



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.**

December 20

† **Holy Hieromartyr Ignátios the God-bearer,
Bishop of Antioch**

Abba Isaac the Syrian

“A small cloud is able to cover the disk of the sun; but after that cloud has moved on, the sun shines with exceeding warmth. So also, a little listlessness may cover the soul, so that it does not perceive the Divine light; yet the joy that follows this episode is great when patience is multiplied in our souls, it is a sign we have secretly received the Grace of Divine consolation. The power of patience is more powerful than the joyful thoughts that descend into the heart.”