



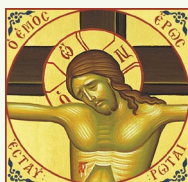
From daily life
to that which abides forever...



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 Thursday



I have defiled my body, I have stained my spirit,
and I am all covered with wounds.

But as physician, O Christ, heal both
body and spirit for me through repentance.

Wash, purify, and cleanse me, O my Saviour,
and make me whiter than snow.

