin, to dispel the tumult of my soul and the storm of my grief; for thou, O Bride of God, hast given birth to Christ, the Prince of Peace, O only immaculate one.

**P**our forth on us from the wealth of thy generosity, O thou who hast brought forth the Benefactor and Cause of all good; for thou canst do all things, O blessed one of God, since thou didst bear Christ, the One mighty in power.

**I** am tortured by grievous sicknesses and morbid passions. Help thou me, O Virgin, for I know thee, O all-blameless one, to be an inexhaustible treasury of unailing healing.

### **The Canon of the Saint**

*Irmos:* *Thou didst establish the heavens in wisdom; Thou didst set the earth upon the waters. Now establish me on the rock of Thy commandments. None is as holy as Thou, O Lover of man.*

**B**y submitting thy will to strict obedience, thou didst rid thyself of the passions of fallen Adam and gave thyself over completely to the rule of the wise elders and fathers of the Hermitage, and thus, grew wise in spiritual wisdom.

**T**hy pure soul strove to attain the beauty of chastity, and through the power of thy repentance, thou didst cast off the old man, and growing in spiritual might, thou didst put on Christ.

**T**hou didst despise the riches of this temporal life becoming a stranger and pilgrim on the earth seeking the path to the city in heaven. Therefore, the Master Himself led thee into His chamber of glory.

**A**s Christ God enriched thee with the gift of working miracles and healing infirmities, forsake us not, for we are in need of thy gracious aid.

*Theotokion:* **T**hou art our refuge and our hope, O Queen of all the world! Help us in thy com-*passion*, O good Lady, and save thy faithful Orthodox flock from every danger and calamity.

*Katavasia:* “O Theotokos, living and abundant fountain...”

**The Sessional Hymn, in Tone 4:**

The assemblies of monastics praise thee, /  
O holy father Ambrose, /  
And we glorify thy precious memory /  
As we honor thy venerable and God-pleasing life /  
And the streams of miracles that thou dost continue to show. /  
Therefore, with one voice we sing aloud to thee: ///  
By thy prayers, save us, O Ambrose, our father! *(twice)*

**Glory..., now and ever..., Theotokion, in the same Tone:**

**W**e run to thy gracious compassion, /  
O Lady Theotokos, /  
And we entreat thee not to despise, but to hear our prayers /  
And speedily deliver us from every danger and sorrow that encompass us, /  
For thou art the only hope of the Christian people, ///  
And we all flee to thee that we may be saved.

**Ode 4**

**The Supplicatory Canon to the Theotokos**

***Irmos:** I have heard the mystery of Thy dispensation, O Lord; I have considered Thy works and glorified Thy Godhead.*

**O** Bride of God, who gavest birth to the Lord and Master, still thou the turmoil of my passions and the stormy seas of my sins.

**O**, bestow thy compassion on me, thy servant, out of the depths of thy tender mercy; for thou didst give birth to the Compassionate One, the Savior of all those who praise thee.

**W**hile delighting in thy gifts, O immaculate one, we sing a song of thanksgiving to thee, knowing thee to be the Mother of God.

**A**s I lie on the bed of my pain and infirmity, do thou help me, as thou art a lover of goodness, O Ever-virgin Mary Theotokos.

**H**aving thee as our staff and hope, and as our salvation's unshakable defense, we are then delivered from all adversity, O thou all-praised one.

**The Canon of the Saint**

***Irmos:** Thou art my strength, O Lord, my God, my power, my joy; without leaving Thy Father's bosom Thou hast visited our wretchedness. So with the prophet Habakkuk I cry to Thee: Glory to Thy Power, O Lover of mankind!*

**T**hou art a chosen vessel of the Holy Spirit, O father, which pours forth streams of miracles. O accept our prayers and heal us of the wounds of our passions and sins.

**O** thou who hast mastered the salvific power of prayer, teach us to pray for the benefit of our souls to the most merciful Lord, the Redeemer of all.

**I**nstill in us, thy faithful flock, the true Orthodox faith, for we know thee to be a disciple of Christ.

**W**hat shall we offer thee, O most blessed father Ambrose, for all that thou hast given us, thy faithful children, who honor now thy holy memory?

*Theotokion:* **T**he Word of God came forth ineffably from thy precious womb, O Birth-giver of God! Beseech Him now, O Lady, that He may save those who sing: Glory to Thy power, O Lord!

### **Ode 5**

#### **The Supplicatory Canon to the Theotokos**

*Irmos:* **E**nlighten us by Thy commandments, O Lord, and by Thine uplifted arm grant us Thy peace, O Lover of mankind.

**F**ill my heart with gladness, O pure Lady, with thine incorruptible joy, for thou didst bear the Cause of all Joy.

**D**eliver us from dangers, O pure Theotokos, who gavest birth to Eternal Redemption, and to the Peace that passes all understanding.

**D**ispel the darkness of my sins by the radiance of thy splendor, O Bride of God, for thou didst bear the divine and pre-eternal Light.

**H**eal the infirmity of my soul, O pure Lady, when thou hast deemed me worthy of thy visitation, and grant me health by thy blessed intercessions.

#### **The Canon of the Saint**

*Irmos:* **W**hy hast Thou cast me away from Thy face, O never setting Light? Why has this dismal darkness covered me, the wretched one? Guide me in return to the light of Thy commandments, I pray Thee.

**T**ake away from us the darkness of our transgressions by the light of thy teachings, and establish us on the bright path of the commandments of God.

**T**hou art a great and new star illumining the whole world from thy native land with the light of divine love. Enlighten us all, thine unworthy flock, with the light of the commandments of Christ.



**T**hou didst love thy neighbor and took up his burden of sins and sorrows upon thyself. So may the light of truth enable our steps to follow the commandments of Christ.

**T**hou didst inherit the Kingdom of heaven, there to ceaselessly sing the praises and joyfully behold the ineffable goodness of God.

*Theotokion:* **T**he saints, strengthened by thine intercessions, O spotless Ewe-lamb and divine Maiden Mary, defeated the power of the demons. Likewise, swiftly come to our aid as we beseech thee, O Lady, that all the servants of evil may fall down, ashamed, before thee.

### Ode 6

#### The Supplicatory Canon to the Theotokos

*Irmos:* **I** will pour out my prayer before the Lord; I will make known to Him my sorrow, for my soul has been filled with afflictions, and my life has drawn near to hell, and like Jonah I will pray: O God, raise me up from corruption.

**M**y nature, held by corruption and death, hath He saved out of death and corruption; for unto death hath He submitted Himself. Wherefore, O Virgin, do thou intercede with Him Who is thy Lord and Son, to deliver me from the wickedness of the enemy.

**I** know thee as the protection of my life, and most safe fortress, O Virgin; disperse the horde of temptations, and drive away demonic vexation. Unceasingly I pray to thee: Deliver me from the corruption of passions!

**We** have acquired thee as a wall of refuge, and the perfect salvation of our souls, and a relief in afflictions, O Maiden, and we ever rejoice in thy light. O Sovereign Lady, do thou also now save us from passions and dangers.

**B**edridden, I lie supine with sickness now and there is no healing for my flesh; but to thee, O good one who gavest birth to God, the Savior of the world and the Healer of infirmities, I pray: Raise me up from the corruption of illness.

#### The Canon of the Saint

*Irmos:* **C**leanse me, O Savior, for many are my transgressions, and lead me from the depths of evil, I pray Thee, and I cry: Hear me, O God of my salvation.

**B**e thou the sure intercessor for all you come to thee for aid against all calamities and sorrows, O our father and great elder Ambrose of Optina.

**D**eliver us from the crafty attacks of the evil spirits and lead us from the depths of sin, that Christ our God may cleanse us from our transgressions and that He may

save our souls.

**H**ow shall we describe thy great deeds to all the suffering and needy people? How shall we sing thee worthy songs of thanksgiving? Oh, accept these songs of praise from us, thy grateful and unworthy flock.

**V**isit our infirmities in thy compassion, and heal our spiritual sores by the power granted thee by grace from above, O Ambrose, that we may arise from the deadly slumber of sin.

*Theotokion:* **W**e praise thee as the Mother of God, O pure Lady, for thou hast given birth to Him who has taken flesh from thee in thy womb.

*Katavasia:* “Let us clap our hands in gladness...”

### **The Kontakion of St. Ambrose, in Tone 2:**

**H**aving fulfilled the commandments of the Chief Shepherd, Christ, /  
Thou didst inherit the grace of eldership /  
And didst love in thy heart all who hastened to thee in faith. /  
Therefore we, thy children, lovingly cry out to thee: /  
O our holy father Ambrose of Optina, ///  
Beseech Christ our God that our souls may be saved.

*Ikos:* Thou didst live a life pleasing to God and illumined all of Russia, thy homeland, with the light of grace, leading a multitude of monastics to Christ, and nourishing thy countless flock as a loving and merciful father. Therefore, commemorating this day of thy repose, with humble thanks we cry aloud out to thee: Rejoice, O champion of piety who received the rich gifts from the bounty of the Holy Spirit! Rejoice, O summit of humility and patience, which thou dost impart to thy faithful flock! Rejoice, O fruitful tree that nourishes multitudes of those seeking for eternal life! Rejoice, O fragrant blossom of divine love that comforts the sorrowful and the infirm! Rejoice, well-spring of flowing miracles that heals the sick and saves the floundering! Rejoice, our zealous intercessor before the Judge of all! Rejoice, our helper in times of need! Rejoice, O father Ambrose, wise in God, thou great elder of the Orthodox Church.

### **Ode 7**

#### **The Supplicatory Canon to the Theotokos**

*Irmos:* **T**he children of Judæa who dwelt of old in Babylon trampled underfoot the flames of the furnace by their faith in the Trinity, as they sang: Blessèd art Thou, O God of our fathers.

**H**aving willed to accomplish our salvation, O Savior, Thou didst dwell in the womb of the Virgin, and didst show her forth unto the world as its intercessor. Blessèd art Thou, O God of our fathers.

**P**ray to Him, the dispenser of mercy Whom thou didst bear, O pure Mother, and implore Him to deliver from all transgressions and defilements the souls of those who with faith cry out: Blessèd art Thou, O God of our fathers.

**A** treasury of salvation and a fountain of incorruption is she who gave Thee birth; a tower of safety, and a gate of repentance hast Thou proved her to those who cry: Blessèd art Thou, O God of our fathers.

**G**rant healing from physical weakness and spiritual infirmities to those who with love draw near to thy protection, O Virgin Theotokos, for thou gavest birth to Christ our Savior.

### **The Canon of the Saint**

*Irmos: Once, in Babylon, the fiery flames stood in awe before the condescension of God; and the children, dancing in the furnace as though in a meadow sang in joy: Blessèd art Thou, O Lord God of our fathers!*

**T**hou wast translated to the heavenly mansions where thou dost behold the indescribable glory of God and dost cry out to Him: Blessèd art Thou, O Lord God of our fathers!

**I**n the company of all the saints dost thou now glorify the most wise Creator and Lord of all crying out: Blessèd art Thou, O Lord God of our fathers!

**T**hou standest now together with all the angels and archangels before the countenance of the Almighty singing ceaselessly to God: Blessèd art Thou, O Lord God of our fathers!

**T**hou didst enter into the joy of the Lord having been His true and faithful servant while here on earth, and abiding now in heaven, thou dost ceaselessly cry aloud: Blessèd art Thou, O Lord God of our fathers!

*Theotokion: Behold, O Lady, the fetid sores that I myself have inflicted on my soul, wretch that I am. I cannot relieve the pain of my sins and barely alive, I cry out to thee: Entreat the merciful God and the Physician of all on my behalf by thy maternal inter-cessions that I may ever sing: Blessèd, O Lady, is the Fruit of thy womb!*

### **Ode 8**

#### **The Supplicatory Canon to the Theotokos**

*Irmos: The King of heaven whom the hosts of angels praise, let us praise and*

*exalt throughout all ages.*

**D**isdain not those who need thy help, O Virgin, and who hymn and supremely exalt thee unto all ages.

**T**hou healest the infirmities of my soul and the pains of my body, O Virgin, that I may glorify thee, O pure one, unto all ages.

**T**hou pourest forth a wealth of healing, on those who with faith sing praises unto thee, O Virgin, and who supremely exalt thine ineffable Childbearing.

**T**hou drivest away the assaults of temptations, and the attacks of the passions, O Virgin; Therefore, we sing thee hymns unto all ages.

### **The Canon of the Saint**

*Irmos: The Chaldean torturer became enraged; he ordered the furnace to be heated sevenfold; but seeing the godly youths saved by a greater might, he sang to the Creator and Redeemer: Bless Him, O ye children, praise Him, O ye priests, exalt Him throughout all ages!*

**T**he Church celebrates thy blessed memory, O all-praised father Ambrose, and it joyfully sings: Let all creation bless the Lord; praise and exalt Him throughout all ages!

**T**he great multitude of monastics assembled today at the Optina Hermitage bless thy honorable memory and with great joy they sing: Let all creation bless the Lord; praise and exalt Him throughout all ages!

**P**astors, confessors, and teachers from every corner of the world come as pilgrims to thy hermitage at Optina to behold the place where thy virtues blossomed, O father Ambrose, and they sing: Let all creation bless the Lord; praise and exalt Him throughout all ages!

**T**he old and the young, the fit and the infirm, come to the House of the Lord to glorify our elder and our father, and they sing: Let all creation bless the Lord; praise and exalt Him throughout all ages!

***Let us bless the Father and the Son and the Holy Spirit, the Lord!***

*Theotokion:* **T**he waters of Life-giving grace flow from thee, O Most Holy Theotokos, washing away the corruption of evil from all the earth. May my heart be blessed to repose beside these waters and may my prayers be sprinkled with the dew of grace under the thy protection, O Lady.

***We praise, bless, and worship the Lord singing and exalting Him throughout all ages.***

*Katavasia:* “The Offspring of the Theotokos...”

*The Magnificat is sung:* “My soul magnifies the Lord...”

### Ode 9

#### The Supplicatory Canon to the Theotokos

*Irmos:* *Saved through thee, O pure Virgin, we confess thee to be truly Theotokos, and with the choirs of angels we magnify thee.*

**O** Virgin, who didst give birth to Christ, Who doth wipe away every tear from every face: turn not away from the torrent of my tears.

**O** Virgin, who didst receive the fullness of joy, and didst banish the grief of sin: fill my heart with joy.

**Be** thou the haven and protection, the unshakable wall, the refuge, the shelter, and the joy of those who flee to thee, O Virgin.

**I**lluminate with the rays of thy light, O Virgin, those who piously confess thee to be the Theotokos, and banish from them the darkness of ignorance.

**I** am brought low by mine afflictions and infirmities, but do thou, O Virgin, heal me, bringing me from illness into health.

#### The Canon of the Saint

*Irmos:* *The heavens were filled with fear, the ends the earth were filled with awe, for God revealed Himself in the flesh to men and thy womb became more spacious than the heavens, so the leaders of men and angels magnify thee, O Theotokos.*

**The** holy Church proclaims thy great deeds, O favorite of God, and it honors thy memory of thine angelic life.

**Look** down from heaven, O father Ambrose, upon thy faithful flock, and send down thy help upon us all, as we venerate thy holy image.

**Hear** the voice of our prayer, and mercifully visit the infirmities and sorrows of us, thy children, who with faith run to thee for help, O all-praised father Ambrose.

**We** fall down before thy feet with contrition of heart, O thou great elder Ambrose, and we implore thee with our prayer: Cease not to visit us, thy faithful flock who honor thy precious memory.

*Theotokion:* **W**hat shall we offer to thee, O Theotokos, or how shall we sinners praise thee? But accept our humble prayers as we beseech thee: Save us, thy servants, by thine intercessions, O Maiden full of grace, as we ceaselessly magnify thee!

*Katavasia:* “Let every earth-born exult...”

**Exapostilarion of the Saint:**

**T**hou didst earnestly accept the monastic life forsaking all earthly cares and glory, and thou didst enter the monastery of the Entrance of the Theotokos where thou didst flourish like a palm tree, O our venerable father Ambrose; and as we honor thy holy memory we cry to thee: Be thou our helper and defender in every time of danger and necessity.

**Glory..., now and ever..., Theotokion:**

**W**e cry to thee; Rejoice, O blessed Virgin Theotokos! For through thee we have become partakers of the pre-eternal joy, as thou ineffably gavest birth to our Life beyond all nature! For this, all generations call thee blessed as thou thyself didst foretell.

**At the Praises, 4 stichera, in Tone 6:**

**C**ome all ye faithful, /  
And let us praise the blessed memory /  
Of our great elder, Ambrose of Optina, /  
The great wonderworker of the Russian land /  
Who completed his journey on this earth /  
And entered into the Kingdom of heaven, /  
Where he beholds the ineffable beauty of Paradise /  
And together with the company of the bodiless hosts /  
He sings the Thrice-holy hymn ///  
To the One God in Trinity.

**L**et us rejoice, O ye faithful, /  
As we celebrate the luminous memory /  
Of our God-bearing elder Ambrose of Optina, /  
The great preacher of the love of Christ, /  
Whom God chose to be His vessel of Life-giving grace; /  
Let us praise him as we cry aloud: /  
Entreat God, O father Ambrose, that our souls may be saved

**O** most blessed father Ambrose, /  
Hearken to the voice of our prayer, /  
As we entreat thy mercy in our time of bodily and spiritual need. ///  
Come and help us as we honor thy precious memory.

**T**he holy Church celebrates thy holy festival, /

VENERABLE FATHER AMBROSE OF OPTINA

O father Ambrose, wise in God, /  
And it glorifies thy life here on earth /  
Which thou didst adorn with the virtues of Christ. /  
We entreat thee to be mindful of us in thy fervent prayers ///  
That Christ our God may save our souls.

**Glory..., in Tone 8:**

O holy father Ambrose, elder of Optina, /  
Help us and defend us as we cross over the depths of the sea of life, /  
For we know thee as a bountiful worker of miracles, /  
A good pastor bringing in a harvest of good deeds /  
A godly physician and healer of bodies and our souls, ///  
And a fervent intercessor before God for the salvation of our souls.

**Now and ever..., Theotokion, in the same Tone:**

Accept, O Sovereign Lady, /  
The prayers of us, thy servants, ///  
And deliver us from every danger and necessity.

**The Great Doxology, the Troparion of the Saint, the usual Litanies, and the Dismissal.**

**Liturgy**

**At the Beatitudes, 8 troparia: 4 from the Third Ode, and 4 from the Sixth Ode of the Canon of the Saint.**

- 1.** By submitting thy will to strict obedience, thou didst rid thyself of the passions of fallen Adam and gave thyself over completely to the rule of the wise elders and fathers of the Hermitage, and thus, grew wise in spiritual wisdom.
- 2.** Thy pure soul strove to attain the beauty of chastity, and through the power of thy repentance, thou didst cast off the old man, and growing in spiritual might, thou didst put on Christ.
- 3.** Thou didst despise the riches of this temporal life becoming a stranger and pilgrim on the earth seeking the path to the city in heaven. Therefore, the Master Himself led thee into His chamber of glory.
- 4.** As Christ God enriched thee with the gift of working miracles and healing infirmities, forsake us not, for we are in need of thy gracious aid.
- 5.** Be thou the sure intercessor for all you come to thee for aid against all calamities and sorrows, O our father and great elder Ambrose of Optina.

**6.** Deliver us from the crafty attacks of the evil spirits and lead us from the depths of sin, that Christ our God may cleanse us from our transgressions and that He may save our souls.

**7.** How shall we describe thy great deeds to all the suffering and needy people? How shall we sing thee worthy songs of thanksgiving? Oh, accept these songs of praise from us, thy grateful and unworthy flock.

**8.** Visit our infirmities in thy compassion, and heal our spiritual sores by the power granted thee by grace from above, O Ambrose, that we may arise from the deadly slumber of sin.

**The Troparion of the Saint, in Tone 5:**

We hasten to thee as to a well-spring of healings, /  
O Ambrose, our father, /  
For truly, thou dost guide us onto the path of salvation; /  
Thou dost preserve us from all danger and misfortune through thy holy prayers; /  
Thou dost console those with bodily and spiritual infirmities; /  
And even more, thou dost teach humility, patience, and love to thy spiritual flock. /  
Beseech Christ, the Lover of mankind and our fervent intercessor, the Theotokos, ///  
For the salvation of our souls.

**The Kontakion of the Saint, in Tone 2:**

Having fulfilled the commandments of the Chief Shepherd, Christ, /  
Thou didst inherit the grace of eldership /  
And didst love in thy heart all who hastened to thee in faith. /  
Therefore we, thy children, lovingly cry out to thee: /  
O our holy father Ambrose of Optina, ///  
Beseech Christ our God that our souls may be saved.

**The Prokeimenon, in Tone 7:** Precious in the sight of the Lord / is the death of His saints. *Verse:* What shall I render to the Lord for all His bounty to me?

**The Epistle:** (213) Galatians 5:22- 6:2

**The Alleluia, in Tone 6:** Blessèd is the man who fears the Lord, who greatly delights in His commandments. *Verse:* His seed shall be mighty in the land.

**The Gospel:** (24) Luke 6:17-23

**Communion Hymn:** The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings. Alleluia....