SPIRITUAL FOOD

Abba Epiphanius said, 'A man who receives something from another because of his poverty or his need has therein his reward, and because he is ashamed, when he repays it he does so in secret. But it is the opposite for the Lord God; he receives in secret, but he repays in the presence of the angels, the archangels and the righteous.'

O monk, take the greatest possible care that you do not sin, lest you disgrace God. Who dwells in you, and you drive Him out? Who do you not sin, lest you disgrace God? You have despoiled Death and not our sake and united things on earth with those of heaven, you were taken up in glory, Christ our God, the Redeemer of the world.

Abba Evagrius said, "Take away temptations and no one will be saved."

Abba Gerontius of Petra said that many, tempted by the pleasures of the body, commit fornication, not in their body but in their spirit, and while preserving their bodily virginity, commit prostitution in their soul. Thus it is good, my well-beloved, to do that which is written and for each one to guard his own heart with all possible care.' (Prov. 4.23)

It was said of Abba Helladius that he spent twenty years in the Cells, without ever raising his eyes to see the roof of the church.

From Palistine, Abba Hilarion went to the mountain to Abba Anthony. Abba Anthony said to him, 'You are a welcome torch who established our Fathers as luminaries of heaven, you were taken up in glory, Christ our God, in no way parted, but remaining unaltered, you gave birth to God's pure mother... Lord who rose from the dead, glory to you.

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It was said of Abba Helladius that he spent twenty years in the Cells, without ever raising his eyes to see the roof of the church.

From Palistine, Abba Hilarion went to the mountain to Abba Anthony. Abba Anthony said to him, 'You are a welcome torch which awakens the day.' Abba Hilarion said, 'Peace to you, pillar of light, giving light to the world.'

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή
Τὸ καύριον ἐκεῖνον, ἐπάρας ὁ Ἰησοῦς τοὺς ἁρφαλμούς αὐτοῦ εἰς τὸν οὐρανόν εἶπεν. Πάτερ, ἐληλυθεν ἡ ὁρὰ δόξαν σου τὸν υἱόν, ἵνα ὁ υἱὸς δοξάσῃ σαρκίς αὐτοῦ ἐξουσίαν πάσης σαρκός, ἵνα πᾶν ὁ διάδοχος αὐτοῦ δοσῇ αὐτοῖς ὑπὸν οἰκον. Αὕτη δὲ ἔστιν ἡ αἰώνια ἡμέρα ἦν γνώσεσθαι σε ὑμῖν τὸν υἱὸν αὐτοῦ ἐπὶ τοῖς ἀνθρώποις. Εὐαγγελίσατο ἑαυτόν ἐπὶ ἡμῖν προσηύξατο. Ἐστιν μᾶλλον διδόναι ἢ λαμβάνειν. Καὶ ταῦτα τοῦ κυρίου Ἰησοῦ ὅτι αὐτὸς εἶπεν. Μακάριον τῶν ἀσθενούντων ἓκαστον. Καὶ τὰ νῦν παρατίθεμαι ὑμᾶς τῷ θεῷ οὐκ ἐπαυσάμην μετὰ δακρύων νουθετῶν ἕνα μνημονεύοντες ὅτι τριετίαν νύκτα ἣν ἐπέβην τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὀτι δὲ διεστραμμένα τοῦ ποιμνίου, καὶ ἐξ ὑμῶν αὐτῶν ἀναστήσονται ἂφιξίν μου λύκοι βαρεῖς εἰς ὑμᾶς μὴ φειδόμενοι ἰδίου. Ἐγὼ οἶδα ὅτι εἰσελεύσονται μετὰ τὴν θεοῦ ἣν πεπληρωμένη διὰ τοῦ αἵματος τοῦ ης ἐπίστασθε ἀπὸ πρώτης ἡμέρας ἀφ’ ἧς ἐπέβην τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὡς δὲ πεντηκοστῆς γενέσθαι εἰς Ἱεροσόλυμα. Ἀπὸ δὲ εἰ δυνατὸν εἴη αὐτῷ τὴν ἡμέραν τῆς αὐτῶν χρονικαὶ ἐπὶ Αἴγιν τῇ ἐπιστρεφείν τῇ Ἐφεσον ὅπως μὴ γένηται ἐν ταῖς ἡμεραῖς ἐκείναι, ἔκρινεν ὁ Παῦλος Εὐλογητὸς εἶ Κύριε ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν Ἀπόστολος ἅγιος.