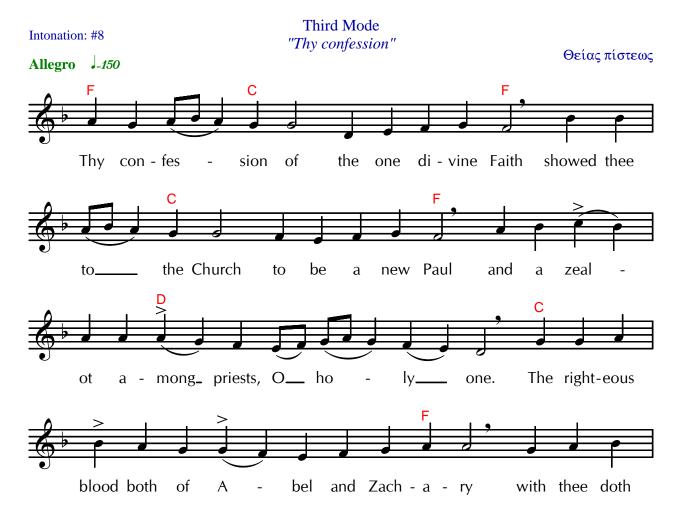
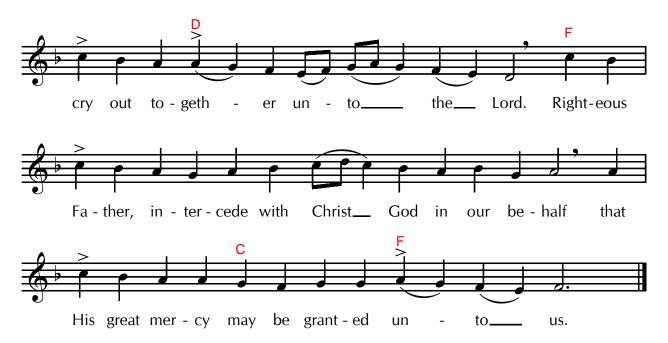


SAINT PAUL THE CONFESSOR ARCHBISHOP OF CONSTANTINOPLE

November 6







Recite the words of psalmody as your very own,
that you may utter the words of your supplication with insight
and with discriminating compunction, like a man who truly understands his work.

-St. Isaac the Syrian