



From daily life
to that which abides forever...



Towards Bethlehem,
with the holy monastic Fathers as our guides

In a spirit of
joyful sorrow...



...and bittersweet
self-reproach

Always battle bravely the spirit of
despair and discouragement.

St. Ephraim the Syrian

“**E**nery soul, then, that wishes to appear pleasing before God should valiantly maintain patience and hope, above all, and with these virtues it will be able to endure and face all of the harassment and uprising of the Evil One.”

