



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...

Holy and Great Friday
The Crucifixion of our Lord



Out of envy the author of evil drove
the first-created man from Paradise.
But the thief who cried upon the Cross
'Remember me' regained Paradise once more.
With faith and fear I also cry to Thee, 'Remember me'.
Before I perish utterly, save me, O Lord.