VENERABLE THEODORA OF ALEXANDRIA (474 - 491)

Troparion - Tone 8

The image of God was truly preserved in thee,

O Mother, for thou didst take up the Cross and follow

Christ. By so doing thou hast taught us to disregard

the flesh for it passes away but to care instead

for the soul, since it is immortal. // Therefore thy

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spirit, venerable Theodora, rejoices with the angels.