



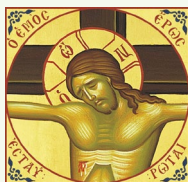
From daily life
to that which abides forever...



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 Saturday



O my Benefactor, my Deliverer,
and my Saviour, be Thou my healing.
Cast me not away; look upon me
as I lie in my transgressions,
and raise me up by Thine almighty power;
and I will confess my deeds and cry to Thee:
Before I perish utterly, save me, O Lord.

