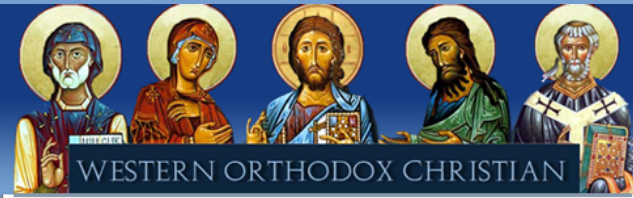


[Empty white box]

[Freigeben](#) [Missbrauch melden](#) [Nächstes Blog»](#)

[Blog erstellen](#) [Anmelden](#)





sunday, june 15, 2008

#### About

Information about Orthodox Western Fathers and Church Services for major feasts. Also contains an archive for "Blogging the Fraud", which answers some of the false claims made by those who prefer the post-schism traditions of the West to the genuine Western Orthodox tradition.

Unless otherwise noted, Western Liturgical texts are taken from *The Medieval Monastic Psalter*, St Gregory's Press.

**DISCLAIMER:** While the author of this site is a member of the Autonomous Orthodox Metropolia of Western Europe and the Americas ("Milan Synod"), *this is NOT an official site of the Holy Synod or its American Archdiocese.*

#### Links

Autonomous Metropolia of Western Europe and the Americas (US site)

Holy Name Abbey: Traditional Orthodox Western-Rite Monastery

Kellion of St John

Our Home Chapel: St Eulalia Mission

Reredos

The Orthodox Medievalist

Oblation

Orthodox Christian

## St John Cassian, Conference 10, Chapter 10.

Of the method of continual prayer.

Wherefore in accordance with that system, which you admirably compared to teaching children (who can only take in the first lessons on the alphabet and recognize the shapes of the letters, and trace out their characters with a steady hand if they have, by means of some copies and shapes carefully impressed on wax, got accustomed to express their figures, by constantly looking at them and imitating them daily), we must give you also the form of this spiritual contemplation, on which you may always fix your gaze with the utmost steadiness, and both learn to consider it to your profit in unbroken continuance, and also manage by the practice of it and by meditation to climb to a still loftier insight.

This formula then shall be proposed to you of this system, which you want, and of prayer, which every monk in his progress towards continual recollection of God, is accustomed to ponder, ceaselessly revolving it in his heart, having got rid of all kinds of other thoughts; for he cannot possibly keep his hold over it unless he has freed himself from all bodily cares and anxieties. And as this was delivered to us by a few of those who were left of the oldest fathers, so it is only divulged by us to a very few and to those who are really keen.

And so for keeping up continual recollection of God this pious formula is to be ever set before you.

*O God, make speed to save me: O Lord, make haste to help me,*

for this verse has not unreasonably been picked out from the whole of Scripture for this purpose.

For it embraces all the feelings which can be implanted in human nature, and can be fitly and satisfactorily adapted to every condition, and all assaults. Since it contains an invocation of God against every danger, it contains humble and pious confession, it contains the watchfulness of anxiety and continual fear, it contains the thought of one's own weakness, confidence in the answer, and the assurance of a present and ever ready help. For one who is constantly calling on his protector, is certain that He is always at hand. It contains the glow of love and charity, it contains a view of the plots, and a dread of the enemies, from which one, who sees himself day and night hemmed in by them, confesses that he cannot be set free without the aid of his defender. This verse is an impenetrable wall

#### Recent Comments

"So I am not welcome in Antiochene WR parishes. I

... - 05.07.2009 - noreply@blogger.com (Reader Joseph)

You wrote: "I am just assuming from our conversati... - 05.07.2009 - noreply@blogger.com (Reader Joseph)

"You don't know how interested I am in the Milanese... - 02.07.2009 - noreply@blogger.com (Reader Joseph)

You say, "Father Michael's book contains his own v... - 26.06.2009 - noreply@blogger.com (Ryan)

You say, "If you wish to see an Orthodox recension... - 26.06.2009 - noreply@blogger.com (Ryan)

#### Labels

Advent (2)

Assumption (1)

Authority (1)

Baptism (1)

Canonicity (1)

Commonitory (1)

Demonic Temptation (1)

Deuteronomy (1)

Dormition (1)

Drunkenness (1)

Ember Days (1)

Exodus (1)

Faith (1)

False "Western Orthodoxy" (9)

Fasting (11)

Feasts (18)

Genesis (1)

Great Lent (2)

Holy Metropolitan Philaret of New York (2)

Holy Orders (1)

Idle Talk (1)

Index of "Blogging the Fraud" Articles (6)

