



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.

St. Gregory Palamas

“**For** it is through patient endurance of afflictions deliberately entered into and those that are unsought, whether they come upon us from without or assault us from within, that we become perfect... Unless we bear with patience the afflictions that come to us unsought, God will not bless those that we embrace deliberately.”

