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A letter of Elder Joseph of Vatopaidi on fasting, temperance and diet

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11/9/1988 Vatopaidi Monastery

My esteemed Mrs M., our Christ's Grace be with your spirit.

I have received your letter and read the contents carefully. The issues you raise are not as worthy of praise as your good will and decision to live a more meticulous life in Christ. In this, I wish you to have never-ending progress.

The issue of diet, my devout lady, as the most necessary duty and element of our lives, is something which preoccupies – if not captivates – everyone, due to the particular extravagance that characterizes our generation. Right now, it is neither beneficial for us nor praiseworthy to stop eating, especially abruptly, one of the main types of foods under the pretext that perhaps we may have lost control over it. Neither do the Fathers approve of or praise such a move, but, in my opinion, the

middle road is the best. Which road is this? To restrict its consumption, so that health is not affected, and to prevent people making a fuss that “M. is not eating meat”, which will create for you a useless struggle to avoid haughtiness and pride. The same applies to sweets, since they too are useful to a certain extent to preserve a normal and balanced life. [***read more...***](#) [***\(περισσότερα...\)***](#)