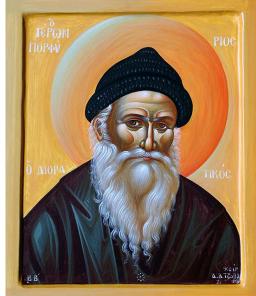
It's not food (Saint Porphyrios of Kavsokalyvia)

Ξένες γλώσσες / In English





It's not food or favourable living conditions that

ensure our health. It's a holy life, the life of Christ.

I know ascetics who fasted very strictly and never had anything wrong with them. Nobody risks getting ill from fasting. Nobody's ever done so.

» Saint Porphyrios of Kavsokalyvia