



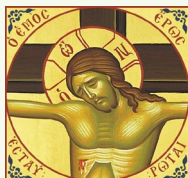
From daily life
to that which abides forever...



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...

Fourth Week of Great Lent Friday



Strengthen my soul, O Master,
that it may run to Thee and ever serve Thee;
for Thou art my guardian and protection,
my defence and succour.

Enable me, O Word of God,
to cry to Thee with boldness:
Before I perish utterly, save me, O Lord.

