

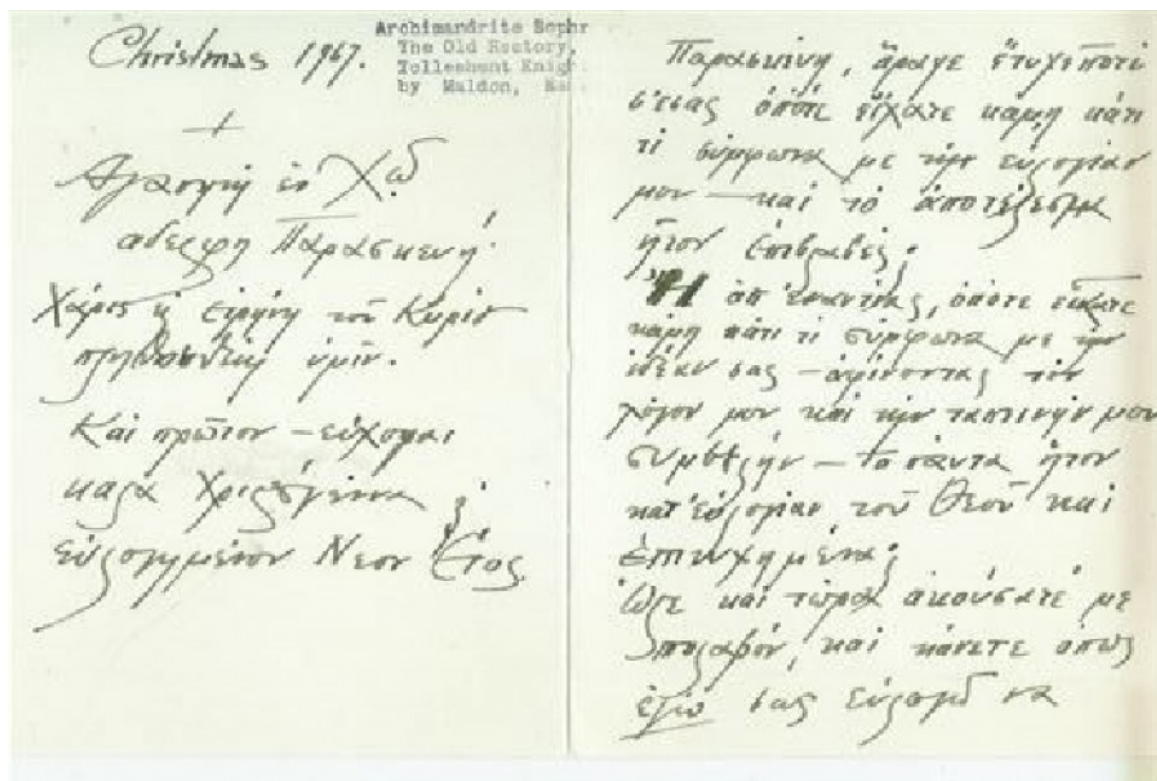
## A Christmas greeting card sent by Elder Sophrony of Essex (Elder Sophrony of Essex)

[Ξένες γλώσσες / In English](#)

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Paraskevi, who out of sheer humility does not wish to reveal her full name, was among the first spiritual children of Elder Sophrony, during the time of her studies in England. She sent us a copy of two handwritten scripts by the blessed Elder.



A good wish card which the blessed Elder sent during Christmas 1967, when Paraskevi was going through some difficult times because of the illness of a close relative



The outside of the card

The Christmas wish card (handwritten):

Archimandrite Sophrony

The Old Rectory, Tolleshent Knight

by Maldon, Essex

Christmass 1967,

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Dear beloved in Christ, Sister Paraskevi.

May the Lord's grace and peace be abundant in you. Let me first wish you Merry Christmas and a blessed New Year!

Paraskevi, has it ever happened to do something according to my blessing and it turned out harmful? Or has it happened that you did something according to your mind and not according to my humble advice that it was successful and in accordance with God's providence? Therefore, now you must listen to me, the old fool, and do as I give you the blessing to do. The only beneficial way for you and your relatives is to finish your studies and work at the same time, as my monks do from morning till the evening. Get rid of any worry for X and your family.

The unworthy Arch. Sophrony.

You have the love of all who are at out monastery.

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Εἰς τὴν ἀγαπῶμένη μου ἐν Χρ<sup>ῳ</sup>  
ἀδελφὴν Παράσκευην  
μετ' εὐχῶν θερμῶν ἰαμάτων  
ἀποφραδισμῶν ὡφρῖνων

τῇ 15<sup>ῃ</sup> Αὐγ. 1975

ΤΩ ΕΚ ΔΙΑΦΟΡΩΝ ΠΑΤΡΙΩΝ ΟΡΜΗΘΕΝΤΙ  
ΚΑΙ ΤΟ ΟΡΟΣ ΟΙΚΗΣΑΝΤΙ  
ΤΩΝ ΟΣΙΩΝ ΠΑΤΕΡΩΝ ΤΟΥ ΛΘΩΝΟΣ ΧΟΡΩ  
ΤΟ ΠΑΡΑ ΦΥΣΙΝ ΔΙΑΦΥΓΟΝΤΙ  
ΤΟ ΚΑΤΑ ΦΥΣΙΝ ΔΙΑΣΩΣΑΝΤΙ  
ΚΑΙ ΕΙΣ ΤΟ ΥΠΕΡ ΦΥΣΙΝ ΑΝΕΛΗΛΥΘΟΤΙ

Ἐκ τοῦ Ἁγίου Πνεύματος  
ἀναβύσσει ἄριστον, ἡ χάρις  
καὶ τὸ ἅγιον πνεῦμα, σου δοῦναι δύναται  
καὶ μερῶν περισσοῦ Θεοῦ  
παντὶς δόξης

δ. Γ. Σ. 613. 193.

Handwritten inscription by the Elder on the 15th August 1975, when he sent her his book, St Silouan the Athonite

On the book *St Silouan the Athonite* (handwritten):

*To my beloved in Christ sister Paraskevi with warm wishes and love*

*Arch. Sophrony*

*15th August 1975*

Printed in Caps:

Hailing from various countries

And retreating to the Mountain,

Among the holy fathers of Mount Athos,

Escaping the unnatural

And safeguarding the natural

Rising to that which is beyond nature

Again, by hand of Elder Sophrony:

*From the Holy Spirit gashes out love, and without it no one is able to know God 'as He must be known'.*

*E.S. p. 443*

(Note: E.S. refer to Elder Silouan, not yet recognized as a Saint at the time)