



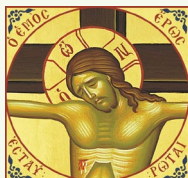
From daily life  
to that which abides forever...



## 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...

## Sixth Week of Great Lent Friday



Cleanse the filth from my soul,  
O Thou Who for my sake wast made poor and  
hast become a young child according to the flesh.

I am weak and broken, O Christ:  
send down upon me a drop of Thy mercy;  
wash the dirt away and heal me from my sickness.

Before I perish utterly, save me, O Lord.

