



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.

December 23

† Holy Great Martyr Anastasia of Rome

St. John of Karpathos

“**When** someone is defeated after offering stiff resistance, he should not give up in despair; let him take heart, encouraged by the words of Isaiah: ‘In spite of all your strength, you will be defeated, wicked demons; and if you should again gather your strength together, again you will be defeated. Whatever plans you devise, the Lord will bring them to nothing: for God is with us’ (cf. Isaiah 8:9-10). God ‘raises up all who are bowed down’ (Ps. 145:14) and produces grief and consternation among our enemies, as soon as we repent.”