



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.

**Abba Isaac the Syrian**

**“Faint-heartedness** is the mother of anguish. Patience is the mother of consolation.”

**For** in proportion to your humility you are given patience in your woes; and in proportion to your patience the burden of your afflictions is made lighter and you will find consolation; in proportion to your consolation, your love of God increases; and in proportion to your love, your joy in the Holy Spirit is magnified.”

