

Our Holy Father Ephraim the Syrian (+ 373)

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He is often called «The Harp of the Holy Spirit» for the sublimity of [his writings](#). He was born in Nisibis of Mesopotamia about the year 306. He embraced the Christian faith while young and for this was driven from his home by his father, a pagan priest. He came under the care of St James of Nisibis (January 13), who was one of the bishops at the Council of Nicaea. He took up a strictly ascetical life, renouncing all possessions and denying himself all comforts. It is said that his eyes

constantly flowed with tears: tears of compunction for his own sins, or tears of joy as he contemplated the wonders of God's grace.

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