

Romanian children from Belgium discover monastic life and prayer at “Little Hesychast” Camp in Switzerland



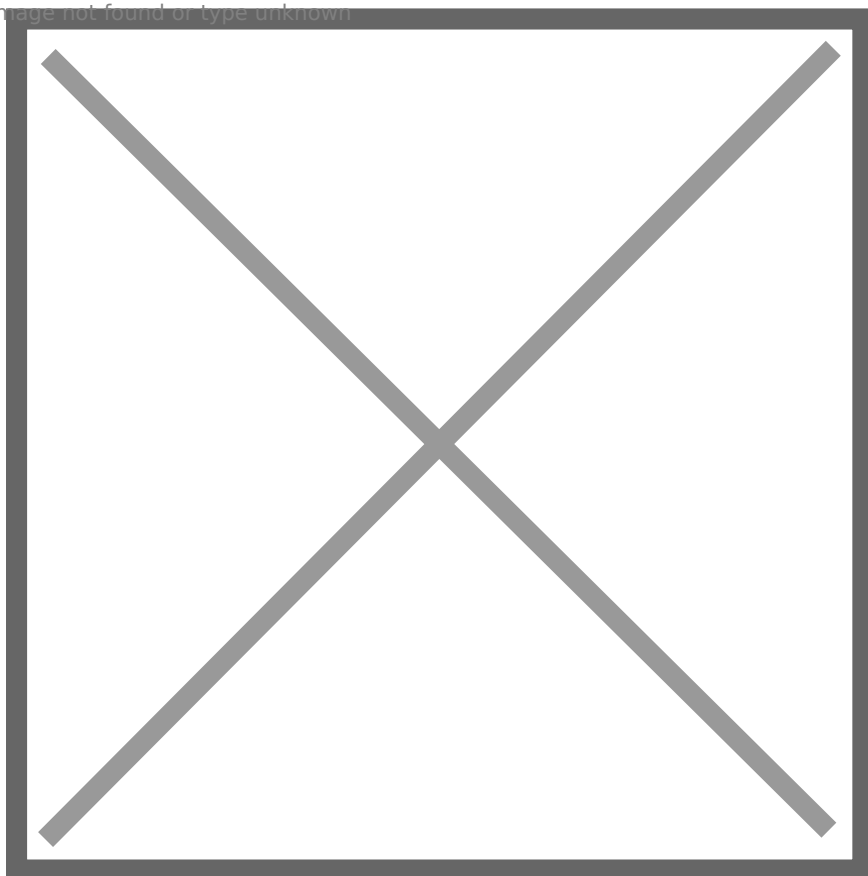
Children from the Romanian Orthodox Parish in Antwerp, Belgium, took part last week in the “Little Hesychast” Camp, organized at the “Protection of the Mother of God” Monastery in Switzerland.

The camp’s main goal was to bring children and teenagers closer to monastic life and help them learn the Jesus Prayer.

The children attended the monastery’s daily services, prayed the “prayer of the heart” together, had spiritually enriching conversations with Abbess Antonia, and participated in themed workshops alongside the sisters of the monastery.

“This experience was, for many, a true introduction to the mystery of stillness and the prayer of the heart. We hope that this seed of hesychasm will take root and bear fruit in the hearts of the young ones, becoming a foundation for a life rooted in Christ,” said Fr. Mario Mihai from the Antwerp Parish.

Image not found or type unknown



In addition to the liturgical and spiritual program, the young pilgrims also enjoyed recreational activities: they visited the famous Aquatis Aquarium, traveled on the scenic Belle Époque panoramic train, and held sports games, storytelling evenings, and a campfire near the monastery.

Photo: Antwerpen parish

basilica.ro