

Apr 20 Venerable Theodore Trichinas (*The Hair-shirt Wearer*).

TROPARION - Tone 3 (*none given in the Slav Menaion*)

O holy father Theodore, /
Thou wast truly a temple of abstinence and a vessel of
dispassion; /
Thou didst serve God by thy works and thy deeds /
And were found worthy of His precious gifts. ///
Pray to Christ God that He may grant us great mercy.

KONTAKION - Tone 4

O wise father Theodore, /
Thy life was resplendent with wonders: /
For by changing thy rags of cloth woven from hair /
Into robes more precious than any royal vesture, /
Thou didst receive the vestments of heaven. /
Therefore we beseech thee, O ven'erable one, ///
To ceaselessly pray on behalf of us all.