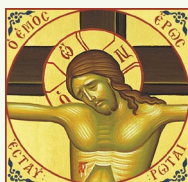**From daily life
to that which abides forever...**

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
Saturday

From my youth, O Saviour,
I have rejected Thy commandments.
Ruled by the passions, I have passed
my whole life in heedlessness and sloth.
Therefore I cry to Thee, O Saviour,
even now at the end, save me.