

## Messages to the Orthodox faithful for the Great Lent



The Patriarch of the Greek Orthodox Patriarchate of Antioch and All the East, His Holiness John X, spoke on the advantages of fasting and forgiveness — in his message to the Orthodox faithful ahead of the commencement of the Great Lent.

In his message ahead of the Great Lent, the 40-day period of fasting, prayer and contemplation preceding Orthodox Easter, the Metropolitan of Warsaw and All Poland, His Beatitude Savva , called on the faithful to open their hearts to the Lord, as part of preparations for Great Lent.