



From daily life  
to that which abides forever...



**Towards Bethlehem,**  
with the holy monastic Fathers as our guides

In a spirit of  
joyful sorrow...



...and bittersweet  
self-reproach

Always battle bravely the spirit of  
despair and discouragement.



**St. Peter of Damascus**

**“The** Lord said: ‘He who endures patiently to the end will be saved’ (Matt 10:22). Patient endurance is the consolidation of all the virtues, because without it not one of them can subsist. Patient endurance kills the despair that kills the soul; it teaches the soul to take comfort and not to grow listless in the face of its many battles and afflictions.”

