



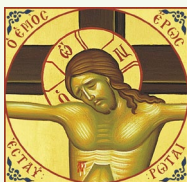
From daily life
to that which abides forever...



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 Wednesday



When I examine my actions, O Saviour,
I see that I have gone beyond all men in sin;
for I knew and understood what I did;
I was not sinning in ignorance.

