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...

First Week of Great Lent
† Clean Friday

Come, wretched soul,
with thy flesh to the Creator of all.
Make confession to Him,
and abstain henceforth
from thy past brutishness;
and offer to God tears of repentance.