



My Beloved Ones,

As we continue through the second half of Great Lent, the Church, in its loving mercy, has compassion for our struggles. Pascha is still weeks away, and it can become easy for our weariness to become, at first a distraction, and then a temptation. It is for this very reason that the Church has chosen to dedicate this Sunday of Lent to a saint who gave us a guide to help us. I am of course referring to St. John Climacus, and his *Ladder of Divine Ascent*.

What little we know of St. John's life is that he was an ascetic whose time in the Sinai Desert brought him great respect. Eventually, St. John compiled his many years of struggles into a book for the benefit of the Brotherhood of the Raithu Monastery.

The Ladder of Divine Ascent takes the form of thirty "steps" toward *theosis*, or human unification with our Creator. These steps on the ladder begin with a renunciation of the world,

continue with discussions on sins like slander & greed, before nearing the top of the ladder and learning how to acquire, ἡσυχία, or peace of the soul.

While the book began as a guide for those living in asceticism, there is much that we can learn from it, even simply by examining the icon of the Ladder of Divine Ascent. The activity of the demons is frightening, but perhaps strengthening. I say it is strengthening, for we realize that even these men and women who have chosen to set themselves apart from the world (which is the meaning of *agios*, or holy), are still subject to the weapons of the demons—even to the point that one of the monks is seen being swallowed by the Evil One.

In the face of such challenges ourselves, we might wonder as the Disciples did, "*Who then can be saved?*" (*Luke 18:26*) Of course, if we, like the Rich Man, rely only on our belief in ourselves, we are destined to fall from the Ladder too. However, if we cling to God, to His Commandments, and to prayer and fasting, we too can continue our way up the Heavenly Ladder.

My brothers and sisters, though we may be weary with cares, and with the burden of our own sinfulness, let us not fall into the sin of despair, let us instead rest in the spirit of prayer and fasting, so that we might gather strength to complete the course of the Fast with God's grace and love.

+ALEXIOS
Metropolitan of Atlanta