

3 Σεπτεμβρίου 2011

## Venerable Theoctistus

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Saint Theoctistus of Palestine was a great ascetic who lived in the Judean wilderness in the Wadi Mukellik. At first, he was the companion of St Euthymius the Great (January 20) in the ascetic life. So great was their mutual affection and

oneness of mind that they seemed to live as one soul in two bodies. They were persons of similar virtue and holiness, and they encouraged one another in their struggles. Each year after the Leave-taking of Theophany, they would go into the desert to struggle and pray in solitude, returning to their cells on Palm Sunday.

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