



Towards the **C**ross and the **R**esurrection...
May our journey be fruitful in **C**hrist!



“Let us receive with exceeding joy the God-inspired proclamation of the **F**ast!
Through abstinence, let us prepare ourselves!
Through tears let us purify ourselves!
Let us be ready for the worship of the Cross
and the **A**rising of **C**hrist our **G**od!”



“Let us all *embrace and kiss one another,*
forgiving and asking forgiveness,
that we might walk together in the
Light of Repentance...”



St. Theophan the Recluse poses an apropos question, which
the faithful are called to answer with honesty and self-reproach:

“**A**s for you, when you go to **pray**, do you go
so as to receive your *pension* or to beg for *alms*?”

† **Cheesefare Sunday, March 4, 2024 (Old Style)**

† **St Gerasimos of the Jordan**

**The Least Minister of Christ's Sheep,
Girt with the Towel of Servitude**

† **Metropolitan Cyprian of Oropos and Phyle**