

**AN
ELDER
SAID...**



**Edifying Stories
and Teachings from
Ancient and Modern Times**

Spiritual Admonitions by the Venerable Elder Pachomios of Chios*

On the one-hundredth anniversary of his repose († 14 October 1905)

* This alone, O Lord: Enlighten me to know Thy will, and grant me the strength to perform it. Woe is me, the foul and impure one.

* Christ accepts whatever good you do unto your brethren as done on His behalf.

* Whoever hears someone speaking against a brother behind his back and then goes to make it known shall not be forgiven either in this life or the next.

* Always lower yourself and do not justify yourself; throw the blame upon yourself, and you will find repose.

* Do your prayer rule with great care.

* Live in simplicity: that is, if someone insults you, bear it; or if you are reviled or humiliated, do not retaliate or bear malice.

* Be rounded [i.e. do not have rough edges to your character].

* Reveal your thoughts clearly.

* I must beseech God with humility to protect me and ought not believe my thoughts.

* Preserve the attention of your mind.

* Attention is called the keeping of the mind, guarding of the heart, vigilance, and noetic quietness.

* When you pray, comprehend what is being said.

* Exercise restraint, which is superior to silence. Restraint is not



to laugh, and not to speak idly or ill of others.

* Nothing so helps one flee from sin as remembrance of death.

* Virtue without humility is not virtue.

* Whatever you do, if you do not have humility and, especially, love, it amounts to nothing.

* Humility is to have no rancor with anyone.

* We must always say the Jesus Prayer, wherever we may be.

* When you reproach yourself, have no fear of going astray.

* Not my own will, but that of my Lord.

* I must always be ready for death; I should live as if it were the last day of my life.

* I should say the Jesus Prayer humbly, as if into His ear.

* I must always give preference to my elders.

* I must cut off my will: when the thought occurs to me to look at something, I should not look, or when it tells me to say something, I should not say it.

* I should unceasingly reproach myself.

* When they praise you, do not believe them; for they are implicating you.

* It is impossible for God not to show mercy on one who is genuinely striving to be saved.



(*) Source: Ἅγιος Κυπριανός, No. 329 (November-December 2005), p. 256.

Antonios N. Charokopos, *Elder Pachomios: Founder of the Skete of the Holy Fathers in Chios* (Athens: 2003), pp. 189-194.