



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...

Fifth Sunday of Great Lent St. Mary of Egypt



Thy soul on fire, O Mary,
thou hast ever shed streams of tears,
to quench the burning of the passions.
Grant the grace of these thy tears
to me also, thy servant.