

*Abba Alonius  
said,*

“Unless a man saith in his heart,  
‘Only God and myself exist in  
this world,’ he will not find rest.”

*Paradise of the  
Holy Fathers,  
Vol. II, p. 13, #47.*

*Abba Arsenius  
used to say,*

“That I have spoken, I have many  
times repented; that I held my  
peace, I have never repented.”

*Paradise of the  
Holy Fathers,  
Vol. II, p. 124, #549.*

Acquire the Spirit of Peace,  
and a thousand souls  
will be saved around you.

*Saint Seraphim  
of Sarov*