



From daily life  
to that which abides forever...



**Towards Bethlehem,**  
with the holy monastic Fathers as our guides

In a spirit of  
joyful sorrow...



...and bittersweet  
self-reproach

**Always battle bravely the spirit of  
despair and discouragement.**

**November 18**

† **Holy Martyrs Platon and Romanos**

**St. Nikodemos the Hagiorite**

“**All** sorrows and torments which the soul suffers during inner temptations and the dearth of spiritual comforts and delights are nothing but a purifying remedy; by their means God in His loving kindness cleanses the soul if it endures them with humility and patience.”

