



From daily life  
to that which abides forever...



## Towards the Cross and the Resurrection

With St. Andrew of Crete and St. Symeon  
Metaphrastes as our guides in compunction

Self-reproach...  
Repentance...



Humility...  
Tears...

## Second Week of Great Lent Friday



I am utterly enslaved by the passions;  
I have forsaken the Law and the Holy Scriptures.  
Heal me in every part, O loving Benefactor,  
Who for my sake hast become as I am.  
Turn me back, O merciful Destroyer of the passions.  
Before I perish utterly, save me, O Lord.

