



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...

Holy and Great Thursday The Mystical Supper



O Lamb of God,
Who takest away the sins of all,
take from me the heavy yoke of sin,
and in Thy compassion grant me remission of sins.

