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From daily life to that which abides forever...

No Contraction

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...

Third Week of Great Lent Tuesday



All mine offences, voluntary and involuntary, manifest and hidden, known and unknown, do Thou forgive, O Saviour, for Thou art God: be merciful and save me.

