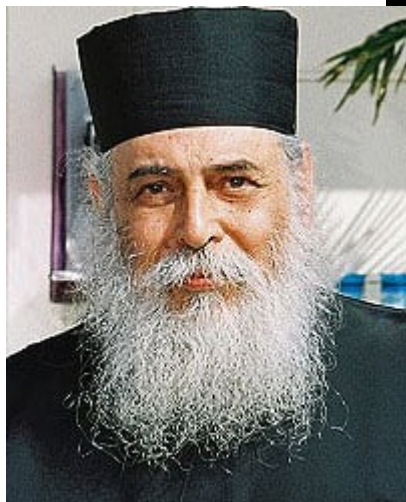


The ashes and the spark (Abbot Georgios Kapsanis of Gregoriou)

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The passions cover Divine Grace, just as ash covers the spark.

With asceticism and prayer, however, the heart is cleansed of the passions, the spark of divine grace is rekindled and the faithful feel Christ in their heart, which is the centre of their existence.

» *Blessed Georgios Kapsanis, Proegumen of Gregoriou Monastery*