



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.**

**December 16**  
† **Holy Prophet Haggai (Aggaios)**

**Abba John Cassian**

**“These** are the fruits of the opposite kind of dejection: listlessness, impatience, anger, hatred, contentiousness, despair, and sluggishness in prayer and psalmody. We must avoid this type of dejection as we would avoid fornication, avarice, anger, and the rest of the passions; it is healed through prayer and psalmody, hope in God, study of the Divine Scriptures, and patience amid temptations.”