

7 Μαρτίου 2020

‘Fasting in the body, let us also fast in the spirit..’

[Ξένες γλώσσες / In English](#)





'Fasting in the body, let us also fast in the spirit, loosing the bonds of injustice. Let us abandon agreements made under duress. Let us break all unjust commitments. Let us give bread to the hungry. Let us welcome the homeless poor into our houses, so that we may gain great mercy from Christ our God.'

(Vespers, stikhiro)