



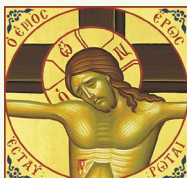
From daily life
to that which abides forever...



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...

Second Week of Great Lent Wednesday



I am weighed down with the burden of
my negligence and wallow in filth;
I am pierced by the arrow of the devil
and have defiled my nature that is
according to Thine image.
O Thou Who dost convert the
negligent and deliver the sinful,
before I perish utterly, save me, O Lord.