Stichera at the Praises
Ascension – 40 Days after Pascha

Let us who are in the world keep festival like the Angels,
and to God Who is borne upon a throne of glory
let us sing this hymn aloud: "Holy are You, O heavenly Father;
Holy are You, co-e-ter-nal Word;

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Holy are You, all holy Spirit.”

The leaders of the Angels witnessed the strangeness of Your ascent, O Savior,
and said to one another in perplexity: "What is this sight?
He Whom we see is human in form,
yet as God He rises far above the heavens

as ascending there in the flesh."

The men of Galilee saw You, O Word,

taken up from the mount of Olives in Your body,

and heard Angels crying out to them:
"Why do you stand gazing? This Jesus will come again in the flesh in the same way as you have seen Him."