05/03/2020

The second day of the spiritual retreat in the St. John of Damascus Institute of Theology



On Monday, March 2, 2020, the second day of the spiritual retreat of the family of the St. John of Damascus Institute of Theology began with prayer. Then the series of spiritual talks continued with His Eminence Ephrem (Kyriakos), Metropolitan of Tripoli, Koura and their dependencies. Metropolitan Ephrem spoke on the most important spiritual and psychological practical points drawn from the heritage of our Church and its Holy Fathers to gain virtues through fasting.

Reverend Archimandrite Romanus Hannat, Abbot of the Monastery of Our Lady of Balamand, concluded the series of spiritual discourses with a talk about the obstacles of spiritual progress and the importance of profiting from the enrollment period in Balamand, especially during the days of Lent, for progress and spiritual construction. Then, Great Compline was held at the church in the monastery.

— Source: theology.balamand.edu.lb