

Presentation and discussion:

**ORTHODOX CHRISTIAN SPIRITUALITY**

Presented by Fr. Paul Albert  
Ss Peter & Paul Orthodox Cathedral, Detroit

# Faith In Action



"Blessed is the man who knows his own weakness, because this knowledge becomes to him the foundation, root, and beginning of all goodness. For whenever a man learns and truly perceives his own weakness, at that moment he contracts his soul on every side from the laxity that dims knowledge, and he treasures up watchfulness in himself. But no one can perceive his own infirmity if he is not allowed to be tempted a little, either by things that oppress his body, or his soul. For then, comparing his own weakness with God's help, he will straightaway understand the greatness of the latter." (St Isaac The Syrian)

That's it. That's the Orthodox Christian message in a nut shell; from recognizing our own weakness, how life unfolds with its ups and downs, to recognizing the source from which we draw our strength. We draw near to this Grace through a holistic and all-encompassing process which is pragmatic, intellectual, mystical and spiritually transformative. Orthodoxy is the science of spiritual healing. The Church is the hospital. Christ is the physician and the Word is the medicine.

**DATE**

Thursday, Oct 20  
4 p.m.



**LOCATION**

Romanian Room  
Manoogian Hall