



■ Praying with Reverence

The Theotokos takes pleasure in the “Salutations”* “...and to you, rejoice!”

Father Tychon the Ascetic would say that a monk should alternate between **one hour of work and one hour of prayer.**

He also told of an incident that occurred in a Russian monastery regarding the Salutations to the Mother of God, for which he had great love.



“**T**here was a monk who recited the **Salutations twenty-four times every day.** **W**hen he would hear the clock strike the hour, he would begin. **A**nd indeed, each time he would repeat it with such reverence that it was if he were saying it for the first time. **O**ne day he heard a voice coming from the Icon saying: ‘**R**ejoice, O servant; and to you, rejoice!’”



Father Tychon would also read the Salutations many times a day with tears of compunction.



(*) Archimandrite Ioannikios Kotsones, *An Athonite Gerontikon* (Thessaloniki: Ekdoseis Hierou Hesychasteriou Hagiou Gregoriou Palama, 1999), p. 337.