



From daily life
to that which abides forever...



Great Lent:
A journey with the Saints as our companions

With Love
at the stern...



...and Humility
in the sails.

Fourth Week of Lent
† **Sunday of St. John of the Ladder**



**29. “Nothing is more onerous or
detrimental...”**

Abba Dorotheos of Gaza said:
“Nothing is more onerous, nothing more detrimental,
than to judge or to denigrate your neighbor.”

