



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...

Sixth Week of Great Lent Monday



I am become the Prodigal Son, and having
wasted my riches I perish now from hunger.

Beneath Thy protection I seek refuge, O loving Father:
accept me as Thou hast accepted him.

Make me a sharer at Thy table,
that I may cry to Thee:
Before I perish utterly, save me, O Lord.