



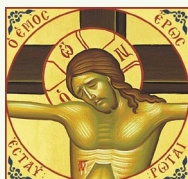
From daily life
to that which abides forever...



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 Sunday of Great Lent St. John of the Ladder



I lie as an outcast before Thy gate, O Saviour.
In my old age cast me not down empty into hell;
but, before the end comes,
in Thy love grant me remission of sins.

