In thee, O Mother was preserved unimpaired that which is according to God's image, for thou hast taken up the Cross and followed Christ.

By thine actions thou hast taught us to despise the flesh, for it passes away, but to care for the soul, which is a thing immortal; and so thy spirit, holy Mary, rejoiceth with the angels.

English text from: "The Lenten Triodion" translated by Mother Mary and Archimandrite Kallistos Ware, ©1977 Faber and Faber, London.

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