

30 Οκτωβρίου 2016

## **Firm foundation (Saint Nectarios of Pentapolis)**

[Ξένες γλώσσες / In English](#)

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Self-

restraint is a powerful force and enduring wealth. It's the foundation of all the virtues and that which first prepares souls to exercise them. It's the guide of prudence, masters the passions of the body and calms impulses by clearing the mind and pacifying the heart.