



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...

Fifth Week of Great Lent Monday



Look upon me with a compassionate eye
and be merciful to me, O only Saviour.

Grant to my poor and wretched soul
springs of healing water.

Wash me clean from the filth
of my actions, that I may sing:

Before I perish utterly, save me, O Lord.

