



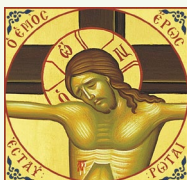
From daily life  
to that which abides forever...



## 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...

## Fifth Week of Great Lent Friday



Do not demand from me worthy fruits of  
repentance, for my strength has failed within me.  
Give me an ever-contrite heart and poverty of spirit,  
that I may offer these to Thee as an acceptable  
sacrifice, O only Saviour.

