



**Christ is on earth; be ye exalted!**

“God became man, in order  
that man may become God.”

(St. Athanasios the Great)



“The Lord received our flesh,  
and we must receive His flesh and the  
All-Holy Spirit, and preserve them forever.

Only such a union with our Lord  
will bring us that Peace and Favor, that  
Light and Life that we lost in the first Adam...

The best and most reliable means,  
after Communion of His Body and Blood,  
for such a union with the Lord is noetic prayer:  
“Lord, Jesus Christ, Son of God, have mercy on me!”

(Staretz Justin of Ufa and Menzelinsk)



May the **Peace, Light, and Life**  
of our **Savior** be our own **Peace, Light and Life**,  
by the intercessions of the  
**Theotokos and All the Saints.**

**Amen!**



† Holy Nativity of our Lord Jesus Christ  
December 25, 2023 (Old Style)

The Least Minister of Christ's sheep,  
Girt with the towel of servitude

† Metropolitan Cyprian of Oropos and Phyle